



**OFFICE OF THE DIRECTOR OF POLICE
THE UNIVERSITY OF TEXAS SYSTEM
POLICY AND PROCEDURE MANUAL**



Subject Physical Agility Test			Policy Number 402
Effective Date November 15, 2011	Revision Date January 19, 2026	Reevaluation Date Annually	Number of Pages 2
Reference Standards TPCA: 4.01 CALEA: 22.3.2, 32.1.1, 32.1.2, 32.1.3 and 32.1.4 IACLEA: 32.1.2		Rescinds or Amends Policy Number B-3	

I. PURPOSE

To establish a standardized physical test and outline procedures for the administration of selected test.

II. POLICY

The functions of a law enforcement agency require a level of physical fitness not demanded by many other occupations; the Physical Agility and Physical Readiness Tests will be the tools used to assess requisite physical readiness to successfully perform as a Police Cadet and Police Officer.

III. PROCEDURES

- A. Each Institution's Chief of Police will determine if the entry level testing will be the Physical Agility Test detailed in Appendix A or Fitness Readiness Test detailed in Appendix B prior to the start of a selection process.
- B. All candidates for police officer or police cadet must successfully complete the physical test selected by the Institution's Chief of Police.
- C. Candidates with actual or suspected physical conditions of any nature that could be aggravated, or which could endanger their health or physical welfare should:
 1. Contact their personal physician prior to taking the agility course examination and determine the medical advisability of participating in the Physical Agility Test or Physical Readiness Test,
 2. Stop participation and withdraw from the Physical Agility Test or Physical Readiness Test if any health factor could endanger their physical condition, and/or
 3. Advise the Recruiting Officer of the need for reasonable accommodation for disability.
- D. The physical test should be administered early in the selection process. To be eligible to take the physical test, the applicant must have completed the application process and passed the written test (if applicable).

- E. The agency will be responsible for providing a test proctor and the necessary number of assistants to ensure the test is administered properly and that participants' safety is continuously monitored throughout the test.
- F. Each candidate will be instructed on the components of the appropriate physical test prior to beginning any portion of the testing process.
- G. The proctor will provide specific instructions for each event prior to administering that event and answer any questions regarding that event as detailed in appropriate appendix.

A handwritten signature in cursive script, reading "Michael Parks".

Michael Parks
Executive Director of Police

Changes/Amendments since last publication:

Revision to II. POLICY with the addition of the Physical Readiness Test. January 16, 2026.

Revision to APPENDIX B with definitions and testing protocol for Physical Readiness Test. January 16, 2026.

APPENDIX A – PHYSICAL AGILITY TEST

Each candidate will have three (3) attempts at each event. After three failed attempts, the candidate is considered “failed” and may not continue this selection process. Candidates can retest as element of a future selection process. Ensure the candidate information is properly completed on the Physical Agility Test Form (DP-37).

Event I: Weight Lift

This event is designed to duplicate a variety of obstacles that may be encountered that would require lifting and carrying objects. The applicant, wearing a Sam Browne, holster, and inert pistol must lift a full-size spare tire from the truck of a police car, carry the spare around the car, and place it back in the trunk of the car (tire cannot be rolled or rested on the ground). Untimed Event.

Event II: Stair Climb

This event is designed to simulate pursuit or running up and down stairs, such as in a building or stadium. The applicant will run up and down two conventional flights of stairs one time or run up and down 40 stadium steps one time. Timed event: 39 seconds maximum.

Event III: Obstacle Course/Street Chase and Body Drag

This event is designed to duplicate a variety of obstacles that may be encountered during a pursuit or when reaching a person in danger. It is coupled with an event simulating a foot pursuit or distance running and removing an unconscious person from a place of danger or an uncooperative prisoner to a desired location. Timed event: 60 seconds maximum.

