**NJ TRANSIT POLICE**



On April 4 or 5 you will be attempting the NJ Transit Police physical qualification test. This test is similar to the current test being administered by the New Jersey Police Training Commission’s Basic Class for Police Officers, as amended by the New Jersey Division of Criminal Justice, on March 23, 2017.

This test consists of a vertical jump of 15 inches, 28 sit-ups in 1 minute, a 300-meter run in 70.1 seconds or less, 24 push-ups in 1 minute and a 1.5 mile run in 15:55 minutes or less.

Applicants are given 1 attempt at each event. The test is pass or fail and failure of **one** event will cause you to discontinue further testing.  Specific instructions must be followed to ensure no cheating occurs and deviation will cause you to be removed from the testing process.  A bracelet will be placed on your wrist when you first register and **must** be kept on throughout testing.  If at any time you do not have the bracelet on during an event; you will be removed from further consideration.  Your bracelet must be turned in at the registration table when you check out before leaving the college premises.

The sequence of events start with the three indoor events, which will be conducted as space and judges become available, i.e. you may be instructed to do either push-ups, sit ups or vertical jump in no particular order. You will remain in the gym as you pass each event; if you fail you will be asked to return to the registration table to check out and return your bracelet.  If you pass all three indoor events, you will follow your group to the starting point of the 300-meter run.  If you pass that event, you will proceed with your group to the 1.5 mile start.

Please note that the 300-meter run and the 1.5 mile run are outdoors; you will need to wait outdoors for each event to begin. Please dress accordingly for these events.  In addition to eating correctly before the test, getting sufficient rest the night before, and staying hydrated, you should dress for the weather as it is that day.

**PRIOR TO PARTICIPATING IN THE NJ TRANSIT POLICE PHYSICAL QUALIFICATION TEST YOU SHOULD CONSULT YOUR PHYSICIAN TO ENSURE IT IS SAFE FOR YOU TO ENGAGE IN THIS TYPE OF PHYSICAL ACTIVITY**

**Push-Ups and Sit-Ups**

These exercises are counted as they are done correctly.  Any incorrect repetitions are not counted. You are encouraged to do more than the minimum number as the judge will not advise you of any bad repetitions until you are done. As an example:  do not stop at 24 push-ups if there is still time remaining, because you cannot be sure all 24 push-ups counted. You should continue to attempt good push-ups until time runs out.

**300-Meter Run**

You will run 300 meters on a flat, even surface. You should properly warm up and perform dynamic stretches prior to this test.

**Vertical Jump**

You must have both feet stationary on the ground prior to the jump (e.g., no running jumps).  You will jump vertically and strike/hit the highest slat possible.

**1.5 Mile Run**

For this exercise you will have a tongue depressor/popsicle stick on which you will sign your name.  At the turn-around, a judge will observe you drop the tongue depressor into a bucket, which will confirm you made it to the turn-around.  You will then return to the starting point, crossing by 15 minutes and 55 seconds.  The path of the run is paved and you must stay on that paved path unless passing a group.

**GOOD LUCK!!!!**