

Take the Challenge: CJES Mock Physical Fitness Screening Test on Sept. 29

September 15, 2015

****Updated: With close to 100 participants, registration is now full. Thanks for your interest!****

Have you ever wondered whether you could pass a New York State Physical Fitness Screening Test for a career in Law Enforcement?

The Criminal Justice & Emergency Services Department is sponsoring a Mock Physical Fitness Screening Test at 4:30 p.m. September 29 on the campus' main lawn. This screening test is open to all students and faculty; all Criminal Justice Police, Corrections, Homeland Security, Fire Protection and EMT students are strongly encouraged to attend. The testing will consist of three components, measured by completing push-ups, sit-ups and a 1.5 mile run.

The Criminal Justice & Emergency Services Fitness Club will then sponsor physical activities throughout the semester to build muscular endurance and cardiovascular capacity. Near the end of the semester, we are hoping to re-test students and faculty and record their improvements.

Sgt. Sam Davis of the Broome County Sheriff's Office will be on site, as well as faculty from the Criminal Justice & Emergency Services Department to administer and record the testing.

Participants will need to register in advance for the event. If interested, contact Assistant Professor Trevor Peachey at Peacheytf@sunybroome.edu or 607-778-5139. Please click on the CJES Main Page www.sunybroome.edu/cjes and navigate to the "Announcements" webpage for more information on the standards necessary for employment.

This initiative is being offered in conjunction with our 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. We will be hosting sign-ups for the CJES Fitness Club on September 29, or contact Assistant Professor Peachey for more information.



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