

Applicants for the position of police officer/deputy sheriff must successfully complete the following Physical Fitness Ability Test (PFAT). This is the same test that is required for entrance into the Washington State Criminal Justice Training Commission Basic Law Enforcement Academy.

A maximum of 200 points is possible.

**A minimum of 30 points is required for each individual test. You must successfully complete each event.**

**A minimum of 160 total points is required to pass the Fitness Ability Test.**

**PLEASE NOTE THAT IT IS POSSIBLE TO PASS EACH EVENT, YET FAIL THE OVERALL PHYSICAL ABILITY TEST (e.g., 30 points in each event X 4 events = 120 total points; 160 total points are needed to pass).**

The PFAT will be typically administered in the following order:

1. 300 Meter Run
2. Push-Ups (re-test allowed)
3. Sit-Ups (re-test allowed)
4. 1.5 Mile Run/Walk

**EVENT #1 - 300 METER RUN**

The 300-meter run measures your anaerobic power. You must complete the run without any help. Your goal is to run the distance as quickly as possible. You must run to and through the finish line.

**RETEST**

This event does not allow a same-day retest.

| Time in seconds | 1.33 pt/sec | Time in seconds | 1.33 pt/sec |
|-----------------|-------------|-----------------|-------------|
| 56.0            | 50.00       | 63.5            | 40.00       |
| 56.5            | 49.30       | 64.0            | 39.33       |
| 57.0            | 48.67       | 64.5            | 38.66       |
| 57.5            | 48.00       | 65.0            | 38.00       |
| 58.0            | 47.34       | 65.5            | 37.33       |
| 58.5            | 46.67       | 66.0            | 36.66       |
| 59.0            | 46.00       | 66.5            | 36.00       |
| 59.5            | 45.33       | 67.0            | 35.33       |
| 60.0            | 44.67       | 67.5            | 34.66       |
| 60.5            | 44.00       | 68.0            | 34.00       |
| 61.0            | 43.33       | 68.5            | 33.33       |
| 61.5            | 42.67       | 69.0            | 32.66       |
| 62.0            | 42.00       | 69.5            | 32.00       |
| 62.5            | 41.33       | 70.0            | 31.33       |
| 63.0            | 40.67       | 70.5            | 30.66       |
|                 |             | 71.0            | 30.00       |

### EVENT #2 - MAXIMUM PUSH-UP TEST

This push-up test measures the muscular strength and endurance of the upper body. Place your hands on the ground so they are in a vertical line with your shoulders (approximately 1 - 1.5 shoulder widths apart). Your feet may be together, or up to 12 inches apart. Your body should be in a straight line from the shoulders to the ankles, and must remain that way throughout the exercise. Lower your body by bending your elbows until your upper arms are parallel to the ground and you touch and slightly compress the 4-inch foam block held under your chest. Your examiner will tell you when you have gone low enough. Return to the starting position by completely straightening your arms. You may only rest in the up position. If you fail to: keep your body in a straight line; touch your chest to the foam block; or lock your arms in the up position, you will receive a warning. After one warning, incorrect repetitions will not count. There is no time limit. Do as many correct push-ups as possible. Your score is the number of correct repetitions.

### RETEST

If you fail this event at your first attempt, you may re-test immediately following the completion of all four events.

| # of Repetitions | 1.43 pt/rep |
|------------------|-------------|
| 35               | 50          |
| 34               | 48.62       |
| 33               | 47.19       |
| 32               | 45.76       |
| 31               | 44.33       |
| 30               | 42.90       |
| 29               | 41.47       |
| 28               | 40.04       |
| 27               | 38.61       |
| 26               | 37.18       |
| 25               | 35.75       |
| 24               | 34.32       |
| 23               | 32.89       |
| 22               | 31.46       |
| 21               | 30.00       |

### EVENT #3 - ONE MINUTE SIT-UP TEST

The one-minute sit-up test measures muscular strength and endurance of the abdominal muscles. Lie on your back with your knees bent at 90 degrees or tighter with your heels on the edge of the mat. Your feet may be together or apart, but the heels must stay in contact with the floor. Your partner will sit on your feet and wrap their arms around your calf muscle area. It is your responsibility to inform your partner of any adjustments that need to be made in order to assure your comfort. Your fingers must stay interlocked behind your head throughout the event. If your little fingers are not touching, that is considered "apart" and such performance will not be counted. Lift your body by bending at the waist. Touch your elbows to your knees, and return to the starting position. When returning to the starting position, your fingers must touch the examiner's hand on the mat. You may rest only in the up position. Do not arch your back or lift your buttocks from the mat. If you fail to: keep your fingers interlocked, touch your elbows to your knees or your fingers to the examiner's hand, or lift your buttocks off the mat, you will receive one warning. After one warning, incorrect repetitions will not count. **You will have one minute** to do

as many sit-ups as possible. Your score is the total number of correct sit-ups.

