

**ALABAMA PEACE OFFICERS STANDARDS AND TRAINING COMMISSION**  
**PHYSICAL AGILITY/ABILITY TEST (PAAT)**  
**Physical Agility/Ability Test Outline and “Script”**

**GENERAL INFORMATION**

As an applicant you are required to pass a test of physical agility and ability as an entry-level requirement to the law enforcement or correctional officer training academy and as a condition of certification. The test is composed of two phases, physical agility and physical ability, and both components will be administered on the same day. The test is formatted as a pass/fail structure. Failure to successfully complete any part of phase one or two means failure of the entire physical agility and ability test. If the applicant fails any part of the exam, he/she will be given an opportunity for one (1) retest. The retest shall take place in not less than forty-eight (48) hours and not more than seventy-two (72) hours (determined at the test administrator's discretion). The examination will be conducted at the training academy within the first week. Each event will be video-taped and performed in the order set forth in this document.

**PHASE ONE –PHYSICAL AGILITY EXAMINATION**

**A. PHYSICAL AGILITY.**

The physical agility component of the test simulates certain specific activities routinely expected of a law enforcement officer or correctional officer, and consists of five events designed to measure minimum levels of endurance, strength, agility, and coordination.

This test simulates any number of job-related activities such as the removal of a stalled vehicle, jumping down from porches, climbing stairs, walking along walls, rafters, pipes, or beams while in foot pursuit or while checking buildings for suspects. A period of running is incorporated into each of the events to simulate the apprehension and control of a fleeing suspect.

Each applicant must successfully complete the physical agility examination including all five events, within ninety (90) seconds.

**Event 1 – Pushing**

This event requires pushing a standard size patrol vehicle a distance of fifteen (15) feet on a paved, level surface with the gear in neutral. A driver will remain inside the vehicle at all times as a safety factor.

This will demonstrate the applicant's ability to remove or assist in the removal of a stalled vehicle from an intersection in order to eliminate a traffic hazard or restore the flow of traffic.

## **Event 2 – Climbing**

This is essentially a wall surmount and is intended to measure agility and coordination. It consists of a fence, six (6) feet in height. One fence is made of wood and one is a chain-link fence. The applicant has the choice of which fence to climb. Only one fence will be climbed. These are representative of the type commonly found around numerous business establishments as well as those found around residences.

The applicant is instructed to run a distance of fifty (50) yards and then surmount the fence in any manner they wish so long as it is a solo effort.

## **Event 3 – Window Entry**

The applicant must run a distance of fifty (50) yards to the next position where the applicant will step through an obstacle approximately twenty-four (24) inches square.

The applicant shall not jump, dive, or swing through the window opening. The applicant must step through the window. If the applicant does not negotiate the window obstacle properly, they must go back to the window and negotiate it as prescribed.

This insures that the applicant has sufficient body mobility to step through an obstacle the approximate size of a residential window.

## **Event 4 – Balance**

This event requires running a distance of twenty-five (25) yards and then surmounting a six (6) inch by six (6) inch beam suspended one (1) foot in the air and walking a distance of fifteen (15) feet. At the end of the beam, the applicant is required to jump the one foot distance to the ground.

If the applicant steps off of or falls from the beam prior to reaching the end, they must go back to the beginning of the beam and negotiate it as prescribed.

The balance beam is a combination test demonstrating the ability to maintain balance while moving forward on a flat surface to a narrow surface and back to a flat surface again. Minimum levels of both balance and coordination are required.

## **Event 5 – Weight Drag**

The applicant is required to run a distance of twenty-five (25) yards and then lift, pull, or drag a dead weight object (dummy) approximately one hundred sixty-five (165) pounds for a distance of fifteen (15) feet. The applicant will drop the weight at the finish line.

This test is designed to gauge the applicant's ability to extricate a human being from an automobile, burning building, etc.

