Physical Agility Test

The NFTA Transit Police Physical Agility Examination will measure your physical performance through a series of three tests that will be administered on a pass/fail basis. The minimum physical fitness standards for hiring are included in a chart following the description of tests. The chart also includes the minimum fitness graduation standards a recruit must meet to successfully complete the academy.

Test 1 - Sit-Ups
*Measures muscular endurance (core body)*

- Start in the supine position with knees bent at approximately 90-degree angle.
- Fingers interlaced behind the head.
- Feet placed flat on floor held firmly at ankles.
- Raise upper body by touching elbows to the knees and then return down until the shoulder blades touch the floor.
- Resting will only be permitted in up position.
- Must complete at least the minimum required number of correct sit-ups in one minute.
- Any sit-ups not performed according to this procedure will not count toward the number required to pass the test.

*Starting Position (down)*  
*Up Position*
Test II – Push-ups  
*Measures muscular endurance (upper body)*

- Start in up position with elbows fully extended and hands approximately shoulder width apart on the floor.
- Back should be kept straight at all times.
- Lower body towards the floor bending arms and keeping hands in a fixed position until sternum touches the administrator’s fist (approximately 4 inches high).
- Return to up position keeping back straight.
- Resting will only be permitted in the up position.
- Must complete at least the minimum required number of correct push-ups.
- Any push-ups not performed according to this procedure will not count toward the number required to pass the test.

![Starting Position (Up)](image)

![Down Position (View 1)](image) ![Down Position (View 2)](image)

Test III – 1.5 Mile Run  
*Measures cardiovascular endurance*
• Refrain from eating or smoking two hours prior to testing.
• Time will be allowed for stretching and warming up prior to testing.
• Must complete run within the required time limit.
• Finish times will be called out and recorded.
• Following test, time will be allowed for cooling down and stretching.

Minimum Physical Fitness Standards – 40th Percentile (Entry Level Training)

<table>
<thead>
<tr>
<th>Age Group:</th>
<th>20-29</th>
<th>30-39</th>
<th>40-49</th>
<th>50-59</th>
<th>60+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sit-ups (one minute)</td>
<td>38</td>
<td>35</td>
<td>29</td>
<td>24</td>
<td>19</td>
</tr>
<tr>
<td>Push-ups</td>
<td>29</td>
<td>24</td>
<td>18</td>
<td>13</td>
<td>10</td>
</tr>
<tr>
<td>1.5 Mile Run (minutes)</td>
<td>12:29</td>
<td>12:53</td>
<td>13:50</td>
<td>15:14</td>
<td>17:19</td>
</tr>
</tbody>
</table>

Minimum Physical Fitness Standards – 50th Percentile (Exit Level Training)

<table>
<thead>
<tr>
<th>Age Group:</th>
<th>20-29</th>
<th>30-39</th>
<th>40-49</th>
<th>50-59</th>
<th>60+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sit-ups (one minute)</td>
<td>40</td>
<td>36</td>
<td>31</td>
<td>26</td>
<td>20</td>
</tr>
<tr>
<td>Push-ups</td>
<td>33</td>
<td>27</td>
<td>21</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>1.5 Mile Run (minutes)</td>
<td>11:58</td>
<td>12:25</td>
<td>13:05</td>
<td>14:33</td>
<td>16:19</td>
</tr>
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</table>

Female Candidates

<table>
<thead>
<tr>
<th>Age Group:</th>
<th>20-29</th>
<th>30-39</th>
<th>40-49</th>
<th>50-59</th>
<th>60+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sit-ups (one minute)</td>
<td>32</td>
<td>25</td>
<td>20</td>
<td>14</td>
<td>6</td>
</tr>
<tr>
<td>Push-ups</td>
<td>15</td>
<td>11</td>
<td>9</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>1.5 Mile Run (minutes)</td>
<td>15:05</td>
<td>15:56</td>
<td>17:11</td>
<td>19:10</td>
<td>20:55</td>
</tr>
</tbody>
</table>

To successfully graduate from the Academy, candidates must achieve a minimum fitness level at the 50th percentile.

Questions? Please contact the Human Resources at (716) 855-6500