

Johnson County Sheriff's Office
Hiring for the position of
Deputy Sheriff
www.johnsoncountyowa.gov
BE WHAT YOU WANT TO BE

Hey everyone, I am Lt. Randy Lamm. Welcome to testing day with the Johnson County Sheriff's Office. This video will guide you through the entire testing process with us step by step so you have a successful day. Best of luck to you!

Sign in

All applicants must present a state driver's license or state I.D. card at check-in.

At check in, applicants will declare if they are taking the POST exam or planning to transfer eligible scores under state requirements. If you choose to retest, the most recent score will be used in our hiring process.

A photograph will also be taken at check in.

Applicants should arrive in appropriate workout gear.

All applicants are required to take the physical fitness assessment. The fitness test consists of three basic tests. Each test will be given in sequence with a rest period between each test. Keep in mind that applicants must pass every test.

Fitness standards vary depending on the applicant's gender and age and can be found on the Iowa Law Enforcement Academy's website.

SITUPS

One minute sit up test is a measure of the muscular endurance of the abdominal muscles. It is an important area of performing police tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems. The score is in number of bent leg sit ups performed in one minute. Hands must remain on or about the head, in the up position, elbows should touch the knees or upper portion of the thigh, in the down position, the back must come down so that shoulder blades touch the floor. Legs may be held for assistance.

PUSHUPS

The one minute push up test requires pushing one's own weight off the floor. This measures the amount of force the upper body can generate and is an important area of performing police tasks requiring upper body strength. The score is calculated by the number of pushups performed in one minute. The body is supported by the hands and feet touching the ground, with legs straight and off the ground. The chest must come down and touch a fist placed under the individual's chest, then the arms must go to full extension to complete a push-up.

1.5 MILE RUN

1.5 mile run. This is a timed run to measure the heart and vascular system's capability to transport oxygen. It is an important area of performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. The score is in minute and seconds.

All applicants that pass the physical fitness testing will move to the written test. You will be given a short break and then reconvene at the designated testing facility.

The POST exam consists of 4 sections: arithmetic, reading comprehension, grammar and incident report writing. Applicants must have a passing score of 70% on each section. Each section is timed with the total test taking 83 minutes to complete.

The POST test will be scored immediately. Applicants are ranked based on their POST score and veterans preference points if applicable and posted for candidates to view. This list is then certified by the Civil Service Commission and good for up to 2 years or until exhausted. Interviews will be scheduled at a later date. The Sheriff can interview and hire anyone in the top 10 positions on the certified list.

Prepare, train hard and best of luck to you.