The Massachusetts Department Of Correction

The Division of Staff Development

Physical Fitness Training / Testing Requirements

Division of Staff Development
Training Academy
Prescreening Process

Overview Requirements

All recruits/candidates for enrollment in a Recruit Training Program for the Massachusetts Department of Correction must complete the prescreening process. The purpose of prescreening is to ensure the recruit/candidate can conform to the medical guidelines; is physically fit to undergo the full range of training conducted during the Recruit Training Program.

Prescreening Day

The Personnel Department will inform the recruit/candidate of their scheduled prescreening date and time of arrival. All recruits/candidates will arrive in physical fitness attire (sweat suit or T-shirt, running shorts, running shoes). Prescreening will take the full day. Personnel will inform recruits/candidates what information needs to be brought on the day of testing.

Physical Exam

Only recruits/candidates who provide medical evidence from a personal physician that they are medically fit will be able to participate in the physical training exam. The battery consists of three events that measure specific aspects of a recruit/candidate's physical fitness. Recruits/candidates must meet or exceed the minimum entrance standards in each of the following categories to be enrolled in the Recruit Training Program.

***Sit-ups completed in a one- minute timed period**
*** Push-ups completed in a one- minute timed period**
*** Timed 1.5-mile run**

The Prescreening physical fitness requirements standards are outlined on the next page.

MASSACHUSETTS DEPARTMENT OF CORRECTION
RECRUIT TRAINING PROGRAM

PHYSICAL READINESS TEST STANDARDS

Male Entrance Standards

AGE	*SIT UPS (I minute)*	*PUSH UPS (I minute)*	*1.5-MIILE RUN*
19.5 - 29	33 Reps	22 Reps	13:58
30 – 39	30 Reps	17 Reps	14:33
40 – 49	24 Reps	11 Reps	15:32
50 – 50+	19 Reps	9 Reps	17:30

Female Entrance Standards

AGE	*SIT UPS (I minute)*	*PUSH UPS (I minute)*	*1.5-MIILE RUN*
19.5 - 29	24 Reps	10 Reps	17:11
30 – 39	20 Reps	8 Reps	18:18
40 – 49	14 Reps	6 Reps	19:43
50 – 50+	10 Reps	4 Reps	21:57

Prescreening Results

To enroll in the Recruit Training Program, recruits/candidates must complete all phases of the prescreening process. All medical, psychological, and physical issues must be resolved prior to admission into the class. Follow-up medical or psychological exams must be successfully

completed. The recruit/candidate is responsible for maintaining contact with the Personnel Department to confirm acceptance and the academy class start date.

Independent Training

Recruits/Candidates alike are encouraged to train with push-ups and sit-ups as often as possible. Although there is a minimum requirement based on age and gender, you should strive for the maximum effort each time you are tested. In any case, frequent training with these exercises builds the endurance to perform many more repetitions within the one-minute time limit than not.

Regular training with push-ups builds strength and endurance in the upper body, including the shoulders, upper arms, and chest muscles. This training improves overall physique, strengthening and improving sympathetic (supporting) muscle groups and the surrounding areas such as abdominals, back, quadriceps, wrist, and rotator cuff.

Regular training with sit-ups trims your midsection, strengthens your abdominal muscles and hip flexors, and in some cases, can improve your run time. If it's sensible, daily training is an excellent way to increase your endurance and ability to perform more repetitions.

The training academy encourages all recruits to strive for their best whenever the opportunity arises. To increase your performance, see a drill instructor for assistance and suggestions on how to train for improvement.

Constant training and practice with these or any exercise will increase your capacity to perform more repetitions. In addition, you will develop upper body strength and conditioning because of regular training with these exercises.

