



## Barnegat Township Police Department

### Physical Agility Test Preparation Guide

The physical agility test phase of the entrance exam is a challenging circuit of 5 different exercises. In order to pass, candidates must finish with a total combined score of at least 350 points. The highest possible score is 500 points. There are no allowances made for differences in gender.

What makes this agility test more challenging than most tests is the fact that the exercises must be performed back-to-back with no break in between. This means that by the time you complete the fourth exercise station, you will have been running at close to maximum output for 5 or more minutes.

The first four stations include push-ups, sit-ups, pull-ups, and squat thrusts. These exercises are all completed indoors. Candidates then have 2 minutes to reach the ¼ mile track at which time their one mile run will commence.

The physical drain of completing the stations in rapid succession should not be taken lightly. It is not unusual for a candidate who could normally run a mile in 6 minutes to take as much as 8 minutes or more to run the same mile during our physical.

In order to maximize your score, it is critical that you perform the exercises properly. Repetitions which are not done to exact standards **will not be counted**. Many candidates waste valuable energy doing improper repetitions which yield no points whatsoever. Each of the exercises, along with a description of the proper technique, are listed below.

**PUSH-UPS:** Candidates will start in a standard push-up “up” position. The back must remain straight. Arms must be straight and elbows must be locked out. The candidates will lower the upper body until the sternum is within 4 inches of the ground, and will then push the upper body back up until the arms are straight and the elbows locked out. This is one repetition.

The following are common issues which cause a repetition to not be counted:

- Elbows are not locked out when the repetition begins
- The sternum is not lowered to within four inches of the ground
- The candidate’s knees are placed on the ground for support
- The back is not kept straight during the repetition

**SIT-UPS:** Candidates will start lying on their backs with their shoulder blades touching the ground, knees bent approximately 90 degrees, and their fingers interlaced behind their heads. The candidates will pull their upper body up off of the ground and towards their knees until the elbows contact the knees. The candidates will then lower their upper body back down until the shoulder blades reach the ground. This is one repetition.

The following are common issues which cause a repetition to not be counted:

- The repetition is started without the shoulder blades touching the ground
- The elbows do not contact the knees
- The repetition is completed without the shoulder blades touching the ground

**PULL-UPS:** Candidates will start by hanging from the bar with their arms straight and their hands either facing towards or away from their bodies. The candidates will then pull their body up until their chin is higher than the bar. The candidates will then lower their body until their arms are straight. This is one repetition. Any swinging or kicking of the legs will result in the repetition not being counted.

The following are common issues which cause a repetition to not be counted:

- The repetition is started before the arms are straight
- The candidates kick or swing their legs
- The chin does not go higher than the bar

**SQUAT-THRUSTS:** The candidates will begin in the standing position with their arms straight at their sides. The repetition consists of four distinct movements. 1) The candidate must bend at the knees and place both hands flat on the ground to the outside of their feet. 2) The candidate must next, while keeping their feet parallel, kick their legs back out into a push-up position. 3) The candidate must then, while keeping their feet parallel, spring both feet back to the #1 position. 4) The candidate must return to the starting upright position with the legs and back **straight**.

Squat thrusts repetitions are not counted due to improper performance typically more than all other exercises combined. Candidates must strive to be precise in all four movements of the exercise. The most common reason for failure to be credited for the repetition is failing to stand up straight at the end of one repetition before beginning the next.

**ONE MILE RUN:** The one mile run consists of four laps on a ¼ mile track. The run is the last exercise and many candidates are close to physical exhaustion before they even begin. Because of this, the run offers those who have trained hard excellent potential to pick up points.

In order to assist you further, below is the actual scoring table from the entrance exam physical agility test. Use the table as a guide to evaluate your performance and improvement. Remember that you must earn at least 350 points to pass the test.

Remember above all to practice doing the exercises precisely as described above. Practice does not make perfect—only perfect practice makes perfect.

<b>POINTS</b>	<b>PUSH-UPS</b>	<b>SIT-UPS (2 MIN.)</b>	<b>PULL-UPS</b>	<b>SQUAT THRUSTS (1 MIN.)</b>	<b>ONE MILE RUN</b>
25	5	10	1	10	10:00
30	6	15	--	12	9:55
35	7	20	2	15	9:45
40	8	25	--	17	9:35
45	9	30	3	18	9:30
50	10	35	--	19	9:25
55	13	40	4	20	9:20
60	15	45	--	22	9:15
65	18	50	5	24	9:10
70	20	55	6	26	9:00
75	25	60	7	28	8:40
80	30	65	8	30	8:20
85	35	70	9	32	8:00
90	40	75	10	34	7:40
95	45	80	11	36	7:20
100	50	85	12	38	7:00