

## **2018 PAPD Police Officer Physical Performance Test**

The information below describes the 2018 PAPD Police Officer Physical Performance Test (PPT). Please review this information carefully to ensure that you have an understanding of the test and requirements prior to registering/scheduling for this test.

Location: Jersey City National Guard Armory  
678 Montgomery Street  
Jersey City, NJ 07306

**Test Administration Date Options:** July 24, 25, 26, 27, 28, 29, 30, 31 and August 1 and 2

**Test Administration Time Options:** 8:00 AM, 10:00 AM, 1:00 PM and 3:00 PM

Candidates must consult with their physician to ensure it is safe to engage in the Police Physical Fitness Test regiment.

Click [here](#) to open the **Preparation Manual for the PAPD Police Officer Physical Performance Test**.

### **2018 PAPD Police Officer Physical Performance Test (PPT)**

During the physical test session, you will be completing test events requiring physical exertion. The following provides information about the test session.

#### **What to Bring:**

Please bring government issued photo identification.

#### **What to Wear:**

The test events will be completed indoors, but the area is not air conditioned. Please wear gym clothes (e.g., t-shirt, shorts) and appropriate footwear.

#### **When to Arrive:**

Test sessions begin promptly at the scheduled time. Please plan on arriving approximately 30 minutes prior to your scheduled start time.

#### **Eating and Drinking:**

Eat a small meal before arriving at your assigned session. Do not eat within one hour of your scheduled time. Drink some water prior to and during your session. Water is provided at the test location.

#### **Test Descriptions:**

You will complete four (4) tests during the session:

1. **300 Meter Run.** This test measures anaerobic power. You will stand behind the starting line and on the command "Go" complete a 300-meter run around a track. Your score will be the time it takes you to complete the run.

2. **Push-Ups.** This test measures muscular strength and endurance. To start, your hands and feet are in contact with the testing surface with arms fully extended. Lower your torso by until the chest touches a foam block. Then return to the starting position. Your score will be the number of correctly performed push-ups until exhaustion.
3. **1.5 Mile Run.** This test measures aerobic capacity. You will stand behind the starting line and on the command “Go” complete a 1.5 mile run around a track. Your score will be the time it takes you to complete the run.
4. **Plank Test.** This test measures core strength. To start, your forearms and feet are in contact with the testing surface with the body in straight alignment. You will remain in this position until exhaustion. Your score will be the total time you are in the proper plank position.

The first three tests listed are used to determine your test status (Qualified/Not Qualified). The fourth test will not impact your test status, but will be part of your official testing records. Thus, you should attempt to do your best on all physical performance tests administered.

**Test Scoring/Qualification Requirements:**

The test will be scored on the point system in the table below.

To Qualify on the 2017 PAPD Police Officer Physical Performance Test, you must

- Achieve at least 1 point on each of the three test events;

**AND**

- Achieve a total of 15 points or more across all three test events.

If you achieve 0 points on any of the three events **or** achieve a total of 14 points or less across all three events, you will be deemed “Not Qualified” on the 2017 PAPD Police Officer Physical Performance Test.

<b>Points</b>	<b>300 Meter Run (Seconds)</b>	<b>Push-Ups (Number Completed)</b>	<b>1.5 Mile Run (Minutes:Seconds)</b>
<b>0</b>	81 or slower	7 or less	16:23 or slower
<b>1</b>	80-79	8	16:22-16:15
<b>2</b>	78-77	9	16:14-16:06
<b>3</b>	76-75	10	16:05-15:57
<b>4</b>	74-73	11-12	15:56-15:48
<b>5</b>	72-70	13-19	15:47-15:15
<b>6</b>	69-68	20-26	15:14-14:33
<b>7</b>	67-65	27-34	14:32-13:51
<b>8</b>	64 or faster	35 or more	13:50 or faster

Note: The Plank Test will be administered as part of the 2017 PAPD Note: The Plank Test will be administered as part of the 2017 PAPD Police Officer Physical Performance Test, but will not be factored into Qualification Status decisions. However, your performance on the Plank Test will be part of your official testing records. Candidates are expected to perform their best on all physical performance test events administered.

### **2018 PAPD Police Officer Physical Performance Test (PPT) Acknowledgment and Waiver**

In order to participate in the Physical Performance Test, you will be required to read and sign the acknowledgement below on the date of the test:

I have been advised that I should consult my doctor if I have any concerns whatsoever regarding my ability to safely participate in the assessment and I have either consulted with my doctor who has approved my participation or I have declined to consult my doctor because I am confident my health status permits me to safely participate. There is no health condition or physical limitation which prevents me from safely participating in this process.

In exchange for the opportunity granted to me by the Port Authority of New York and New Jersey to take a physical agility assessment as part of an employment application process, I hereby waive any claim for any injury and/or medical emergency which may either directly or indirectly result from my participating in any part of such physical agility assessment. I also agree for that same consideration, to hold the Port Authority of New York and New Jersey, as well as its officers, directors and all employees, free and harmless from all liability and responsibility of any kind whatsoever for any injury, harm or damage which I may directly or indirectly sustain as a result of my participating in any or all of the physical agility exams. This waiver and release is understood to be binding on me and my heirs without reservation.

I understand the effect of signing this waiver and release and ask that I be allowed to participate in the physical agility assessment. I agree to immediately cease my participation in the agility assessment if at any time I believe I am not able to safely complete the exams.

### **POLICE ACADEMY TRAINING PROGRAM**

Candidates selected into the Police Academy will be required to meet academic, physical fitness (see below) and other standards. Only those candidates who meet the required achievement standards will graduate from the Academy and be considered for appointment to the Port Authority Police Force.

Using the points table scoring below, a Police Recruits must attain a total score of 210 points across the three tests (300 Meter Run, Push-Ups, 1.5 Mile Run) and achieve 70 points or more on each test to meet academy graduation standards. Failure to do so by the third formal physical performance test of Academy Training (around week 16) will result in dismissal.

Points	300 Meter Run (Seconds)	Push-Ups (Number Completed)	1.5 Mile Run (Minutes:Seconds)
0	69 or slower	24 or less	14:25 or slower
70	68-67	25-27	14:24-14:15
75	66-62	28-38	14:14-13:07
80	61-57	39-49	13:06-11:59
85	56-51	50-61	11:58-10:51
90	50-45	62-73	10:50-9:43
95	44-39	74-85	9:42-8:35
100	38 or faster	86 or more	8:34 or faster

Based on the information above, at minimum, by the third formal PAPD Academy physical performance test, you must be able to:

- Complete the 300 Meter Run in 68 seconds or faster;
- Complete 25 or more Push Ups
- Complete the 1.5 Mile Run in 14 minutes and 24 seconds or faster.

**Please consider your motivation and ability to meet this and other graduation standards before proceeding with the evaluation process.**