

Physical Abilities Test (PAT)

Administration Summary

The Physical Abilities Test (PAT) is comprised of four (4) components.

- 1. Self-Directed Warm-up (5 minutes)**

- 2. Fitness Event Process with Rest Periods**
 - **Push-Ups (1 Minute)**
 - Minimum 5-minute Rest for Recovery
 - **300-Meter Run**
 - Minimum 5-minute Rest for Recovery
 - **Sit-Ups (1 Minute)**
 - Minimum 5-minute Rest for Recovery
 - **1.5-Mile Run/Walk**
 - Minimum 5-minute Active Cool Down

- 3. Self-Directed Cool Down (5 minutes)**
 - Keep walking to avoid blood pooling in legs

**Fitness events may be in a different order on the day of your test.*

The testing site does not have information about your specific passing requirements. That will depend on which departments you are applying to. Requirements for different departments can be found on our website. We recommend that you do your very best on all the events.

If, at any point, you feel concern for your health, it is your responsibility to stop participating and notify a proctor.

Before the start of your exam, you have five minutes to warm up. We suggest warming up by light jogging, jumping jacks, and basic stretching.

Push-Up Event

You will do as many push-ups as you can in one minute. 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 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 or lower. Return to the starting position by completely straightening your arms. Your proctor will count the correct push-ups aloud. The audible stopwatch alarm will go off at one minute signaling you to stop.

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During the push-up section you will need to remove eyeglasses. You will also need to remove or tuck in baggy shirts, so proctors can clearly see your upper arm position and can monitor if you touch the ground.

- If you fail to get the back of your upper arms parallel with the ground, that push-up won't count.
- If your elbows are bent and not locked when straightening for the up position, that push-up will not count.
- If your hands are in a fist, and not flat on the ground facing forward, that push-up will not count.
- If your feet are more than one foot apart, that push-up will not count.
- If your body is not straight, if it is bent at the waist, or with buttocks in the air, that push-up will not count. Your body must remain straight
- Your body must be off the ground throughout this exercise. You may only rest in the up position. If, at any point, your knees or body touch the ground, it is an immediate disqualification.

Sit-Up Event

You will be doing as many sit-ups as you can in one minute. You will lie on your back, with your knees bent at 90 degrees or tighter. Your feet can be together or apart, but your heels must stay in contact with the mat. You'll have a partner who will firmly hold your feet down using their hands. It is your responsibility to inform your partner of any adjustments you need to ensure your comfort.

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 cannot 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). Your proctor will count the correct sit-ups aloud. The audible stopwatch alarm will go off at one minute signaling you to stop.

- If you do not 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 will not count.
- If you do not come all the way down and touch the mat with your shoulder blades, that sit-up will not count.
- Keep your fingers interlocked. If your fingers come apart during the sit-up, that sit-up will not count.
- You may rest, but only in the up position. Do not stop in the down position. If you stop for more than a count of "1,001" in the down position, that sit-up will not count.
- Keep your buttocks on the mat. If you lift your buttocks off the mat, that sit-up will not count.

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300 Meter Run Event

You must complete the run without assistance. Candidates will assemble behind a starting line. When the proctor says "Go" the clock will start. Your goal is to finish the run as quickly as possible. You should run to and through the finish line. Your time will be recorded when you cross the finish line. At the end of the run, do not stop moving. It is your responsibility to keep walking for at least 3 minutes after the run to cool down. This is to prevent blood from pooling in your legs and is very important for your safety.

1.5 Mile Run Event

The last event is a 1.5-mile run. You must complete the run without any assistance. You may listen to music, but one ear must remain uncovered, so you can hear. When the proctor says "Go", the clock will start. Begin running at your own pace. A proctor will be assigned to you for this run.

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 1.5-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. If you need to stop during your run, move to the side and out of the way of other candidates. If you get sick, throw up outside of the running area.

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 will be disqualified.

Whether or not you are warned, if you shorten your run in any way, such as by cutting across a corner, you must turn around and get back on the track at the point you left to continue the run.

If, at any point, you feel that you cannot complete the run in sufficient time for 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, do not stop moving. It is 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.