



J. Reuben Long Detention Center

Physical Agility Test

Staff will conduct resting heart rate and blood pressure readings. Candidates will then complete a three minute circuit involving crunches, push-ups and squats. Immediately after completion of the circuit heart and blood pressure readings will be obtained again. If blood pressure and heart rate readings are within acceptable limits, candidates will proceed to the Obstacle course and then the Ruck march. Candidates with blood pressure and/or heart rate readings that are not within acceptable limits will be monitored by staff and not allowed to proceed further.

Scoring:

Each phase will be scored with a value of 1 to 5. (See scoring sheet – page 2)

The Circuit:

The circuit will be scored by the individual event.

Number of crunches in 60 seconds

Number of push-ups in 60 seconds

Number of squats in 60 seconds

Obstacle course:

The obstacle course will be scored based on time of completion. This course is outlined on page 3 and is the actual South Carolina Criminal Justice Academy approved course. This course will include running, jumping, climbing stairs, low crawling, climbing over a 4 foot wall, climbing through a window, and moving/dragging a weight (dummy).

Ruck march:

The ruck march will be scored based on time of completion. The ruck march is an approximately ½ mile walk/run wearing a 20 pound weighted vest.

For candidates to proceed in the hiring phase a satisfactory cumulative score must be obtained.

Candidates are encourage to appropriately dress for weather conditions and hydrate themselves prior to participating.

J. Reuben Long Detention Center

GROUP

Physical Agility Test

Name _____ Age _____ Circle One: M / F Test Date _____

Resting Heart Rate _____ Resting Blood pressure _____/_____ Time _____ Staff initials _____

Note – Heart rate should not exceed 160 and Systolic BP should not exceed 180 and diastolic 110 to continue

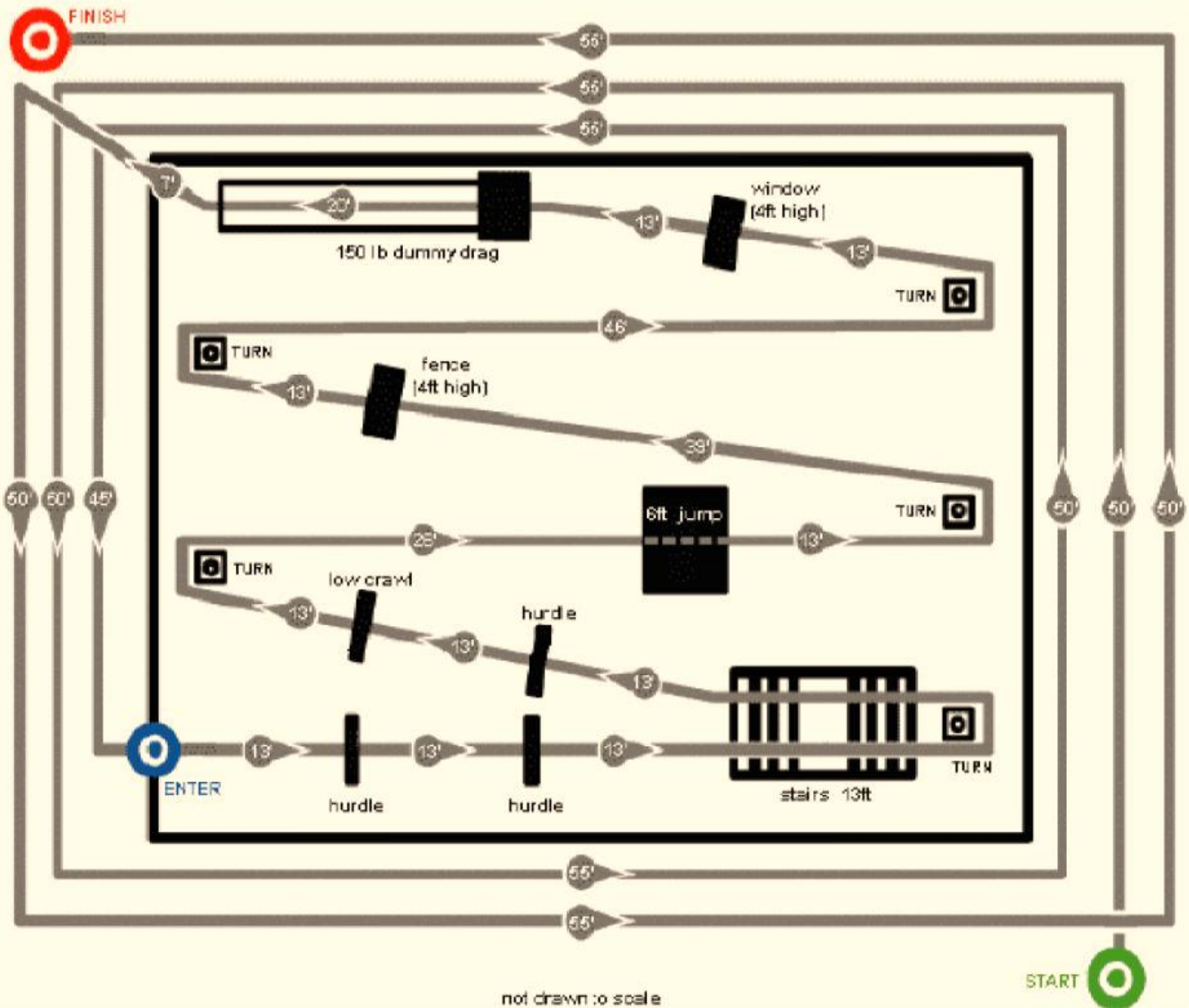
Active Heart Rate _____ Resting Blood pressure _____/_____ Time _____ Staff initials _____

Note – Heart rate should not exceed 160 and Systolic BP should not exceed 180 and diastolic 110 to continue

PAT Phase scoring sheet

	5	4	3	2	1
Crunches (60 seconds) <i>Job-related tasks: Dynamic strength (muscular endurance for lifting and carrying)</i>	36+ _____	35-31 _____	30-26 _____	25-21 _____	20-16 _____
Push-ups (60 seconds) <i>Job-related tasks: Absolute strength (dragging, pulling, lifting and carrying)</i>	36+ _____	35-31 _____	30-26 _____	25-21 _____	20-16 _____
Squats (60 seconds) <i>Job-related tasks: Leg power (short pursuit, dragging, pulling, bending and climbing)</i>	36+ _____	35-31 _____	30-26 _____	25-21 _____	20-16 _____
Obstacle Course <i>Job-related tasks: Dynamic strength (muscular endurance for lifting and carrying)</i>	2:06< _____	2:07-2:27 _____	2:28-2:48 _____	2:49-3:09 _____	3:10-3:30 _____
Ruck March <i>Job-related tasks: Dynamic strength (muscular endurance for lifting and carrying)</i>	5:00< _____	5:01-5:30 _____	5:31-6:30 _____	6:31-7:00 _____	7:01-7:30 _____

Total score _____



not drawn to scale

START