Introduction:

With the video provided, the Massachusetts Department of Correction will give you, as the prospective recruit/candidate, visual clarification of the proper form of each evaluated exercise. The following is a brief explanation of the expectations and evaluation of the battery of tests that will be performed for the physical fitness assessment. An academy evaluator will observe the testing. An evaluator will be assigned to an area for recruits/candidates to ensure the proper techniques are being performed, communicate any corrective action, and accurately count the repetitions. The evaluator will be positioned to observe best the recruits/candidates performing the exercises. The evaluator shall not count out loud to avoid confusion amongst the other recruits/candidates and evaluators. The testing will consist of sit-ups, push-ups, and a one-and-a-half-mile run. The video demonstration provides visual instructions and demonstrations of the correct form for both sit-up and push-up exercises. The video will also offer visual examples of possible incorrect forms as well. Please be advised that the incorrect

forms are just a few examples, and these provided examples will only cover some possible incorrect forms. However, proper form and technique for evaluated exercises are displayed for both males and females. This handout will also depict the same narrative as the video.

Sit-ups:

The recruit/candidate will have one minute to complete as many sit-ups as possible. The recruit/candidate will begin by lying flat on the floor, knees bent, feet flat on the floor, and heels together. The other assisting recruit/candidate will kneel in front of the recruit/candidate performing the exercise, securing their feet firmly to the floor with their hands and/or both their knees on top of their feet and hands securing the front of the ankles (FIG. 1). Your arms shall be placed in the following position. The testing recruit/candidate shall have arms folded across the chest with hands touching the upper chest or shoulders (FIG. 2).

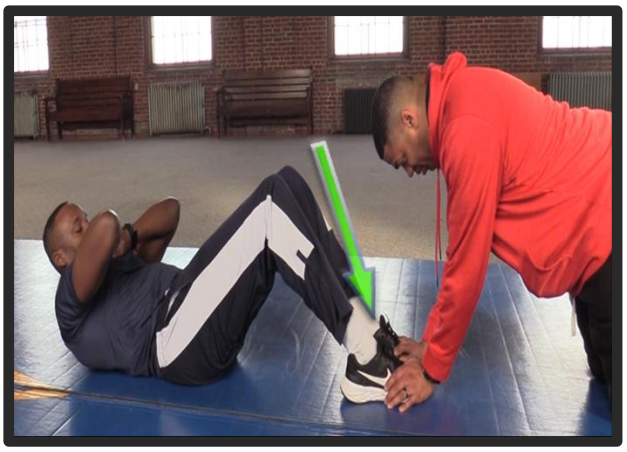


FIG. 1

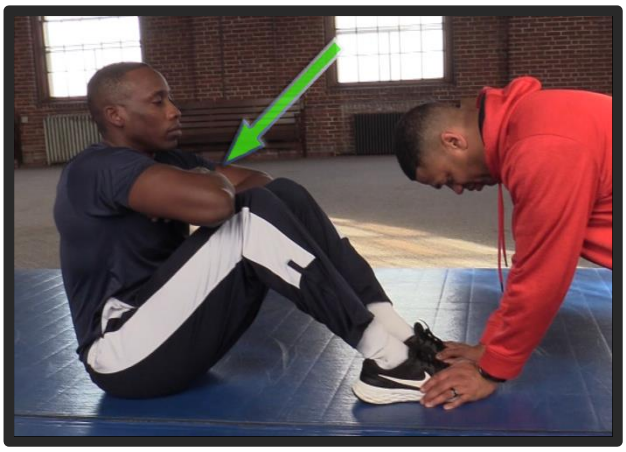


FIG. 2

Once you have started the exercise, your arms must remain in this position for the entire exercise. Once the Officer-In-Charge says, "Stand by," go to the raised/starting position with both elbows touching just below the knees (FIG. 3 and FIG. 4).

