

Physical Abilities Test (PAT) Administration Summary

The Physical Abilities Test (PAT) includes four individual fitness tests to be administered. You must do the 1.5 mile run as the last event, the first three events are to be done in the order presented to you at the testing location.

Test	Time Limit
1. Push-ups	Two values recorded: <ul style="list-style-type: none">• Push-ups completed by one minute• Total number of push-ups completed without time limit
2. 300-Meter Run	No limit
3. Sit-ups	1 Minute
4. 1.5-Mile Run	No limit

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Fitness Test Administration Overview

1. Self-directed warm-up (5 minutes)
2. Fitness event process with rest periods
 1. Push-Ups (Record at one minute AND record the total number of push-ups the candidate completed, if they continue past one minute)
 2. Minimum 5-minute self-directed rest for recovery
 3. 300-Meter Run
 4. Minimum 5-minute self-directed active cool down
 5. Sit-Ups (1 Minute)
 6. Minimum 5-minute self-directed rest for recovery
 7. 1.5-Mile Run/Walk
3. Self-directed active cool down (5 minutes)

What are the requirements for you to "Opt Out", "Self Elim" or "DQ" a portion of the exam?

Each event has Opt Out and Self-Elimination bubble, and the two runs have a Disqualification (DQ) bubble. If a candidate decides to skip a portion of the exam, they are considered to have Opted Out of that portion of the exam and will continue on to the next event. If a candidate decides to begin and then stop an exam event before completing the event, they are considered to have Self Eliminated for that event. If the candidate performs in a way that results in a disqualification of him or herself during an event, they are considered Disqualified and their test will end.

If a candidate wishes to retest the sit-up or push-up portion they are allowed to as long as it is during the site's operating hours on the same day of their scheduled test. The value that will be entered on the answer sheet will be the higher of the scores earned.

If a candidate Opts Out, Self-Eliminates or DQ's they cannot retake just the portions they missed. The entire PAT test will need to be scheduled and taken again.

If you are inquiring about your passing or failing the exam, your proctor will not have that information. You should check with the departments you are applying to, to see what their specific standards are.

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Push-up Test

This test measures the muscular strength and endurance of the upper body muscles in the shoulders, chest, and back of the upper arms (the triceps) used in high intensity self-defense and arrest simulation training. This is important for use of force involving pushing motions, breaking one's fall to the ground, use of the baton, etc.

For this event, you'll do as many push-ups as you can. Since departments use different standards, while you do push-ups we will be recording both how many push-ups you can do in one minute and the **total** number of push ups you are able to do if you choose to keep doing push ups after the one minute mark. The proctor will announce the number of push-ups you have completed at one minute. If you are able, continue to do push-ups *after* you hear the proctor announce your number of push-ups at one minute. Again: you do not have to stop doing push-ups when you hear the one-minute timer go off.

You will place your hands flat on the ground next to your shoulders, fingers forward. Your hands should be approximately 1 to 1½ shoulder-widths apart. Your feet can be together, but should be no more than one foot apart. Your body should be in a straight line from your shoulders to your ankles, and must remain that way throughout the exercise. When the proctor says "Go", lower your body, by bending your elbows, until the back of your upper arms are parallel to the ground and you compress the foam block. Return to the starting position by completely straightening your arms.

- If you fail to get the back of your upper arms parallel with the ground, that push-up won't count. If you do not compress the foam block, that push up will not count.
- If your elbows are bent and not locked when straightening for the up position, that push-up won't count.
- If your hands are in a fist, and not flat on the ground facing forward, that push-up won't count.
- If your feet are more than one foot apart, that push-up won't count.
- Your body must remain straight. If your body is not straight, if it is bent at the waist, or with buttocks in the air, that push-up won't count.

Your body must be off the ground throughout this exercise. If you need to rest, make sure you do not touch your body or knees to the ground. You may only rest in the 'up' position. **If, at any point, your knees or body touch the ground, the event is concluded**, and you will receive credit for the number of push-ups you have correctly completed up to that point.

You will complete as many push-ups as possible until you cannot or do not wish to do any more.

If you are unsure of your form, you may check with the proctor before your exam begins.

If after you complete this exam, you wish to retest the push-up portion, you are allowed to as long as it is done the same day, during operating hours. The value that will be entered on the answer sheet will be the higher of the scores you have earned.

