

# *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 the all 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/>

#### **Note:**

*The Jacksonville Police Department will be modifying these courses for our testing purposes. We will not be using "Event 5 - Weight Drags" in the Physical Agility phase and we will not have a 20 minute rest break between events. This is our standards, not A.P.O.S.T.*