**RETEST**

If you fail this event at your first attempt, you may re-test immediately following the completion of all four events.

| # of Reps | 2.375 pt/rep |
|-----------|--------------|
| 38        | 50           |
| 37        | 47.625       |
| 36        | 45.250       |
| 35        | 42.875       |
| 34        | 40.500       |
| 33        | 38.125       |
| 32        | 35.750       |
| 31        | 33.375       |
| 30        | 30.000       |

**EVENT #4 - 1.5 MILE RUN I WALK TEST**

The 1.5 mile run /walk test measures cardio-respiratory endurance, and endurance of your leg muscles. You must complete the course without any help. Your goal is to finish the 1.5 miles in as fast a time as possible. Try not to start too fast, but at a pace you can sustain for about 10 to 15 minutes. You may walk, but walking will make it difficult to meet the minimum passing score. You may run alongside another runner for help with pacing, but you may not physically assist or be assisted by anyone.

**RETEST**

This event does not allow a same-day retest.

| Time  | Points | Time  | Points |
|-------|--------|-------|--------|
| 13:35 | 50.000 | 14:03 | 39.996 |
| 13:36 | 49.635 | 14:04 | 39.639 |
| 13:37 | 49.278 | 14:05 | 39.282 |
| 13:38 | 48.921 | 14:06 | 38.925 |
| 13:39 | 48.564 | 14:07 | 38.568 |
| 13:40 | 48.207 | 14:08 | 38.211 |
| 13:41 | 47.850 | 14:09 | 37.854 |
| 13:42 | 47.493 | 14:10 | 37.497 |
| 13:43 | 47.136 | 14:11 | 37.140 |
| 13:44 | 46.779 | 14:12 | 36.783 |
| 13:45 | 46.422 | 14:13 | 36.426 |
| 13:46 | 46.065 | 14:14 | 36.069 |
| 13:47 | 45.708 | 14:15 | 35.712 |

|       |        |       |        |
|-------|--------|-------|--------|
| 13:48 | 45.351 | 14:16 | 35.355 |
| 13:49 | 44.994 | 14:17 | 34.998 |
| 13:50 | 44.637 | 14:18 | 34.641 |
| 13:51 | 44.280 | 14:19 | 34.284 |
| 13:52 | 43.923 | 14:20 | 33.927 |
| 13:53 | 43.566 | 14:21 | 33.570 |
| 13:54 | 43.209 | 14:22 | 33.213 |
| 13:55 | 42.852 | 14:23 | 32.856 |
| 13:56 | 42.495 | 14:24 | 32.499 |
| 13:57 | 42.138 | 14:25 | 32.142 |
| 13:58 | 41.781 | 14:26 | 31.785 |
| 13:59 | 41.424 | 14:27 | 31.428 |
| 14:00 | 41.067 | 14:28 | 31.071 |
| 14:01 | 40.710 | 14:29 | 30.714 |
| 14:02 | 40.353 | 14:30 | 30.357 |
|       |        | 14:31 | 30     |

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## **PREPARING FOR THE FITNESS ABILITY TEST**

Before beginning a physical exercise program it is strongly recommended that the individual be cleared by a doctor to undertake such a program. Individuals 40 years of age or older should not begin a program until they have been cleared by a doctor.

Whereas many training routines can be used to improve performance in the Fitness Ability Test, 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 Fitness Ability Test.

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 or twice per week, and can be performed in lieu 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.

The following program is progressive to allow the body time to adapt and build up. It is assumed that the applicant will begin this program at least 12 weeks in advance of the test date.

Delayed muscle soreness (24-48 hours post exercise) may occur as a result of any new exercise program. This soreness should only be mild in nature and should dissipate prior to the next scheduled exercise session.

If significant or severe soreness exists, the subject exercised too hard and therefore should not perform any exercise (other than stretching) that stresses the affected area until all soreness has disappeared completely.

Remember that this program is designed to build a person up, not tear him/her down. Subjects should pay close attention to their body for any indication of injury or over-use.

### 1. **Conditioning Program for the Push-up Test**

Determine exercise level by measuring how many pushups the subject can complete in 60 seconds.

When performing pushups, be sure the subject continues until muscular failure occurs in the straight-knee position and then continues until failure occurs in the bent-knee position.

If the total number is 15 or less, begin at level A.

If the subject's total number is greater than 15, begin at level B.

Subject should work toward reaching level C below.

Level A - 1 set 3 times a week for 1 week

Level B - 2 sets 3 times a week for 2 weeks

Level C - 3 sets 3 times a week until testing

### 2. **Conditioning Program for the One-Minute Sit-up Test**

Determine exercise level by measuring how many sit-ups the subject can complete in 60 seconds.

