



ENNIS W. WRIGHT, SHERIFF  
CUMBERLAND COUNTY SHERIFF'S OFFICE



*An Internationally Accredited Law Enforcement Agency*

**Cumberland County Sheriff's Office**  
**Deputy Sheriff**  
**Job Related Physical Ability Test**

**NOTICE TO APPLICANT**

Completed Preliminary Applications will be reviewed. If all information received is acceptable, candidates will be scheduled for the Physical Ability Test described below.

The Cumberland County Sheriff's Office Job Related Physical Ability Test is a baseline test to determine a candidate's ability to perform essential job functions of a Law Enforcement Officer. The information listed within this document allows candidates to practice and prepare for the Physical Ability Test. Success on this test should not be used by candidates to gauge their level of fitness. If hired by the Cumberland County Sheriff's Office for the position of Detention Officer, candidates will continue to be challenged physically.

- **The Cumberland County Sheriff's Office Physical Ability Test is performed on a Pass/Fail basis. Candidates must pass the Physical Ability Test to proceed in the Selection Process.**
- **In order to participate in the Cumberland County Sheriff's Office entry level Physical Ability Test, you must have the attached Medical Release Form, Signed by your Physician. The Medical Release Form ensures you are physically capable of performing the activities described.**
- **You MUST bring with you on the date of your scheduled Physical Ability Test, the signed Medical Release Form. If you do not bring the Medical Release Form, you WILL NOT be allowed to participate.**
- **You MUST bring with you a Valid Driver's License to show proof of your identity.**
- **ANY COSTS TO OBTAIN A MEDICAL RELEASE MUST BE MADE AT THE APPLICANT'S EXPENSE AND WILL NOT BE REIMBURSED BY THE CUMBERLAND COUNTY SHERIFF'S OFFICE.**
- **The Physical Ability Test will be administered on the scheduled day, RAIN or SHINE, so appropriate dress will be necessary.**
- **RETEST POLICY: If a candidate fails the Physical Ability Test, he/she will be allowed to retest within the following 30 day period or the next available test date. He/she must retry and successfully complete the entire test.**

131 DICK STREET \* FAYETTEVILLE \* NORTH CAROLINA \* 28301-5793  
(910) 323-1500 \* [www.ccsoc.org](http://www.ccsoc.org)



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**Candidates will be disqualified for consideration of this position for a period of one year if he/she does not appear on the scheduled assessment date or fails the Physical Ability Test after the second attempt.**

**The Cumberland County Sheriff's Office Physical Ability Test is based on a Fitness Standard established by the Cooper Institute.**

- It relates to the ability of officers to perform essential functions of the job.
- It relates to minimizing the risk of excessive force situations.
- It relates to minimizing the known health risks associated with the public safety job.
- It relates to meeting the many legal requirements to avoid litigation and having a defensible position if challenged in court.
- It relates to the ability to perform the emergency function.

**The Cumberland County Sheriff's Office Physical Ability Test (Cooper Fitness Standard) consists of the following battery of tests:**

- Blood Pressure Test
- Body Composition
- Vertical Jump (Flexibility): The vertical jump is a measure of jumping or explosive power. The applicant will complete the test by standing with a shoulder against a wall and then jumping as high as possible. The applicant will be provided three attempts.
- Bench Press: The bench press measures the level of physical strength within the upper body. The applicant will push from the bench press position their maximum weight. (Three attempts at one repetition each).
- Sit-Ups: The sit-up test measures muscular endurance in the abdominal muscles. The test is performed with the applicant lying on their back with their knees bent at a 90-degree angle and their heels on the ground. This is a timed test of 60 seconds.
- Push-Ups: The push-ups measure the muscular endurance of the upper body muscles in the shoulders, chest, and back of the upper arms. This is a timed test of 60 seconds.
- 300 Meter Run: The 300 meter run is a measure of anaerobic power. The applicant will perform the test by running a measured course as fast as they can.
- 1.5 Mile Run: The 1.5 mile run is a test of cardio-respiratory fitness. The applicant will perform the test by running and/or walking the measured 1.5 mile course as fast as they can.

**For additional information pertaining to the completion of the Preliminary Application Packet or the Physical Ability Test, please contact the Human Resources Office within the Cumberland County Sheriff's Office at (910) 677-5484 or (910) 323-1500.**

**The Cumberland County Sheriff's Office reserves the right to modify this SELECTION process at any time without prior notice.**

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