

# Physical Ability Test Information and Orientation

Police officer applicants are required to take a pre-employment physical ability test. POT applicants must pass the ability course. The police officer applicant does not need any special law enforcement training to successfully complete this test.

The fitness evaluation shall be:

1 minute sit-ups 15 or more = PASS

21 push-ups (not timed) = PASS

300 meter run in 77.0 seconds or less = PASS

1.5 mile run in 17:17 or less = PASS

## • A General Tips for Preparing for the Physical Ability Test

- Some upper body strength is needed in order to successfully complete the sit-ups and push-ups. **Applicants should refer to the video for proper procedures when performing the push-ups.** An applicant can increase their upper body strength through physical training exercises such as push-ups, and weight training.

- Some cardio-vascular ability is needed to be able to complete the running portion of the ability course. An applicant can increase their muscular endurance through training exercises such as jogging, running, or bicycling.

- We encourage all applicants to practice negotiating the types of activities that will be tested.

- We encourage all applicants to get a good night's sleep the night before the exam.

- We encourage all applicants to leave early enough to allow for traffic and traveling through unfamiliar territory.