



**AZ DPS PHYSICAL FITNESS ASSESSMENT
DETENTION TRANSPORT OFFICER
SELECTION I.D. # 3206/PE/0924**

**PHYSICAL ASSESSMENT TEST
PASS/FAIL**

The assessment will consist of four events: sit-ups, push-ups, 300-meter run, and a 1.5 mile run. The candidate **must** successfully complete each testing event to continue on to the next event in the physical fitness testing. Minimum performance requirements for each physical fitness event will be based on the following:

FITNESS EVENT	RECOVERY TIME	REQUIREMENT
Sit-Ups	5 min	16 Reps in 1 minute
300 Meter Run	10 min	85.4 seconds
Push-Ups	5 min	15 Reps
1.5 Mile Run		17:06 (min:sec)

SIT-UPS:

- The candidate will start by lying on the ground on their back with knees bent and feet on the ground.
- They will then bring the shoulders forward until the elbows touch the knees and then return to the start position.
- The candidate will continue for one (1) minute for at least 16 reps.

300 METER RUN:

- The candidate must run 300 meters within the allotted time frame.

PUSH-UPS:

- The candidate will start by lying on the ground face down, with the palms of the hands on the floor, arms straight, legs and back straight.
- A *monitor* will place their fist on the ground below the candidate's chest.
- When told to begin, the candidate will bend their elbows, keeping their legs and back straight until the chest touches the monitor's fist, and then return to the starting position, continue for at least 15 reps.

1.5 MILE RUN:

- The candidate must complete the run within the allotted time frame.
- Walking is permitted but must be completed within the allotted time frame.