

Alabama **PEACE OFFICERS** **STANDARDS AND TRAINING COMMISSION**

Agility / Ability Course **Physical Agility/Ability Examination**

Phase One - Physical Agility Examination

A. Physical Agility.

The time limit for each of the five physical agility events is ninety (90) seconds.

Event 1 - Pushing

This test requires pushing a 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.

Event 2 - Climbing

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.

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.

Event 4 - Balance

The balance test 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.

Event 5 - Weight Drags

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 concludes the physical agility portion of the exam. After a minimum of a 20 minute rest break, you will proceed to the physical ability portion of the test.

Phase Two - Physical Ability Exam

B. Physical Ability.

In this physical ability phase, there will be a twenty (20) minute rest period between each event.

Event 1 - Timed Push-Ups

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

Event 2 - Timed Sit-Ups

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

Event 3 - 1.5 Mile Run

Each applicant must run one and one-half (1 1/2) miles within 15:28 (fifteen minutes and twenty-eight seconds).

For complete details on the Physical Agility/Ability Examination, go to:

<http://www.apostc.state.al.us/>