

# Physical Ability Test

The Physical Ability Test measures endurance, flexibility, and strength. Candidates must receive **160 total points** to pass the PAT. Two hundred points are possible. If a candidate receives **0 points** during any portion of the PAT, **they will be disqualified**. The test consists of the following components:

Test	0 points	30 points	35 points	40 points	45 points	50 points
<b>300 Meter Run:</b> *No retest	0-78 seconds	77-73 seconds	72-68 seconds	67-63 seconds	62-58 seconds	57 seconds or less
<b>Push Ups in 1 minute:</b> *Retest Same Day immediately following the completion of all <b>four events</b>	0-12	13-17	18-22	23-27	28-32	33+
<b>Sit Ups in 1 minute:</b> *Retest Same Day immediately following the completion of all <b>four events</b>	0-21	22-26	27-31	32-36	37-41	42+
<b>1.5 mile run:</b> Times are in Minutes: Seconds *No Retest	15:01 or more	14:31-15:00	14:01-14:30	13:31-14:00	13:01-13:30	13:00 or less
<b>Swim Test:</b> 100 yards, any stroke, maximum four minutes						Pass/Fail

- **300 Meter Run:**

The 300-meter run measures your anaerobic power. You must complete the run without any help. Your goal is to run the distance as quickly as possible. You must run to and through the finish line.

\*No re-test will be permitted for this event.

- **Push-Ups:**

This push-up test measures the muscular strength and endurance of the upper body. Place your hands on the ground so they are in a vertical line with your shoulders, approximately 1 - 1.5 shoulder widths 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. Lower your body by bending your elbows until your upper arms are parallel to the ground and you touch and slightly compress the 4-inch foam block held under your chest.

Your examiner will tell you when you have gone low enough. Return to the starting position by completely straightening your arms. You may only rest in the up position. If you fail to: keep your body in a straight line; touch your chest to the foam block; or lock your arms in the up position, you will receive a warning. After one warning, incorrect repetitions will not count. Do as many correct push-ups as possible in one minute. Your score is the number of correct repetitions.

**\*Same Day Retest**

If you fail this event at your first attempt, you may re-test immediately following the completion of all four events.

- **Sit-Ups:**

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

Lie on your back with your knees bent at 90 degrees or tighter with your heels on the edge of the mat. Your feet may be together or apart, but the heels must stay in contact with the floor. Your partner will sit on your feet and wrap their arms around your calf muscle area. It is your responsibility to inform your partner of any adjustments that need to be made in order to assure your comfort. Your fingers must stay interlocked behind your head throughout the event. If your little fingers are not touching, that is considered apart and such performance will not be counted. Lift your body by bending at the waist. Touch your elbows to your knees, and return to the starting position. When returning to the starting position, your fingers must touch the examiner's hand on the mat.

You may rest only in the up position. Do not arch your back or lift your buttocks from the mat. If you fail to: keep your fingers interlocked, touch your elbows to your knees or your fingers to the examiner's hand, or lift your buttocks off the mat, you will receive one warning. After one warning, incorrect repetitions will not count.

You will have one minute to do as many sit-ups as possible. Your score is the total number of correct sit-ups.

**\*Same Day Retest**

If you fail this event at your first attempt, you may re-test immediately following the completion of all four events.

- **1.5 Mile Run**

The 1.5 mile run /walk test measures cardio-respiratory endurance, and endurance of your leg muscles. You must complete the course without any help. Your goal is to finish the 1.5 miles in as fast a time as possible. Try not to start too fast, but maintain a pace you can sustain for about 10 to 15 minutes. You may walk, but walking will make it difficult to meet the minimum passing score. You may run alongside another runner for help with pacing, but you may not physically assist or be assisted by anyone.

No re-test will be permitted for this event.

- **Swim Test:**

You must swim 100 yards without stopping, using any stroke within four minutes.

No retest will be permitted for this event.