

## **Preparing for the Washington State Criminal Justice Training Commission Physical Ability Test**

Whereas many training routines can be used to improve performance in the Physical Ability Test (PAT), participants should keep in mind that physical training is specific. That is, one improves in activities practiced.

If one wishes to optimize push-up performance, push-ups should be included in the training program. Many other exercises can also be included to strengthen the chest, shoulders, and arms, but push-ups should be included in the routine. Ideally, muscles and the cardiovascular system should be gradually and progressively trained over several weeks or months to achieve desired fitness gains. Physical adaptations occur gradually in response to regular, consistent overloads, i.e. doing more than your body is accustomed to doing. It is important to bear in mind that every individual adapts at a different rate- a stimulus resulting in an appropriate, moderate overload to one person may be too much or too little for another person. A participant who has been inactive for a significant period of time should plan to take six to twelve weeks to train for the PAT.

The training routine should include exercises to train upper body strength and muscular endurance, abdominal muscular endurance, leg power, cardio-respiratory endurance and anaerobic power. Strength and cardio-respiratory endurance activities should be performed about every other day, or three days per week, to allow adequate recovery and positive adaptations to occur. Anaerobic (high intensity) training should be done once per week, and can be performed instead of a cardio-respiratory training session. For flexibility enhancement, good back health, and injury prevention, stretching exercises should be performed before and especially after training sessions, as well as on days off.

Here is a link to a video that can help you prepare for the PAT test.

<https://www.youtube.com/watch?v=wz44CmyKfzE>

Here is a link to a video that shows the testing process.

<https://www.youtube.com/watch?v=Lrr6nEIDqEY#t=297>

Law enforcement officers have unique job functions, some of which can be physically demanding and dangerous. An officer's capability to perform those functions can affect personal and public safety. Training for the required skills is often more vigorous and demanding than the day-to-day job functions that the officer faces. Physical fitness underlies an officer's ability to perform many of the frequent and critical job tasks as well as the demanded training of skills. The minimum fitness standards identified below are the requisite levels for an officer to effectively learn the frequent and critical job motor skills. Higher levels of fitness are associated with better performance of physical job tasks required by the Washington State Criminal Justice Training Commission (WSCJTC) Basic Law Enforcement Academy (BLEA).

The PAT is comprised of four tests:

- ⌚ 300-Meter Run
- ⌚ Maximum Push-Ups (no time limit)
- ⌚ Sit-Ups (One Minute)
- ⌚ 1.5-Mile Run / Walk

Tests may be administered in the above order. While not required, the test battery process should be sequenced as follows:

1. Warm-up (5-10 minutes) may be self-directed or led by test personnel.

- ⌚ General warm-up - 2-3 minutes of easy jogging, jumping jacks, etc.
- ⌚ Stretching - 5-7 minutes, include stretches for shoulders, back, upper and lower legs.

2. PAT

- ⌚ 300-Meter Run (15 minutes rest)
- ⌚ Sit-Ups (1 Minute) (5 minutes rest)
- ⌚ Maximum Push-Ups (10 minutes rest)

3. 1.5-Mile Run / Walk

- ⌚ Cool-down (5 minutes)
- ⌚ Walking - keep walking to avoid blood pooling in legs.
- ⌚ Easy stretching.

## 300-METER RUN

### Purpose

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.

Score in seconds: 56 – 71 Mean: 62.5.

### Equipment

- ⌚ Standard track or marked level course (300 meters = 328 yds. or 984 ft.)
- ⌚ The score is the time to the nearest half-second for completion of the run.

## **PUSH-UP TEST**

### **Purpose**

This test measures the muscular strength/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 motion breaking one's fall to the ground, use of the baton, etc.

Score in repetitions: 21 – 35 Mean: 28.

### **Equipment**

- ⌚ Standard 4 inch foam cube.

### **Procedures**

- ⌚ Lower their body until you slightly compress the foam cube and arms are at least parallel to the floor then pushes up again. The back must be kept straight, and in each extension up, the elbows should lock. Resting in the up position (only) is allowed.
- ⌚ The score is the maximum number of push-ups completed with no time limit.

## ONE-MINUTE SIT-UP TEST

### Purpose

This test measures the muscular strength/endurance of the abdominal muscles, which are used in self-defense and high intensity arrest-simulation training. Further these muscles are important for performing tasks that involve the use of force, and it helps maintain good posture and minimize lower back problems.

Score in repetitions: 30 – 38 Mean: 34.

- ⌚ The score is the number of correct sit-ups.

## 1.5-MILE RUN / WALK TEST

### Purpose

This test is a measure of cardio-respiratory 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.

Score: 13:35 – 14:31 Mean: 14:02.

### Equipment

- ⌚ 440-yard/400 meter track or marked level course
  
- ⌚ The score is the time it takes to finish the course to the nearest second.

## SCORING THE PHYSICAL ABILITY TEST BATTERY

The Physical Ability Test score for each test item is recorded and added on the individual participant's sheet. The passing score is 160, with the range of scores for each test between 30 and 50.

Example: The below measures are merely for illustration and are only approximate values.

- ⌚ Sit-Ups 34 = 40 Points.
- ⌚ Push-Ups 38 = 50 Points (Note that 34 and above receives the same maximum points)
- ⌚ 1.5-Mile Run 14:31 = 30 Points.
- ⌚ 300 Meter Dash 60 sec. = 45 Points.
- ⌚ Total Test battery score is 200 points.

The participant who scores below the 30-point level has failed the test but will be allowed to continue on the other test items with the option of re-test on any of the following: sit-ups and push-ups. The participant who scores above the 50-point level on a given test item will not be awarded more than that 50 points to apply towards the other test items.