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300 Meter Run

This test measures anaerobic capacity used in high intensity baton and defensive tactics training and is important for performing short intense bursts of effort, such as foot pursuits, rescues, and use-of-force situations.

You have to complete the run without assistance. You'll line up behind the starting line. When the proctor says "Go" the clock will start. Your goal is to finish the run as quickly as possible. You will run to and through the finish line. Your time will be recorded when you cross the finish line. **You will be disqualified if you leave the track by cutting a corner during the run.** At the end of the run, don't stop moving. It's your responsibility to keep walking for at least 5 minutes after the run to cool down. This is to prevent blood from pooling in your legs and is very important for your safety.

One Minute Sit-Up Test

The sit-up test measures the muscular strength and endurance of the abdominal muscles, which are used in self-defense and high intensity arrest simulation training. These muscles are important for performing tasks that involve the use of force, and they help maintain good posture and minimize lower back problems.

During this test you will be doing as many sit-ups as you can in one minute. You are going to lie on your back, with your knees bent at 90 degrees or tighter. Your feet can be together or apart, but your heels have to stay in contact with the mat. You'll have a partner who will firmly hold your feet down using his or her hands. It is your responsibility to inform your partner of any adjustments you need to ensure your comfort. Interlock your fingers behind your head. Your fingers must stay interlocked behind your head for the duration of the event. If any of your fingers are not touching, including your little fingers, that is considered "apart", and that sit-up will not be counted.

When the proctor says "Go", you will lift your upper body by bending at the waist. Touch your elbows to your knees and return to the starting position. If you can't touch your elbows to your knees, you must come up far enough that your elbows are parallel with the sides of your knees.

- If you don't come up high enough that your elbows touch your knees, or that your elbows are parallel with the sides of your knees, that sit-up won't count.
- If you don't come all the way down and touch the mat with your shoulder blades, that sit-up won't count.
- Keep your fingers interlocked. If your fingers come apart during the sit-up, that sit-up won't count.
- You may rest, but only in the up position. Don't stop in the down position. If you stop for more than a count of "1,001" in the down position, your next sit-up will not count.
- Keep your buttocks on the mat. If you lift your buttocks off the mat, that sit-up won't count.
- You will have one minute to do as many sit-ups as possible.

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If after you complete this exam, you wish to retest the sit-up portion, you are allowed to as long as it is done the same day during operating hours. The value that will be entered on the answer sheet will be the higher of the scores you have earned.

1.5 Mile Run Test

This test is a measure of cardiorespiratory endurance (or aerobic capacity) used in extended control and defensive tactics training. This is important for performing tasks involving stamina and endurance (pursuits, searches, prolonged use-of-force situations, etc.) and for minimizing the risk of cardiovascular health problems.

The last event is a timed 1½ mile run. You must complete the run without any assistance. Headphones of any kind are not allowed. When the proctor says, "Go", the clock will start. Begin running at your own pace.

Each time you cross the start/finish line, it is your responsibility to yell out your vest number to your assigned proctor in a way that your proctor hears. The proctor will yell back to you the number of the lap you just completed. The proctor will tell you when you are starting your last lap. If you don't yell your vest number every time you cross the start/finish line, your lap may not be counted. You will know your proctor heard you if he or she yells the lap back to you. As individual runners or groups pass, the proctor will also yell out the current time in the run.

If runners are passing in a group, the proctor will yell your vest number before giving your lap and time.

You want to get the best time you can. Try not to start too fast. Instead, start at a pace you can sustain for the full 1½ miles. You may walk. If you decide to walk, move out of the inside lane. You may run alongside another runner for help with the pace, but you may not physically assist or be assisted by another runner.

While you are running, stay on the track. If you step off the track and don't respond right away to a warning to step back on the track, you'll be disqualified. If you shorten your run in any way, such as by cutting across a corner, you'll be disqualified. If you need to stop during your run, move off the track. If you get sick, throw up off the track.

If, at any point, you feel that you cannot complete the run in sufficient time for the department(s) to which you are applying, you can end your run by notifying the proctor that you are withdrawing, and your time will not be recorded.

At the end of the run, don't stop moving. It's your responsibility to keep walking for at least 5 minutes after the run to cool down. This is to prevent blood from pooling in your legs and is extremely important for your safety.