If the subject's total number is 15 or less, begin at level A.

If the subject's total number is greater than 15, begin at level B.

Subject should work toward reaching level C below.

Level A - 1 set 3 times a week for 1 week

Level B - 2 sets 3 times a week for 2 weeks

Level C - 3 sets 3 times a week until testing

- When training for sit-ups, be sure the subject continues until muscular failure occurs and then continues with his/her hands by the hips until muscular failure occurs again.

### 3. **Conditioning for the 1.5 Mile Run**

- Listed below is a very gradual training schedule that will allow the subject to work at maximum effort in the 1.5 mile run.
- Generally, it is recommended that the subject reach a training distance that is twice the testing level.

| Week | Activity | Distance | Time (min.) | Frequency |
|------|----------|----------|-------------|-----------|
| 1    | walk     | 1 mile   | 20-17       | 5/week    |
| 2    | walk     | 1.5 mile | 29-25       | 5/week    |

|                       |          |            |       |          |
|-----------------------|----------|------------|-------|----------|
| 3                     | walk     | 2 miles    | 35-32 | 5/week   |
| 4                     | walk     | 2 miles    | 30-28 | 5/week   |
| 5                     | walk/jog | 2 miles    | 27    | 5/week   |
| begin sprint training |          |            |       |          |
| 6                     | walk/jog | 2 miles    | 26    | 5/week   |
| 7                     | walk/jog | 2 miles    | 25    | 5/week   |
| 8                     | walk/jog | 2 miles    | 24    | 5/week   |
| 9                     | jog      | 2 miles    | 23    | 4/week   |
| 10                    | jog      | 2 miles    | 22    | 4/week   |
| 11                    | jog      | 2 miles    | 21    | 4/week   |
| 12                    | jog      | 2 miles    | 20    | 4/week   |
| 13                    | jog      | 2.25 miles | 22-23 | 4/week   |
| 14                    | jog      | 2.5 miles  | 24-25 | 4/week   |
| 15                    | jog      | 2.75 miles | 26-27 | 3-4/week |
| 16                    | jog      | 3 miles    | 28-30 | 3-4/week |

- Subjects should continue to increase speed and decrease time for completion of a 3-mile jog 3 times per week with a maximal speed 1.5 mile run 1 day per week.
- If the subject is able to adapt and advance more quickly than the schedule recommends, he/she should do so. However, be sure that the subject's exercise program does not cause any undue muscle soreness or strain.
- Subjects may also use their sprint training as part of their distance training program.

#### 4. Conditioning for the 300 Meter Run

- Listed below is a very gradual training schedule that will allow the subject to work at maximum effort in the 300 meter sprint/run.
- Generally, it is recommended that the subject reach a training pace that is at the testing level.
- Subjects must run 1-3 time trials to determine their current ability; the training percentage (pace) can then be calculated from that time. Retest at 3-4 week intervals.
- Distances run here can be combined with endurance training.
- A rest period between sprints of 30 - 90 seconds is recommended to maximize sprint training.

| Week                                                                                                                                             | Activity   | Distance  | Repetitions | Frequency |
|--------------------------------------------------------------------------------------------------------------------------------------------------|------------|-----------|-------------|-----------|
| The participant should not engage in sprint training until the below level is reached and there has been at least one month of jogging training. |            |           |             |           |
| 5                                                                                                                                                | 50% sprint | 100 M     | 10          | 2/week    |
| 6                                                                                                                                                | 50% sprint | 100 M     | 15          | 2/week    |
| 7                                                                                                                                                | 50% sprint | 200 M     | 10          | 2/week    |
| 8                                                                                                                                                | 50% sprint | 100M/200M | 5/5         | 2-3/week  |
| 9                                                                                                                                                | 50% sprint | 100M/200M | 10/5        | 2-3/week  |
| 10                                                                                                                                               | 50% sprint | 200M      | 15 of each  | 2/week    |
| 11                                                                                                                                               | 70% sprint | 200M      | 10 of each  | 3/week    |
| 12                                                                                                                                               | 70% sprint | 300M      | 5           | 3/week    |

|    |             |      |   |        |
|----|-------------|------|---|--------|
| 13 | 70% sprint  | 300M | 5 | 3/week |
| 14 | 80% sprint  | 300M | 5 | 3/week |
| 15 | 100% sprint | 300M | 5 | 3/week |
| 16 | 100% sprint | 300M | 5 | 3/week |

- If the subject is able to adapt and advance more quickly than the schedule recommends, he/she should do so. However, be sure that the subject's exercise program does not cause any undue muscle soreness or strain.