

Physical Abilities Test (WAPAT)

Administration Summary

The Washington Physical Abilities Test (WAPAT) includes three individual fitness tests. The events are to be done in order at the testing location.

Test	Time Limit
Push-Ups	90 seconds
Sit-Ups	90 seconds
Squat Thrusts	3 minutes

Fitness Test Administration Overview

1. Self-Directed Warm-up (5 minutes)
2. Fitness Event Process with Rest Periods
 - a. Push-ups (90 seconds)
 - b. 3 minute rest period
 - c. Sit-ups (90 seconds)
 - d. 5 minute rest period
 - e. Squat Thrusts (3 minutes)
3. Self-directed active cool down (5 minutes)

Prior to the exam, the proctor will record in the "Notes" section what type of exam you are taking (LE, Cor or JCor) so the correct number of repetitions for each portion of the exam is completed.

You will need to sign next to the exam indication notation before starting your exam.

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Requirements to Opt Out or Self Eliminate an exam Event

Each event has Opt Out and Self-Elimination choices.

- If you decide to skip a portion of the exam you will move onto the next event but will not pass *that* WAPAT.
- If you decide to begin and then stop an exam event before completing the event, you are considered to have Self-Eliminated from that event.
- If you perform in a way that results in a disqualification during an event, you are considered Disqualified and your WAPAT will end.
- If you Opt Out or Self-Eliminate then you cannot retake only the portions you missed, the entire WAPAT will need to be scheduled and taken again.

Necessary Repetitions for Each Event

Push-Ups

- Law Enforcement (LE) - 20 to pass
- Corrections (Cor) - 15 to pass
- Juvenile Corrections (J Cor) - 10 to pass

3 minute rest period

Sit-Ups

- Law Enforcement (LE) - 25 to pass
- Corrections (Cor) - 12 to pass
- Juvenile Corrections (J Cor) - 12 to pass

5 minute rest period

Squat Thrusts

- Law Enforcement (LE) - 35 to pass
- Corrections (Cor) - 25 to pass
- Juvenile Corrections (J Cor) - 15 to pass

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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 needed for your exam. The proctor will announce the number of push-ups you have completed at 90 seconds or when the number of push-ups needed is reached.

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 I say "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 do not wish to do any more or until you reach the maximum amount needed. You will have 90 seconds to complete this portion of the exam.

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

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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'll do as many sit-ups as needed for your exam. The proctor will announce the number of sit-ups you have completed at 90 seconds or when the number of sit-ups needed is reached.

You're 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. 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 I say "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. (Proctor can demonstrate how high elbows must come, if necessary)

- 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 complete as many sit-ups as possible until you do not wish to do any more or until you reach the maximum amount needed. You will have 90 seconds to complete this portion of the exam.

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Squat Thrust Test

The squat thrusts are used to gauge the ability to participate in the physical requirements expected during the Basic Law Enforcement Academy and Corrections Officer Academy Control and Defensive Tactics training.

During this test you'll do as many squat thrusts as needed for your exam. The proctor will announce the number of squat thrusts you have completed at 3 minutes or when the number of required squat thrusts is reached.

To begin, stand tall with your back straight, feet shoulder-width apart, arms lifted, and hands above your head. Push your hips back and bend your knees, squat down, and place your hands on the floor in front of you, shoulder-width apart. Keeping your hands in place, back flat, and core engaged, kick both feet back at the same time until your body is in the plank position: arms and body straight, knees locked, hands in line with and slightly wider than your shoulders, feet no wider than shoulder-width apart. Your hands must touch the ground before you kick your feet back into the plank position.

Reverse the sequence to return to the starting position. When bringing your feet back in, they may be either together or up to slightly wider than shoulder-width apart. You must stand tall, push your hips forward until your back is straight, and arms raised overhead before the repetition is counted. Lifting your gaze parallel with the ground is recommended, as it helps ensure you stand up straight. If your feet are wider than shoulder-width apart at this point, you must step them back together before beginning the next repetition.

You may rest in the standing position, with your arms up or down, but you must return to the correct starting position with hands overhead before resuming repetitions. If you fail to: kick both feet out or in at the same time, keep your body in a straight line in the plank position, or return to a straight standing position with hands raised above the head, you will receive one warning. After one warning, any incorrect repetitions will not count.

You will have 3 minutes to successfully complete 35 squat thrusts. This is a Pass/Fail event, so you may stop once you reach the required number of repetitions. Your score is the total number of correct repetitions.

When I say "Go", you will start to do squat thrusts.

The Washington Physical Abilities Test (WAPAT) is to be administered as guided by the [Washington State Criminal Justice Training Commission](#).