

POLICE RECRUIT 2016 PHYSICAL ABILITY TESTING INFORMATION

The Police Recruit Physical Ability Testing (PAT) will take place during the week of April 10, 2016. The PAT will be conducted at:

Duke Energy Convention Center
Exhibit Hall A
525 Elm Street
Cincinnati Ohio 45202

You will receive an e-mail explaining how to sign up for a testing date and time.

- You must bring your valid Driver's License to your test.
- Only candidates will be permitted inside the test site.
- If you have any concerns regarding your physical ability to safely participate in this portion of the examination, please consult with your physician.

This is a link to a Police Recruit Physical Ability Test video:

<http://vimeo.com/48158225>

It may be necessary to open it in a different browser like Firefox or Chrome. You will also be able to watch this same video before your test. Disclaimer: The video shows examples of the activities; the actual PAT may differ from the video.

Activities:

1. 300 meter run. This measures anaerobic power or the ability to make an intense burst of effort for a short time period or distance. The test consists of sprinting 300 meters as fast as possible.
2. 1-minute sit-up test. This measures the abdominal or trunk muscular endurance. Laying on the ground you will be given a maximum of one minute to do bent-leg sit-ups until you reach the standard.
3. 1-minute push-up test. This measures the muscular endurance of the upper body. The test consists of doing push-ups until you reach the standard* (with a maximum time of 1 minute).

IMPORTANT: Minimum passing standards for Police Recruit PAT are as follows:

AGE AND GENDER MINIMUM SCORES

AGE	<29	30-39	40-49	50-59	60+
SIT-UPS IN ONE MINUTE					
MALE	32	29	25	21	16
FEMALE	28	22	18	14	6
PUSH-UPS IN ONE MINUTE					
MALE	26	22	17	12	12
FEMALE	14	11	9	10*	6*
300 METER RUN (328 Yards) IN SECONDS					
MALE	62	63	74	88	99
FEMALE	70	81	95	106	110

***Modified Push-ups only allowed for Females over age 50.**

Instructions for Sit-ups:

You lie on your back with your knees bent at a 90-degree angle and your feet slid under a specially designed box. Your feet may be together or apart; your heels must stay in contact with the ground. Your fingers must stay interlocked behind your head throughout the exercise. On the “GO” signal, lift your upper body by bending at the waist. You must touch your knees with your elbows and then return to the starting position with your shoulder blades making contact with the mat. Do not arch your back, lift your buttocks from the ground, or “bounce” off of the mat.



Instructions for Push-Ups:

You will place your hands on the ground approximately shoulder width apart. Your feet must be touching. Your body should be in a straight line from your shoulders through your ankles and must remain that way throughout the test. On the “GO” signal, you will lower your body by bending your elbows until your upper arms (triceps) are parallel to the ground. Then return to the starting position by straightening your arms. You may rest in the up position, if necessary, as long as your body remains in a straight line. You may not arch your back. If you arch your back or remove a hand or foot from the floor for any reason your time will stop and the number of correctly completed push-ups to that point will be counted. Modified push-ups will be used by females over age 50, and consist of keeping the knees on the floor while lowering the upper body.