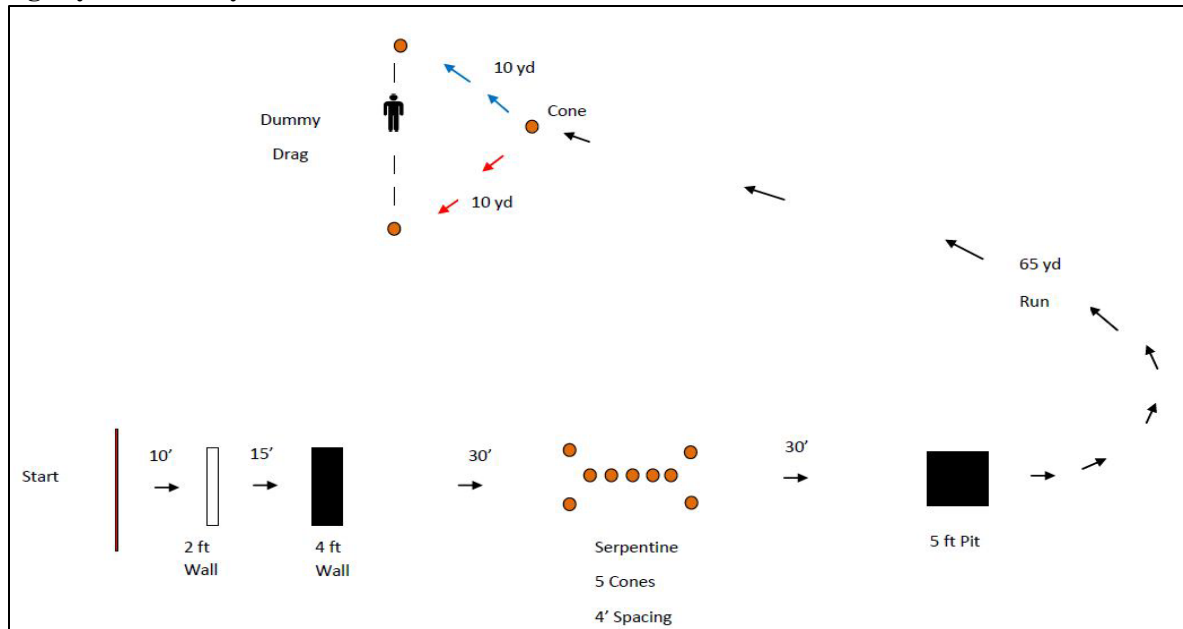
Obstacle Course

- Low hurdle – 2 foot wall, simulating jumping over small obstacles
- Solid wall – 4 foot wall, simulating a small fence or loading dock
- Serpentine – simulating running through a crowd, around fixed objects, etc.
- Broad Jump – 5 foot, simulating jumping across a ditch, etc.

Street chase and body drag

- Foot chase – run 75 yards on a designated path
- Body drag – drag 168-pound dummy 10 yards

Agility Course Layout



PHYSICAL AGILITY TEST APPLICANT INSTRUCTIONS

Applicants should wear comfortable clothing or workout gear and sneakers or athletic shoes. Shorts, sweatpants, and T-shirts are permitted.

Event 1 – Weight Lift - Untimed

Each applicant will wear a Sam Browne with holster and inert pistol. The applicant will walk up to the trunk of the vehicle and lift out the full-sized spare tire and carry the tire completely around the vehicle and set it back in the trunk. Applicants may not rest the tire on the ground or the vehicle or they will be disqualified. The applicant must set the spare back in the trunk and not throw it. Each applicant will have three (3) attempts. Untimed

Event II – Stair Climb – 39 seconds

The applicant has 39 seconds to run the stairs from the bottom to the top and back. The use of handrails is permitted. The applicant will wear a Sam Browne with holster and inert pistol. The applicant will start at the direction of the timer. Each applicant will have three (3) attempts.

