

California Department of Fish & Wildlife

Physical Abilities Test (PAT)

The Physical Abilities Test measures endurance, flexibility, and strength. Candidates must receive **160 total points** to pass the PAT. The test consists of the following components:

Test	0 points	30 points	35 points	40 points	45 points	50 points
300 Meter Run: *No retest	78 or more seconds	77-73 seconds	72-68 seconds	67-63 seconds	62-58 seconds	57 seconds or less
Push Ups in 1 minute: *Retest Same Day immediately following the completion of all four events	0-12	13-17	18-22	23-27	28-32	33+
Sit Ups in 1 minute: *Retest Same Day immediately following the completion of all four events	0-21	22-26	27-31	32-36	37-41	42+
1.5-mile run: *No Retest	15 min. 01 seconds or more	14 min. 31 sec. to 15 min.	14 min. 01 sec. to 14 min. 30 sec.	13 min. 31 sec. to 14 min.	13 min. 01 sec. to 13 min. 30 sec.	13 min. or less
Swim Test: 100 yards, any stroke, maximum four minutes						Pass/Fail

Push-Ups:

The push-up test measures the muscular strength and endurance of the upper body.

The applicant will begin by placing both of their hands on the ground in a vertical line slightly wider than shoulder width. They will place one knee on the exercise mat with the remaining knee straight.

Once given the command to “Ready” the applicant will remove their knee from the exercise mat and place their feet together or 12 inches apart. This is called the “plank” position. The “plank” position means that the applicant’s body should be

in a straight line from the shoulders to the ankles. The applicant must remain that way throughout the exercise.

The applicant's partner will hold a 4-inch foam spacer directly below the center of the applicant's chest. (DUE TO COVID-19, NO PARTNER WILL BE UTILIZED TO HOLD THE SPACER).

The command "Begin" will initiate the test.

The applicant will then be required to complete a minimum of 13 proper push-ups in one minute in order to receive a passing score of 30 points. A proper push-up consists of the following:

The applicant must keep their upper arms at a 45-degree angle away from their torso. This means the applicant's elbows will not touch their body or be flared out farther than 45 degrees away from their body.

While in the plank position the applicant will lower their body by bending their elbows until their upper arms are parallel to the ground. The applicant will touch and slightly compress the 4-inch foam spacer with their chest.

Once the applicant touches the spacer, they will immediately raise their body and lock out their elbows.

Applicants will only rest in the "Up" position.

An applicant's push-ups will not be counted if they:

- Do not maintain the upper arm position of 45 degrees.
- Do not maintain their body in the "plank" position. The applicant will not flex their hips or hyperextend their back.
- Do not touch their chest to the 4-inch foam spacer.
- Do not lock out or straighten their arms completely to go into the up position.
- Allow any part of their body other than their hands or feet to contact the ground.

- *If the applicant does not do at least 13 proper push-ups it will be considered a failed test. The applicant will be given an opportunity to remediate this test later the same day.

Sit-Ups:

The sit-up test measures muscular strength and endurance of the abdominal muscles.

The applicant will lie on their back with their knees bent at 90 degrees or tighter and their feet will be together flat on the floor.

The applicant's fingertips can be pressed to the sides of their head at the temple area or cupped behind their ears.

The applicant's partner will anchor the applicant's feet firmly to the ground. It is the applicant's responsibility to inform their partner of any adjustments that need to be made in order to assure their comfort. (DUE TO COVID-19, NO PARTNER WILL BE UTILIZED TO HOLD FEET/LEGS. Instead, feet will be anchored mechanically).

The command "Begin" will initiate the test. The applicant will then be required to complete a minimum of 22 proper sit-ups in one minute in order to receive a passing score of 30 points. A proper push-up consists of the following:

While keeping their fingertips on their temple or behind their ears, the applicant will raise their torso until they are in a sitting position. The applicant's elbows must break the vertical plane of their knees. The applicant will lower their torso back to the mat and a completed sit-up is when their shoulder blades touch the mat.

The applicant's sit-ups will not be counted if they:

- Arch their back or lift their buttocks from the mat.
- Do not keep their fingertips pressed to the sides of their temple or cupped behind their ears
- Their elbows do not move cross the vertical plane past their knees
- Do not maintain the 90 degree or greater bend with their knees
- Do not stay in constant motion

*If the applicant does not do at least 22 proper sit-ups it will be considered a failed test. The applicant will be given an opportunity to remediate this test later that day.

1.5-Mile Run

The 1.5-mile run/walk test measures cardio-respiratory endurance, and endurance of the applicant's leg muscles.

The applicant must complete the course without any help.

At the command "Begin" the applicant will run 1.5 miles in as fast a time as possible. The applicant may walk, but walking will make it difficult to meet the minimum passing score. The applicant will need to run the 1.5 miles in at least 15 minutes to receive a passing 1.5-mile score of 30 points.

*No retest will be permitted for this event, meaning if you fail this test (receive 0 points), you fail the entire PAT.

300 Meter Run:

The 300-meter run measures the applicant's anaerobic power.

On the command "Begin" the applicant will run 300 meters as fast as possible

The applicant must complete the run without any help.

The goal is to run the distance as quickly as possible.

The applicant must run to and through the finish line.

The applicant will need to run 300 meters in at least 77 seconds to receive a passing score of 30 points.

No re-test will be permitted for this event.

*No re-test will be permitted for this event, meaning if you fail this test (receive 0 points), you fail the entire PAT.

Swim Test:

The 100-yard swim test measures the applicant's swimming ability cardio-respiratory endurance.

The applicant must swim 100 yards without stopping.

100 yards is four total laps in a 25-yard-long pool.

The applicant must swim 100 yards within 4 minutes.

The applicant may use any stroke they prefer.

Once the applicant has been instructed to begin swimming, they cannot touch the sides or the bottom of the pool once. The applicant cannot push off the sides of the pool at any time. If an applicant touches the sides or bottom, they will be automatically disqualified.

This test is pass or fail and does not have a points value.

***No re-test will be permitted for this event, meaning if you fail this test, you fail the entire PAT.**

Overall Points Value

In order to pass the entire PAT, you must receive an overall score of at least 160 points. You will not be able to pass the entire PAT if you only receive 30 points in all scored categories. Therefore, a good strategy would be to push yourself in each category.

In the event that you do not receive 160 points, but you have met the minimum score in each category, you will be given an opportunity to re-test in push-ups and sit-ups only in order to attempt to increase your overall score. This will occur on the same day and after the completion of all four events.