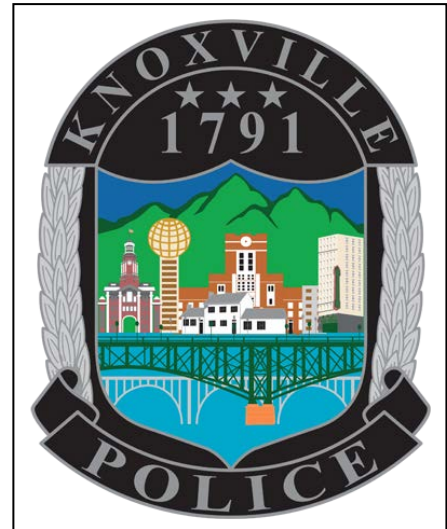


Knoxville, Tennessee Police Department

Police Officer Physical Ability Test

Participant Preparation and Study Guide



INTRODUCTION

This study guide is designed to describe the physical tasks you will perform when participating in the Knoxville Police Department (KPD) Physical Ability Test. It also provides suggestions for preparing yourself to complete the physical tasks during the test. You will increase your chances of obtaining a passing score if you spend a fair amount of time preparing for the test. This includes thoroughly reviewing this preparation and study guide, following the specific directions regarding attire, paying proper attention to your physical well-being before the test, and taking care to avoid becoming overly anxious about the test.

OVERVIEW OF THE TESTING PROCESS

An analysis of the physical requirements of police officers in the Knoxville police department was conducted. The analysis included sworn officers from the rank of police officer. This analysis involved collecting job-related examples of physically demanding activities from incumbent Subject Matter Experts (SMEs), having police officer personnel complete a job analysis questionnaire, and conducting a meeting with a representative sample of SMEs from the department. The analysis provided the background information necessary to validate the job-related physical ability test.

Among other physical tasks, law enforcement officers must be able to run in pursuit of a suspect or in response to an emergency situation, dodge obstacles, jump up onto and down from elevated surfaces, move a suspect, climb fences, and duck under obstacles while wearing departmental authorized equipment. These are the types of physical tasks that are included in the physical ability test.

Preparation suggestions and a description of the physical ability test are provided below. A table of contents is provided on the next page.

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GENERAL TEST PREPARATION

The following guidelines, which an officer also follows when planning for an on-duty shift, will help you physically prepare for the test:

- Avoid junk food and maintain a well-balanced diet for several days before the test.
- Avoid tranquilizers and stimulants such as caffeinated beverages, especially on the day of the test.
- Get a good night's sleep before the test.
- Do not drink a lot of liquids or eat a large meal before the test.
- Avoid alcohol prior to and especially on the day of the test.
- Incumbent law enforcement officers should, at all times, ensure that they are physically capable of performing the duties of a law enforcement officer to ensure their safety, and the safety of the public and their fellow officers. The job of a law enforcement officer can require a vigorous combination of strength, power, functional movement, anaerobic power, and aerobic endurance. It also requires participants to recover quickly from one task while moving quickly to another. Regular fitness training should include warm ups, resistance training to build strength, and cardiovascular exercise.
- For exercise planning purposes, the components of the physical ability test and the associated physiological demands for each component are provided in the table below.

Components of the Test	Physiological Demand
Run	Aerobic and Anaerobic Endurance
Jump Up On to An Obstacle	Lower Body Strength/Aerobic and Anaerobic Endurance
Jump Down From An Obstacle	Lower Body Strength/Aerobic and Anaerobic Endurance
Jump Over An Obstacle	Lower Body Strength/Aerobic and Anaerobic Endurance
Fence Climb	Full Body Strength
Run Up Stairs	Lower Body Strength/Aerobic and Anaerobic Endurance
Obstacle Dodge	Aerobic and Anaerobic Endurance
Duck Under Obstacles	Aerobic and Anaerobic Endurance/Functional Movement
Run Down Stairs	Aerobic and Anaerobic Endurance
Suspect/Officer Move	Full Body Strength

WHAT TO WEAR DURING THE TEST

- Wear comfortable clothing to facilitate the performance of physical tasks (e.g., physical fitness clothing), pants to protect the legs and knees, and gym/sport shoes;
- Wear a bullet proof vest (Knoxville will provide the vests and one should be worn by all participants); and
- NOT wear watches, rings or other items which could harm them while taking the test. These items should be removed for safety purposes before testing.

WHAT CANDIDATES SHOULD DO JUST PRIOR TO TAKING THE TEST

Just prior to taking the test, participants should consider stretching, performing some jumping jacks to get their blood flowing, and jogging lightly to prepare themselves for the physical exertion in which they are about to engage. Additionally, if the ambient temperature will be 80 degrees Fahrenheit or higher, participants are advised to pre-hydrate prior to arriving at the test site.

TEST SITE

The test is administered at the Knoxville Civic Coliseum located at 500 Howard Baker Jr. Blvd., Knoxville, TN 37915.

DESCRIPTION OF THE TEST

1. Seated in Patrol Car: The participant will begin seated in a simulated patrol car. A test administrator will then tell the participant "Ready, GO." The participant must then exit the simulated patrol car seating area, begin the run, and successfully complete each of the physical tasks interspersed throughout the run. Timing begins when the participant is told to "GO."
2. Run (200 yards): The participant must run a distance of about 200 yards (the approximate length of the entire course), encountering obstacles along the way.
3. Jump Up On To An Obstacle: Participants will then jump up onto an approximately 3 foot high object.
4. Jump Down From An Obstacle: Participants will then jump down from the approximately 3 foot high object.
5. Jump Over An Obstacle: Participants will then jump over an approximately 18 inch high object simulating a shrub or other obstacle.
6. Fence Climb (about 4 feet tall): Participants will run to the next obstacle, a 4-foot high chain-link fence, and climb over the top of it.
7. Run Up Stairs: Participants will then run up a set of stairs and then continue their run.
8. Obstacle Dodge: The participant must maneuver, in a zig-zag manner, around obstacles (which are traffic cones positioned on the ground).

9. Duck Under Obstacles: Participants will run to and duck under two low-hanging obstacles about 3 and 4 feet high.
10. Run Down Stairs: Participants will then run down stairs, and continue their run.
11. Suspect/Officer Move: The participant will run to the dummy representing an officer in need of assistance, a victim, or a suspect, and will drag the dummy in two directions completely past a line approximately 20 feet away. Timing of the test stops when the entire dummy passes over the line. The fastest time between the two stop watches is recorded.

CRITERIA FOR PASSING THE EXAM

1. Participants must successfully complete each of the test components and the entire timed sequence of events in **1 minute, 42 seconds or less**.