**This concludes the physical agility phase of the examination. After a minimum of a twenty (20) minute rest period, applicants will begin the physical ability phase of the test.**

## **PHASE TWO – PHYSICAL ABILITY EXAMINATION**

### **B. PHYSICAL ABILITY.**

The physical ability component of the test is designed to measure minimum levels of aerobic capacity, muscular endurance, strength, agility, and coordination. Each applicant must successfully complete all three events within the designated time.

#### **Event 1 – Timed Push-ups**

On the “Get Ready” command, the applicant will assume the front-leaning rest position (push-up) with the arms straight, elbows locked, hands about shoulder width apart, and palms placed flat on the floor. The feet may be together or up to twelve (12) inches apart. The body should be essentially straight when viewed from the side, from the shoulders to the ankles.

A rater lies facing the participant with their fist or a measuring device, *not to exceed four inches in height*, placed under the participant’s chest.

On the “Start Push-ups” command, the applicant begins the push-up by bending the elbows and lowering the entire body until the chest touches the fist / measuring device (the upper arms should be parallel to the ground at this point).

The applicant finishes the push-up when they return to the starting position by raising the entire body until the arms are fully extended. The applicant may rest in the up (arms straight and elbows locked) position only. The body must remain in a generally straight line and as a single unit for the entire repetition (NO arching or bowing of the back).

Failure to keep the body straight, failure to properly lower the entire body until the chest touches the Test Administrator’s fist / measuring device, or failure to return to the up position will result in incorrect movements. Incorrect movements will not be counted.

Allowing any part of the body other than the hands or feet to rest on the ground will result in immediate disqualification.

Each applicant has sixty (60) seconds to complete twenty-two (22) push-ups.

**After a minimum of a twenty (20) minute rest period, applicants  
will begin the timed sit-up event.**

#### **Event 2 – Timed Sit-ups**

On the “Get Ready” command the applicant assumes the starting position by lying flat on their back with knees bent at forty-five (45) degrees. Feet may be together or up to twelve (12) inches apart, resting flat on the ground and may be stabilized by a partner holding the ankles with the hands only. The applicant’s fingers must be interlocked behind the neck or head.

On the “Start Sit-ups” command, the applicant begins raising the upper body to the up position with both elbows touching their knees.

The applicant finishes the sit-up when they lower their body until the upper portion of the back (shoulder blades) touches the mat. The head, hands, arms, and elbows do not have to touch the ground.

The up position is the only authorized rest position. Applicants lying flat on the floor failing to make an effort to continue the test or to reach the authorized rest position will be immediately disqualified

Failing to reach the up position, failing to keep the fingers locked behind the neck or head, arching or bowing the back and raising the buttocks off the ground to raise the upper body, or allowing feet to leave the floor will result in incorrect movements. Incorrect movements will not be counted.

Each applicant has sixty (60) seconds to complete twenty-five (25) sit-ups.

**After a minimum of a twenty (20) minute rest period, applicants  
will begin the timed 1.5 mile run.**

### **Event 3 –1.5 Mile Run**

To start this event, all applicants will line up behind the starting line of a flat, level course. Applicants will complete the 1.5 mile run and listen to their finish time.

On the command “GO,” the timing clock will be started and the applicants will begin running at their own pace.

The Test Administrator timing the event will begin calling off the time in minutes and seconds as the applicants approach the finish line. Each applicant’s time will be recorded after they pass through the finish line.

Do not deviate from the course. Do not touch any other applicant during the course. If you feel faint, pain, dizziness, weakness, sustain an injury, or otherwise feel that you cannot complete the test, immediately stop and signal for a Tester.

Each applicant must run one and one-half (1½) miles within 15:28 (fifteen minutes and twenty-eight seconds).

**THIS CONCLUDES THE A.P.O.S.T.C. PHYSICAL AGILITY/ABILITY TEST**

# P.O.S.T.C.

## AGILITY COURSE