Sit-ups: (continued)

FIG. 3

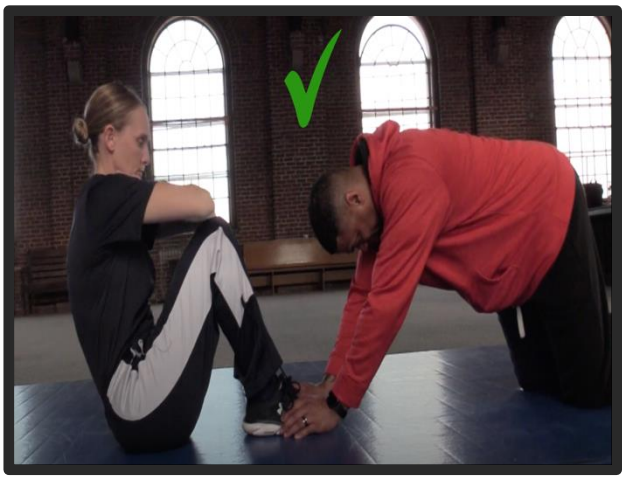


FIG. 4

When the Officer-in-Charge says to "Begin," you will lay back until your shoulder blades touch the floor, then return to the raised/starting position again. This will count as one repetition (FIG. 5).

FIG. 5

An academy evaluator will count the repetitions. Should you fail to complete a repetition correctly, the evaluator will correct you, and that repetition will not be counted. If you need to rest during this exercise, you will rest in the raised/starting position. (FIG.3 and FIG. 4)

Sit-ups: (continued)

The exercise is complete if you stop while in contact with the floor or touch the floor more than once before returning to the raised/starting position. If you release or break contact of your hands from your chest or shoulders; raise your hips to propel your body in any way, the exercise will be deemed completed. Only those repetitions having been completed to this point will be counted.

FIG. 6

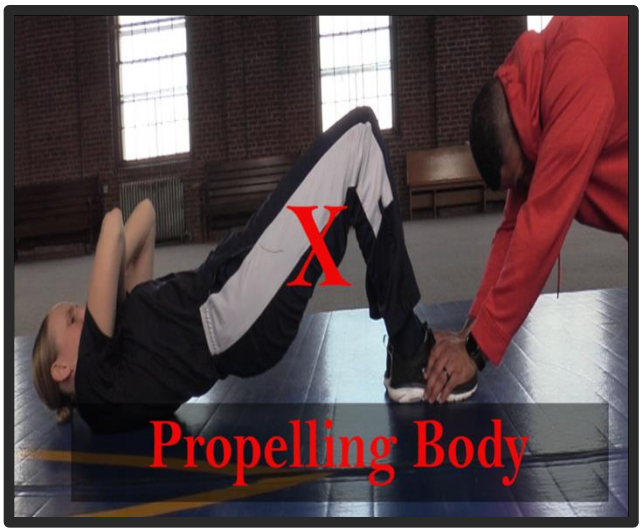


FIG.7

FIG. 8.

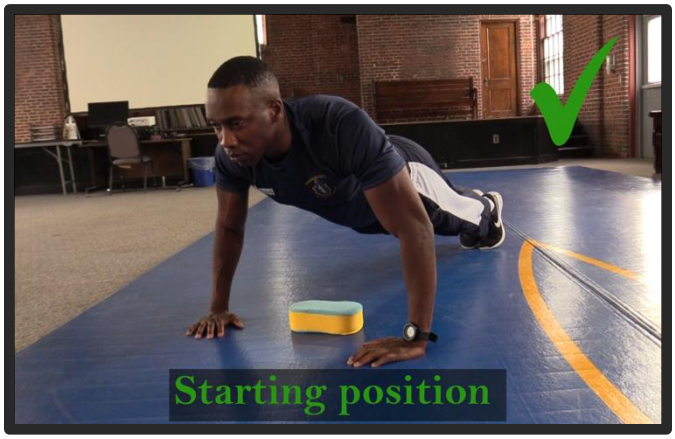
FIG. 9

After one minute, the Officer-in-Charge will conclude the exercise by saying “Time,” signaling the conclusion of the exercise for that group. The academy evaluator will provide the number of repetitions to the Officer-in-Charge to document. The recruit/candidate pairs will then switch positions to complete this exercise.

