



MARYLAND TRANSPORTATION AUTHORITY POLICE

PRE-EMPLOYMENT PHYSICAL AGILITY ASSESSMENT TEST

This test is a high intensity fitness evaluation. It is designed to test your aerobic and anaerobic fitness. For this reason, there are no rest breaks between the exercises.

1. **Push – Ups** (muscular endurance) – The score is the number of push-ups performed in one minute (24 required).
2. **Sit – Ups** (muscular endurance) –The score is the number of bent leg sit-ups performed in one minute (28 required).
3. **Flexibility** (range of motion of lower back and hamstrings) –The score is in inches reached on a yardstick. (16 inches required)
4. **1.5-Mile Run** (cardiovascular capacity) –The score is in minutes and seconds (must be completed in 15.55 minutes or less).
5. **Vertical Jump** – The score is in inches reached on a yardstick (15 inches required)
6. **300 Meter Run** – (cardiovascular capacity) – The score is in seconds (must be completed in 70.1 seconds or less).

HOW TO PREPARE FOR THE PHYSICAL AGILITY ASSESSMENT TEST

1. **Preparing for the Push-Up Test** –To increase muscular endurance, do as many standard push-ups as possible in one minute. At least three times per week, perform three sets of the total number of repetitions you did in one minute.
2. **Preparing for the Sit-Up Test** –To increase your muscular endurance, do as many bent leg sit-ups (hands cupped behind the ears with someone holding your feet) as possible in one minute. At least three times per week, perform three sets of the total number of repetitions you did in one minute.
3. **Preparing for the Flexibility Test** –By perform the following exercises daily, this will increase your flexibility.
 - a) **Sit and Reach** –Sit on the ground with legs straight. Slowly bend forward at the waist and extend your fingertips toward your toes while keeping your legs straight. Hold for ten seconds. Do five repetitions of this exercise.
 - b) **Towel Stretch** –Sit on the ground with your legs straight. Wrap a towel around your feet holding the ends of the towel with each hand. Lean forward and pull gently on the towel extending your torso toward your toes. Hold for ten seconds.



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4. **Preparing for the 1.5-Mile Run Test** –Below is a gradual schedule that would enable you to perform a maximum effort for the 1.5-mile run. If you can complete the distance in less time, then that is encouraged.

WEEK	ACTIVITY	DISTANCE (MILES)	TIME (MINUTES)	FREQUENCY (WEEK)
1	Walk	1	17 – 20	5
2	Walk	1.5	25 – 29	5
3	Walk	2	32 – 35	5
4	Walk	2	28 – 30	5
5	Walk/Jog	2	27	5
6	Walk/Jog	2	26	5
7	Walk/Jog	2	25	5
8	Walk/Jog	2	24	4
9	Jog	2	23	4
10	Jog	2	22	4
11	Jog	2	21	4
12	Jog	2	20	4

The below listed exercises are being provided to assist the applicant with the push-up and sit-up portion of the Physical Agility Test. **The applicant should consult with their personal physician prior to commencing any physical exercise routine.**

1. Push –Ups: 3 sets of 12 to 15 repetitions 4 to 5 times a week.
2. Decline Push –Ups: 2 sets of 10 to 12 repetitions 4 to 5 times a week. Prop your feet on a step, box, stool etc. approximately 12 inches high and complete the correct number of repetitions.
3. Tricep Extension: 3 sets of 12 to 15 repetitions 4 to 5 times a week.
4. Bicep Curl: 3 sets 12 to 15 repetitions 4 to 5 times a week.
5. Sit –Ups: 3 sets of 12 repetitions 4 to 5 times a week.
6. Decline Sit –Ups: 3 sets of 12 to 15 repetitions 4 to 5 times a week.