

Making the grade: Hornets test themselves in the Mock Physical Fitness Screening Test

October 1, 2015

There are many ways to build up your abs: planks and crunches, weight machines and sit-ups. But if you're taking the physical fitness screening exam required for law enforcement officers, there is only one way that counts.

Keep your hands laced behind your head; if they slip off, it doesn't count. Go all the way up, either touching or passing your knees; if you don't reach your knees, it doesn't count. Rest only in the upright position and not on the floor.

"If I have to do it, you have to do it," Broome County Sheriff's Deputy Sgt. Sam Davis told approximately 70 SUNY Broome students who took part in Criminal Justice & Emergency Services' Mock Physical Fitness Screening Test on Sept. 29. Davis knows the requirements firsthand: not only does he have to meet the standards himself, he administers the exam for the Broome County Sheriff's Office, noted Assistant Professor Trevor Peachey.

Students tested their mettle during the event, which included push-ups, sit-ups and a 1.5-mile run. The event was essentially the same as the New York State Physical Fitness Screening Test that all law enforcement officers need to pass. Many students – although not all – were Criminal Justice or Emergency Services majors.

The event was being offered in conjunction with the new Criminal Justice & Emergency Services Fitness Club, which will be hosting student-led fitness activities throughout the semester as a way to boost awareness about overall physical health and wellness.

Like sit-ups, push-ups also have a technique: straight arms on top and lowering all the way to the floor, hitting either your partner's fist or an electronic counter. Once you start, you can't lift your arms off the floor, and you can only rest in the up position.

"There's a lot of people who miss the push-ups or the sit-ups by one," Davis told students, stressing the importance of form.

Male and female students split up during the test. The women completed their run first, while the men paired up for the push-up and sit-up portion, breathing hard as the test got under way.

As a steady drizzle pounded the pavement, Chelsea Clark finished strong.

Looking up from his clipboard, Criminal Justice Professor Trevor Peachey announced her time in the mile and a

half run: 14:06. Clark responded with a tired smile.

“Are you in the Criminal Justice program?” Peachey asked as Chelsea caught up with her friend Kiley Kingma in the rain.

“Nope,” the Health Sciences major responded.

“You should be,” he responded.

Kiley, on the other hand, wants to become a law enforcement officer.

“I’m not that good about working out,” she admitted, adding that this is something she hopes to change.

In fact, the best way to ace the test is to work out every day – doing push-ups, sit-ups and running every day, Davis noted. Between the testing periods, a few students groused – with a smile – about the difficulty of the exam.

“I have three kids,” one woman said.

“I have three boys,” Davis replied with a smile. “You should be doing this every day anyway!”

Filed Under: [FOCUS on Wellness](#)