Event III – Obstacle Course – 60 seconds

Each applicant will run the obstacle course and street chase/body drag as one continuous event. Applicants will wear a Sam Browne with holster and inert pistol. The applicant will stage at the starting line and begin at the direction of the timer. The applicant must clear the 2 foot wall, 4 foot wall, and clear the serpentine course. The serpentine should have a gate entry and exit and it makes no difference if the applicant starts the serpentine to the left or right. Once the exit gate is cleared, the applicant will run and jump over the 5 foot pit. The pit must be cleared completely. If any part of either foot lands inside the pit, the event is failed.

Street Chase and Body Drag

Once the applicant clears the 5 foot pit, they will run the designated 75 yard course to the dummy, lift the dummy in any manner the applicant wants and drag the dummy clear of the 10 yard cone.

APPENDIX B – PHYSICAL READINESS TEST

I. DEFINITIONS

- A. Physical Readiness Test (PRT) – 2000 meter row test, using the Concept 2 Rower, on Damper Setting 5 is designed to determine overall fitness level, while physically challenging the upper and lower hemispheres of the body. This full body exercise movement, functionality, addresses the physical demands of a police officer.
- B. Physical Readiness Test Administrator (PRTA) – a department member who has successfully completed the Texas Department of Public Safety Concept II Rower Tester/Administrator Course and has a CPR/Automated External Defibrillator (AED) certification.

II. TESTING PROTOCOL

1. Ensure the candidates personal information is properly completed on the Physical Readiness Test Form (DP-37A) – name, weight, age, and gender.
2. The PRTA must weigh the candidate and record the weight on the PRTF. The candidate is not required to remove footwear. If the candidate does not remove footwear, then the PRTA will deduct 2 lbs. from the displayed weight.
3. Set the Concept-2 Rower PM-Monitor for the VO2 2000-meter row test
4. Confirm the damper setting is at 5 on the flywheel
5. Provide instructions/demonstrations to the candidate consistent with [Texas DPS Row Test Protocols](#).
6. Instruct the candidate to begin the test and to utilize maximum effort for 2000-meters.
7. Record the finish time for the 2000-meters on the PRTF.
8. Sign and obtain candidates signature on the PRTF.
9. Upon completion of the test, a mandatory cool down period is enforced. Candidates should walk slowly for 3-5 minutes immediately after the row.
10. Calculate the results of the test using the Concept 2 Rower Calculator provided on the Texas DPS website (<https://www.dps.texas.gov/apps/tod/fitnesswellness/concept2RowerCalc.htm>). The minimum requirement is the 50th percentile based on gender, age, and weight.
11. Candidates who fail to meet the minimum standard established may test 1 additional time within 7 calendar days of initial test. After two failed attempts, the candidate is considered “failed” and may not continue in that selection process. Candidates may retest as an element of a future selection process.

III. WHEN TO STOP A PRT

A certified row test must stop when one of the following is observed:

1. Candidate cannot stay balanced on the seat
2. Candidate begins to exhale with a whistle sound
3. Candidate compromising form and technique that elevates the risk of injury
4. Candidate skin turns ashen and display signs of other health complications employers no longer ruined with the continuous flow

If a candidate’s PRT is stopped for health concerns, necessary medical assistance will be provided; AED/CPR/First Aid training that deal with signs and symptoms of distress are relevant and will also be applied when any PRT is being conducted; and actions will be taken

that are necessary to deal with distressed situation. Current, non-expired, AED will be present during PRT.

IV. CONCEPT 2 ROWER PROCEDURES

- A. Rower safety and maintenance should be maintained in accordance to Concept 2 Owner's Manual – utilizing the “institutional users” recommendations.
- B. Settings:
 1. Set Damper to 5 on the flywheel.
 2. In order to have a successful VO₂ Row test the PRTA must properly set up the testing screen on the PM-Monitor System. The following is the procedure for setting up the 2000-meter testing screen:
 - a. From the Main Menu – PRTA will press the “Select Workout” button’
 - b. The PRTA will press the “Standard List” button;
 - c. The PRTA will press the “2000m” button;
 - d. This is the screen for the 2000-meter test.