Push-ups:

The recruit/candidate will have one minute to complete as many push-ups as possible. The recruit/candidate will have a foam sponge pre-placed onto the floor. The sponge is approximately three inches in thickness. The recruit/candidate will go to the floor on their hands and knees, centering the foam sponge in the center of their chest. When the Officer-in-Charge says "Ready," the recruit/candidate will go to the push-up starting position.

The push-up starting position for males is as follows, hands shoulder-width apart, arms fully extended, legs straight, feet together, and back straight from shoulder to foot. (FIG. 10) Females can perform the push-up as described for males or in a modified push-up position. This modified push-up position for a female recruit/candidate is as follows, they will set their hands shoulder-width apart, arms fully extended, knees placed on the floor, back straight from shoulders to knees, feet crossed at the ankles, and raised off the ground throughout the exercise. (FIG. 11)



When a female recruit/candidate elects a position to perform the push-up exercise, modified version, or male version, the female recruit/candidate must maintain that position throughout the timed exercise and cannot at any time switch forms.

Once the Officer-in-Charge says “Begin,” the exercise will commence. The recruit/candidate must bend at the elbow lowering their body until their chest touches the sponge while maintaining legs straight and back straight from shoulder to the foot for the male push-up position. (FIG. 12) The female recruit/candidate shall maintain a straight back from the shoulder to the knee for the modified push-up on returning to the full push-up starting position. (FIG. 13) This will count as one repetition.

Push-ups: (continued)

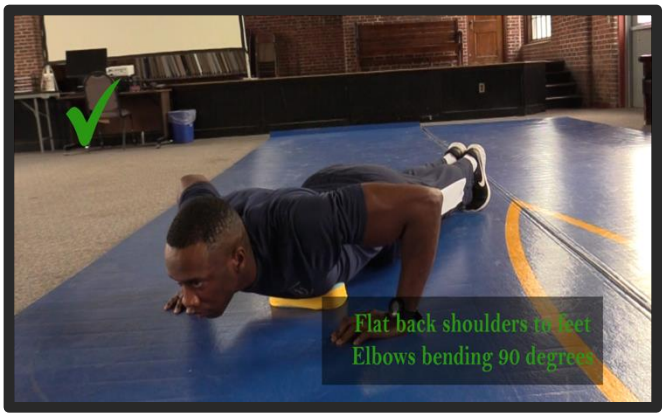


FIG. 12

FIG. 13

The exercise will be completed if any part of your body touches the floor other than your hands and feet or for the modified version of hands and knees for female recruit/candidate. Only those repetitions having been completed to this point will be counted. (Examples of non-compliant push-ups are displayed in the prescreening video). At the conclusion of one minute, the Officer-in-Charge will conclude the exercise for that group by saying, "Time." The academy evaluator will give the number of repetitions to the Officer-in-Charge to be documented.

Before the timed one-and-a-half-mile run, the Officer-in-Charge will provide time for the recruits/candidates to warm up and stretch. The Officer-in-Charge will then provide specific instructions as to the layout of the course. An example of this would be six laps on a quarter-mile track will equal one and a half miles. The evaluators will provide split times during the run. The recruits/candidates will be given their elapsed time upon crossing the finish line, and the Officer-in-Charge will record this time.

All information for male and female recruits/candidates regarding age brackets, number of repetitions, and time for the running event needed to pass the physical fitness test are provided at the following website address: WWW.MASS.GOV/SERVICE-DETAILS/CAREERS. The full description is under the "ADDITIONAL RESOURCES" labeled "RECRUIT TRAINING PROGRAM PHYSICAL FITNESS PREPARATION GUIDE."

By providing you, the prospective recruits/candidates, with this guide and video demonstration of the expectations of the physical fitness exam in hopes that it will assist you with the physical preparation and successful completion of the Physical Fitness exam. On behalf of the Massachusetts Department of Correction, Thank you, and good luck.