



**WILLIAMSON COUNTY**  
**SHERIFF'S OFFICE**  
**DUSTY RHOADES, SHERIFF**  
408 CENTURY COURT  
FRANKLIN, TENNESSEE 37064



## Functional Fitness Tests

### **Kneel / Stand Test**

The Kneel / Stand Test contains all shooting positions required to pass the Firearms portion of the Detention Training Academy as well as the semi-annual weapons training. It consists of 15 changes of position and is administered as one continuous test. These 15 changes must be completed within 1 minute. The applicant will then be required to hold a simulated firearm out straight for two-minutes. An instructor will provide verbal cues during this test so you do not have to memorize the sequence of positions changes.

### **Front Plank**

The Front Plank measures core strength required to surmount obstacles at the Detention Training Academy, the Law Enforcement Training Academy and on the job. It is a timed event in which participants must maintain the front plank position for a minimum of 1 minute fifteen seconds (1:15).

### **Pushups**

Pushups measure the core and upper body strength required to complete the Detention Training Academy, the Law Enforcement Training Academy and on the job duties. The test must be completed in a 1-minute time frame. A total of 10 pushups is required, wherein the applicant will touch their chest bone to a set 6-inch block and then return to a full lock out. The proper formation will be demonstrated before the test is conducted.

### **Step test**

This test measures cardiovascular endurance and lower body strength required to surmount obstacles at the Detention Training Academy, the Law Enforcement Training Academy and on the job. The test requires you to complete 25 step-ups within a single minute time. You cannot stop during this test and your hands must remain by your sides or in "guard" position.

### **440 yard run/ Weighted Carry/ Dummy Drag**

This test measures cardiovascular endurance, upper body strength, and lower body strength required to surmount obstacles at the Detention Training Academy, the Law Enforcement Training Academy and on the job. It is a timed test, requiring you to run 440 yards, then immediately carry 2x 30 pound weights for 55 yards, and then immediately drag an 80-pound dummy for 55 yards, within a 5 MINUTE time period. The applicant can only walk during the weighted carry test and cannot stop at any time.



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Between the kneel-stand test, the plank, and the pushups, there will be no time granted for rest.

A 1-minute break will be granted before the Step-up Test.

Another 1-minute break will be given before the run/carry/drag tests.

These tests will all be pass or fail. Failing to complete a single test will result in disqualification and the applicant will be eligible to return to retry when and if they choose.

The instructor can fail an applicant during these tests if they believe they are not performing them to standards or believe they are struggling during the tests which would therefore cause issues while on the job.

If failed by the instructors, the applicant will be informed of their right to return and ways to improve for future attempts.