



## LONG BEACH POLICE DEPARTMENT PHYSICAL ABILITY TEST



You must start NOW to properly build a training base and start the Academy at a conditioning level that will ensure successful completion of the physical training program. The following are some tips that will help you be successful in your preparation as well as reduce the risk of overuse injuries.

Most police recruits who fail the physical training portion of the Academy do so as a result of an overuse injury. If you do not properly prepare, you are setting yourself up for failure.

- Invest in a quality pair of running shoes, purchased from a reputable running store
- After several weeks of easy running, it is recommended that you add the following to your training
  - Aerobic exercises
  - Calisthenics
  - Stretching
  - Distance running
  - Circuits
- Start and finish each workout session with stretching
- No more than two circuit sessions should be done per week, with at least one day between sessions
- The number of distance runs per week will vary with your fitness level

Remember, during the Academy, all running is done outdoors on roadways and not on a treadmill. It is recommended that you train accordingly.

### PHYSICAL ABILITY TEST

This test plays a significant role in candidate selection. The Physical Ability Test (PAT) will be administered during the scheduled orientation for the invited applicants. The PAT is pass/fail, timed event and consists of the following:

- 300 foot run
- Scale 6-foot solid wall (2 attempts allowed)
- 300 foot run
- Drag 165-pound dummy 50 feet

After the PAT, candidates will be required to perform push-ups (up to a maximum of 40), sit ups (up to a maximum of 40), and run 1 ½ miles on a flat, out and back course. These two events will be used to assess each applicant's physical fitness readiness to enter the Long Beach Police Academy. ***Applicants who do not complete the run in less than 15:30 minutes will be automatically disqualified.***