



# Southwest Florida Public Service Academy

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## **PHYSICAL ABILITIES TEST**

The Physical Abilities Test (PAT) of Florida is consistent with National models and industry standards and locally validated based on statewide statistics. Components of the test were designed to simulate actual tasks and essential knowledge, skills, and abilities required of the job and are conducted in a continuous flow manner that is time-dependent in order to determine the participant's level of physical condition and aerobic capacity while simulating the physical aspects of the job. These skills were identified through job task analysis and a review of critical job responsibilities requiring physical proficiency. Five primary components, in order to simulate essential functions of an entry-level criminal justice officer, were identified and incorporated into the PAT:

1. exiting a vehicle/opening a trunk;
2. running 220 yards;
3. completing an obstacle course;
4. dragging a 150 pound dummy;
5. obstacle course;
6. running 220 yards;
7. dry firing a weapon six times with each hand; and
8. placing items in a trunk/entering a vehicle.

Applicants begin the PAT seated in a full size automobile with their seat belt on, their hands on the steering wheel at the ten and two o'clock positions. Each applicant wears a pull away flag belt, with a flag over each hip, around his or her waist. The trunk key is in the vehicle's closed glove compartment. A handgun and a baton are lying in the vehicle's closed trunk.

## **APPLICANTS MUST COMPLETE THE COURSE IN 6:04**

### ***Task 1:***

Remove your hands from the steering wheel, unfasten the seat belt, open the glove compartment take the key out. Get out of the car and go to the trunk, (the glove box and door are left open) insert the key, unlock, and open the trunk. ***You must use the key to open the trunk.***

Touch each flag with the opposite hand, from behind your back, and take the belt off. Remove the handgun and baton from the trunk. Close the trunk, leaving the key in the lock. Move toward the bench or stool. Place the handgun on the stool; keep the baton.

### ***Task 2:***

Run 220 yards on a flat surface toward the obstacle course.

***Task 3:***

Enter the obstacle course. Climb over a 40" wall. Run ten feet. Jump over three hurdles (24", 12", and 18") spaced five feet apart. Run ten feet and enter the serpentine. Run through 9 pylons placed in a single row, 5' apart. Run ten feet toward the low crawl. Drop to the ground and crawl eight feet under a 27" open-air barrier. Drop the baton beside the last low-crawl pylon.

***You must stop and repeat any portion of the obstacle course, if you knock over a hurdle or pylon.***

***Task 4:***

Stand up and sprint 50'. Grab the 150-pound dummy and drag it 100' on a cut grass surface.

***Task 5:***

Drop the dummy and sprint 50' toward the pylons. Drop into a low crawl and pick up the baton. Enter the obstacle course in reverse. Low crawl eight feet under a 27" high open-air barrier. Stand up and run ten feet toward the serpentine. Run in a serpentine manner through nine pylons placed in a single row, five feet apart. Run ten feet and jump over three hurdles (18", 12", and 24"). Run ten feet. Climb over the 40" wall.

***Task 6:***

Run 220 yards.

***Task 7:***

Place the baton on the bench. Pick up the handgun. Assume a proper firing position and fire six rounds using dominant hand. Fire six rounds with the supporting hand.

***Task 8:***

Pick up the baton (keeping the gun) and run to the trunk, turn the key, and open the trunk. Place the weapon and baton inside the trunk. Close the trunk and remove the key from the lock. Run to the driver's side door and enter the vehicle. Close the door, place the key in the glove compartment, and close it. Securely fasten your seat belt. Place your hands on the steering wheel at ten o'clock and two o'clock positions.

**SOURCE:**

Physical Abilities Test: Florida Department of Law Enforcement; Capital Police

<http://www.fdle.state.fl.us/Content/getdoc/21e3241e-6c9f-49b0-94b8-7b875a92c1df/CP08PhysicalAbilitiesTest.aspx>