



Modesto Police Department PHYSICAL AGILITY EXAMINATION TEST BATTERY



BODY DRAG

Lift and Drag a 165-pound life-like dummy 32 feet in 20 SECONDS OR LESS. The dummy needs to be in constant contact with the ground during the test.

SOLID FENCE CLIMB

Run 5 yards to a 6-foot solid fence, climb over the fence and continue running for 25 yards. Completion required in 30 SECONDS OR LESS.

99-YARD OBSTACLE COURSE

Run a 99-yard agility course, consisting of several sharp turns, a number of curb height obstacles. The course includes a 34-inch high obstacle that must be vaulted. Completion required in 25 SECONDS OR LESS.

CHAIN LINK FENCE

Run 5 yards to a 6-foot chain link fence, climb over the fence, and continue running for 25 yards. Completion required in 30 SECONDS OR LESS.

PUSH-UPS

Complete 15 push-ups in 60 SECONDS OR LESS.

(Standard push-ups with hands shoulder-width apart. One complete push up will consist of movement from full arm extension to the chest touching the ground and then back to full arm extension.)

SIT-UPS

Complete 20 sit-ups in 60 SECONDS OR LESS.

(Standard sit-ups with arms crossed in front to the area of the opposing shoulder. Feet must remain in contact with the ground and knees at approximately a 90 degree angle. One

complete sit-up will consist of movement from the back flat on the ground to the elbows touching the knees and then back to the ground)

500 YARD RUN

Completion of a 500 yard run in 2 MINUTES OR LESS.