



EAST BRUNSWICK POLICE DEPARTMENT

2023 RECRUITMENT DRIVE

PHYSICAL AGILITY STUDY GUIDE

Dear Applicant:

The East Brunswick Police Physical Agility Test will be comprised of four separate events. Detailed instructions for each event can be found in this study guide. These instructions describe exactly how each event will be scored. You will be awarded points for each event, based on your performance. The physical agility test is a pass/fail event.

A maximum of 200 points is possible. **A minimum of 30 points is required for each individual test. You must successfully complete each event. A minimum of 120 points is required to pass the physical agility testing phase.**

The physical agility tests will be administered in the following order:

1. 300 METER RUN

50.000 points = 56.0 seconds or less (maximum score)

40.030 points = 63.5 seconds

30.020 points = 71.0 seconds (minimum standard)

You must complete the run without any help. Your goal is to run the distance as quickly as possible. You must run to and through the finish line.

2. PUSH-UPS (1 MINUTE)

50.000 points = 35 repetitions or more (maximum score)

40.040 points = 28 repetitions

30.000 points = 21 repetitions (minimum standard)

Place your hands on the ground so they are in a vertical line with your shoulders (approximately 1 to 1-½ shoulder widths apart). Your feet must be together with your body in a straight line from the shoulders to ankles, and it must remain this way throughout the exercise. Lower your body by bending your elbows until your upper arms are parallel to the ground and your chest is approximately 4-inches from the ground. Your examiner will tell you when you have gone low enough. Return to the starting position by completely straightening your arms. You may only rest in the up position. If you fail to keep your body in a straight line, fail to come within 4-inches of the ground, or fail to lock your arms in the up position, you will receive a warning. After one warning, incorrect repetitions will not count. **You will have one minute** to do as many correct repetitions as possible.

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3. SIT-UPS (1 MINUTE)

50.000 points = 38 repetitions or more (maximum score)

40.500 points = 34 repetitions

30.000 points = 30 repetitions (minimum standard)

Lay on your back with your knees bent at 90 degrees. Your feet must be together with the heels in contact with the ground at all times. Your partner will sit on your feet and/or wrap their hand/arms around your calf muscle area. It is your responsibility to inform your partner of any adjustments that need to be made in order to assure your comfort. Your fingers must stay interlocked behind your head throughout the event. If your little fingers are not touching, that is considered "apart" and such performance will not be counted. Lift your body by bending at the waist. Touch your elbows to your knees, and return to the starting position. When returning to the starting position, your fingers must touch the ground. You may rest only in the up position. Do not arch your back or lift your buttocks from the ground. If you fail to keep your fingers interlocked, fail to touch your elbows to your knees, fail to touch your fingers to the ground, or if you lift your buttocks off the ground, you will receive a warning. After one warning, incorrect repetitions will not count. **You will have one minute** to do as many correct repetitions as possible.

4. 1.5 MILE ENDURANCE RUN

50.000 points = 13:35 or less (maximum score)

40.353 points = 14:02

30.000 points = 14:31 (minimum standard)

You must complete the run without any help. Your goal is to run the distance as quickly as possible. Try not to start too fast, but at a pace you can sustain for about 10 to 15 minutes. You may walk, but walking will make it difficult to meet the minimum passing score. You may run alongside another runner for help pacing, but you may not physically assist, or be assisted, by anyone. You must run to and through the finish line.