

Physical Abilities Test

The License & Theft Bureau Physical Abilities Test (P.A.T.) is designed to assess the two fitness components:

Dynamic Strength: The ability of the muscles to generate force to perform repeated tasks over an extended period of time.

Cardiovascular Endurance: The ability of the heart and vascular system to transport and utilize oxygen for sustained activity involving stamina.

Prior to participation in any of the following tests, each candidate will have to furnish a completed Physician's waiver (copies can be obtained on-line or through your local District License and Theft Bureau Office). The Physical Abilities Test for applicants consist of four abilities test, scored based on Cooper Institute for Aerobics Research age, gender based percentage norms, and past pre-hire abilities testing.

The Physical Abilities Test is designed to measure a candidate's fitness to ensure that he/she is able to participate in the physical training portions of the License & Theft Bureau and to perform the essential functions of the job of a Law Enforcement Agent (Inspector).

A level of fitness is needed to perform the essential physical functions of the job of an Inspector. Some of the physical tasks performed by an Inspector include: running after suspects for extended periods of time, climbing stairs, strength to subdue resistant persons and lift, drag or carry persons or objects. Fitness provides the License & Theft Bureau Inspector with necessary physiological readiness or preparedness to perform critical or frequent physical tasks.

The candidate must pass each portion (all four tests) of the physical fitness test in order to advance in the hiring process. Portions of the physical fitness test will be performed indoors and other portions will be performed outdoors. Restrooms and water, while available, are limited at some test sites, so please plan accordingly. Wear proper clothing including running shoes, socks, t-shirts and shorts, and warm-ups or sweats as needed. Candidates should be conscious of diet and not drink caffeinated drinks prior to the test, as it affects the blood pressure and resting heart rate.

The License & Theft Bureau will make every attempt to schedule testing in a manner that is reasonably convenient for candidates. However, depending on the number of people being tested, delays and waiting time may be unavoidable. It is the candidate's responsibility to be on time, properly equipped and prepared for the various phases of the testing process.

MINIMUM SINGLE STANDARDS

The first phase of the Physical Abilities Test will consist of taking the candidate's blood pressure and resting heart rate. The blood pressure reading cannot exceed 150/95 after three attempts. The resting heart rate cannot exceed 90 after three attempts. If, after three attempts, an applicant's blood pressure or resting heart rate readings exceed the above standards, they will not be allowed to continue in the testing process and can be rescheduled for a make-up test.

The Physical Abilities Test sequence will proceed in the following order:

1. **300 Three-Hundred Meter Sprint / \leq (70) seventy seconds**
2. **Push-Ups / (24) twenty-four**
3. **(1) One Minute Sit-Ups / (28) twenty-eight**
4. **(1.5) One-and-a-half mile Run \leq (15:55) Fifteen minutes & fifty-five seconds**

Sub-test 1 – Three Hundred Meter Sprint

This is an exercise to determine explosive and sustained running ability over a short distance. The candidate must complete the run without any help. Cooper Institute recommends the 300 meter sprint, because the distance is determined to be an average distance for a foot pursuit. The candidate must complete the 300 meter sprint in 70 seconds or less in order to pass this test. After this exercise the candidate will be given a 5-15 minute recovery period before continuing on with the next test.

Sub-test 2- Sit-Ups

The candidate starts in the supine position, as pictured at left, below, with knees bent, heels flat on the floor, and fingers interlaced and placed behind the head. The candidate's feet will be held down at the ankle. The candidate raises the upper body touching the elbows to the knees, as demonstrated in the photograph at right, below and then return down until the shoulder blades touch the floor. The candidate should attempt to complete as many correct sit-ups as possible in one minute in order to elevate his/her percentage average. Only sit-ups that are performed correctly will be counted. The candidate SHOULD NOT pull on his/her neck during the test. The candidate must perform at least 28 sit-ups in order to pass this test. After this exercise the candidate will be given a 5-15 minute recovery period before continuing on with the next test.



Sub-test 3 - Push-Ups

The candidate will start with his/her hands placed approximately a shoulder width apart on the floor and elbows fully extended, as pictured. The back and remainder of the body should be kept straight at all times. As shown below, an administrator will hold a four-inch measuring device, or a fist, directly between and in line with the candidate's hands on the floor, under the candidate performing the push-up. From this full extension, known as the "up" position, the candidate will lower the body toward the floor until the sternum touches the device being held by the administrator. The candidate then returns to the fully extended "up" position.



The candidate may rest in the up position only. If the applicant should place one or both knees down at any time, only the number of correct push-ups completed prior to this occurrence will be counted. The candidate should attempt to complete as many correct push-ups as possible in one minute in order to elevate his/her percentage average. Only push-ups that are performed correctly will be counted. This completes one repetition. The candidate must perform 24 push-ups in order to pass this test. After this exercise, the candidate will be given a 5-15-minute recovery period before continuing on with the next test.

Sub-test 4 - 1.5 Mile Run

Candidates should refrain from smoking or eating for two hours preceding this sub-test. Adequate time will be allowed for stretching and warm-up prior to the test. The candidate should perform the 1.5-mile run as quickly as possible in order to achieve the maximum available percentage score for his/her age and gender. The candidate must complete the 1.5 mile run in 15 minutes and 55 seconds or less. Time will be allowed for cool-down following the test.