

Tuttle Police Department

Physical Agility Test

THE STANDARDS ARE UNIVERSAL. THERE IS NO DEVIATION IN REGARD TO SEX, AGE OR WEIGHT. THE LISTED TIMES OR REPETITIONS ARE THE MINIMUM WHICH MUST BE ACHIEVED BY EACH APPLICANT.

Although not required, we strongly suggest participants consult with their own medical doctor, as to their current physical condition, to determine their individual ability to perform these assessments.

Headphones will not be allowed.

<u>ASSESSMENT</u>	<u>TIME / REPETITIONS</u>
STANDARD PUSH UP (NO TIME LIMIT)	18
SIT UP TOTAL (1 MINUTE)	27
300 METER RUN (SECONDS)	68
1.5 MILE RUN (MINUTES/SECONDS)	15:20

This is a run----no walking allowed