

# **Corsicana Police Department**



## **Civil Service Pre- Employment Physical Assessment**

# City of Corsicana

## Job Related Physical Assessment Test for Police Applicants

The following is a series of physical performance events which are designed to test the applicant's muscular strength, flexibility, anaerobic power, cardiovascular endurance, and body composition in a manner which parallels as closely as possible to the essential job tasks of the police officer. The series is divided into two parts: the **warm-up** and the **action events**.

### Warm-up:

This is a standard procedure for athletes and persons taking part in physical activity. The purpose is to raise the internal temperature of the muscles, thereby increasing their elasticity and extensibility, also preparing the body in its transition from inactivity to intense activity. The warm-up should be performed prior to stretching to help prevent injury during stretches. The warm-up increases the applicant's chances for passing the test and minimizes the chance of injury. It is not designed to meet any job related function, but rather to prepare the applicant's body to meet the strain imposed by the action events. This portion of the test is not considered in the grading.

### Side Straddle Hops

Applicant performs the standard exercise for 30 seconds.  
No requirement as to the number of repetitions.

### Sit Ups

Applicant performs the standard exercise for 30 seconds.  
No requirement as to the number of repetitions.

### Stationary Run

Applicant runs in place for 30 seconds.  
No requirement as to the number of paces.

The following is a series of physical performance events which are designed to test the applicant's muscular strength, flexibility, anaerobic power and agility, cardiovascular endurance, and body composition. The events are to take place as follows:

1. Push Ups
2. Sit Ups
3. 300 Meter Run

**Action Events:****1. Maximum Push Up Test****Purpose:**

This test measures the muscular endurance of the upper body muscles in the shoulders, chest and back of the upper arms. This is important for use of force involving a pushing motion.

**Procedure:**

Start in the prone position, facing downward. Place your palms on the ground, approximately shoulder-width 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. On command, lower your body by bending your elbows until your upper arms are parallel to the ground, or your chest within 2 inches of the ground. Return to the starting position by straightening your arms. You may rest in the up position, but if the back sags or humps, the push up does not count. Do as many correct push ups as possible within one minute. For a minimum passing score of 70 you must complete at least 19 push ups.

**2. Maximum Sit Up Test****Purpose:**

This test measures the muscular endurance of the abdominal muscles, with secondary stress placed on the lower back. This is important for performing tasks that involve the use of force, helps maintain good posture, and minimizes lower back problems.

**Procedure:**

Lie on your back, with your knees bent at a 90 degree angle, and your heels on the ground. Your feet may be together or apart, but the heels must stay in contact with the ground. A partner can hold your feet for you (but can't kneel on them). Your fingers must stay interlocked behind your head throughout the test. On command, lift your upper body by bending at the waist. Touch your elbows to your knees, and return to the starting position. When returning to the starting position, the shoulders must touch the ground. A partner will count each repetition each time your return to the starting position. If you fail to keep your fingers interlocked, fail to touch your elbows to your knees, or shoulders to the ground, or if you arch your back or lift your buttocks, you will receive a warning. After one warning, that repetition doesn't count. You will have one minute to do as many correct sit ups as possible. For a minimum passing score of 70 you must complete at least 25 sit ups.

**3. 300 Meter Run****Purpose:**

This run is a measure of cardiovascular endurance, which is useful in use of force situations that occur for an extended period of time, or during foot pursuits.

Procedure:

The 300 meter run measures your cardiovascular endurance and the endurance of your leg muscles. At the start, you will line up behind the starting line. On command, the clock will start and you will begin running at your own pace. Your goal is to finish the 300 meters in as fast a time as you can. Your time at the end will be recorded. For a minimum passing score of 70 you must complete the run in at least 75.30 seconds.

**SCORING:**

**All applicants will be required to complete each event in its entirety. All the other events must be at least 70% or better.**

# City Of Corsicana

## Police Agility Test

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Waiver Signed: \_\_\_\_\_ Yes \_\_\_\_\_ No

Event	Results	Score by Chart
1. Push Ups	_____	_____
2. Sit Ups	_____	_____
3. 300 Meter run	_____	_____

Corsicana Police Department  
PHYSICAL EFFICIENCY BATTERY

SCORE			ENDURANCE			300 Meter Run
		SIT UPS		PUSHUPS		
100.00		40		49		72.60
99.00				48		72.69
98.00		39		47		72.78
97.00				46		72.87
96.00		38		45		72.96
95.00				44		73.05
94.00		37		43		73.14
93.00				42		73.23
92.00		36		41		73.32
91.00				40		73.41
90.00		35		39		73.50
89.00				38		73.59
88.00		34		37		73.68
87.00				36		73.77
86.00		33		35		73.86
85.00				34		73.95
84.00		32		33		74.04
83.00				32		74.13
82.00		31		31		74.22
81.00				30		74.31
80.00		30		29		74.40
79.00				28		74.49
78.00		29		27		74.58
77.00				26		74.67
76.00		28		25		74.76
75.00				24		74.85
74.00		27		23		74.94
73.00				22		75.03
72.00		26		21		75.12
71.00				20		75.21
70.00		25		19		75.30
69.00						75.39
68.00						75.48
67.00						75.57
66.00						75.66
65.00						75.75
64.00						75.84
63.00						75.93
62.00						76.02
61.00						76.11
60.00						76.20
59.00						76.29
58.00						76.38
57.00						76.47
56.00						76.56
55.00						76.65
54.00						76.74
53.00						76.83
52.00						76.92
51.00						77.01
50.00						77.10