

Physical Agility Test Preparation and Safety



How to Prepare for the PAT

- Prior to taking the Physical Agility Test, applicants should seek medical advice from their physician.
- The day of the physical agility test applicants should inform staff members of any pre-existing injury or condition that could cause an injury to themselves or to others.
- Eat at least 3 hours prior to taking the PAT.
- Do not smoke within 3 hours of the test.
- No vigorous exercise within 24 hours of the test.
- Light clothing (appropriate for exercise) is desirable.
- Properly warm up and stretch prior to taking the Physical Agility Test.
- If you are not used to working out, do not over-exert yourself. Do not push your body to a limit that it is not used to. Think smart!
- At the conclusion of the Physical Agility Test, cool down properly and hydrate when necessary.
- If you start feeling disoriented or faint, inform the training instructor. If you cannot reach the training instructor, inform other participants about your condition.
- Safety is our number one concern, as it should be yours. Remember to use caution when performing the Physical Agility Test exercises.
- Be sure to prepare yourself in the weeks prior to taking the Physical Agility Test. If you have trouble preparing a workout schedule, a physical agility workout regimen has been prepared for you. Follow this regimen closely and it will properly prepare you for the PAT.

**Physical Agility Testing (PAT)
Physical Conditioning Regimen
For All Ages**

Preparing for the Push-up Test

Determine exercise level by measuring the number of push-ups you can complete in 60 seconds. This number constitutes a set.

- If the total number is 15 or less, begin at level A
- If the total number is greater than 15, begin at level B
- Work toward reaching level C

Level A – 1 set 3 times a week for 1 week
Level B – 2 sets 3 times a week for 2 weeks
Level C – 3 sets 3 times a week until testing

When performing push-ups, be sure you continue until muscular failure occurs and you cannot perform additional push-ups in the straight-knee position.

Preparing for the Sit-up Test

Determine exercise level by measuring the number of sit-ups you can complete in 60 seconds. This number constitutes a set.

- If the total number is 15 or less, begin at level A
- If the total number is greater than 15, begin at level B
- Work toward reaching level C

Level A – 1 set 3 times a week for 1 week
Level B – 2 sets 3 times a week for 2 weeks
Level C – 3 sets 3 times a week until testing

When training for sit-ups, be sure you continue until muscular failure occurs and you cannot perform additional sit-ups.

Preparing for the Squat Test

Determine exercise level by measuring the number of squats you can complete in 60 seconds. This number constitutes a set.

- If the total number is 15 or less, begin at level A
- If the total number is greater than 15, begin at level B
- Work toward reaching level C

Level A – 1 set 3 times a week for 1 week
Level B – 2 sets 3 times a week for 2 weeks
Level C – 3 sets 3 times a week until testing

When training for sit-ups, be sure you continue until muscular failure occurs and you cannot perform additional sit-ups.

Preparing for the 45lb Weight Carry

Determine amount of weight to be carried by measuring the weight you can carry for 30 yards in less than 1 minute.

- If the weight is less than 25lbs, begin at level A
- If the weight is greater than 25lbs, begin at level B
- Work toward reaching level C

Level A – 1 set 3 times a week for 1 week
Level B – 2 sets 3 times a week for 2 weeks
Level C – 3 sets 3 times a week until testing

When training, ensure you reach the point where you can carry 45lbs for 30 yards in less than one minute.

Preparing for the Ladder Climb

Determine which rung on the ladder you can climb to.

- If you can only climb to the second rung, begin at level A
- If you can climb higher than the second rung, begin at level B
- Work toward reaching level C

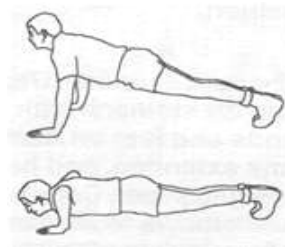
Level A – 1 set 3 times a week for 1 week
Level B – 2 sets 3 times a week for 2 weeks
Level C – Climb to the 5th rung, 3 sets 3 times a week until testing

When training, ensure you reach the fifth rung five times before testing.

Preparing for the Quarter-Mile Run/Walk

Listed below is a progressive training schedule that will allow you to work at maximum effort when preparing for the quarter-mile run/walk. Generally, it is recommended you reach a training distance higher than the testing level.

Week	Activity	Distance	Time in Minutes	Frequency
1	Walk	1 mile	20-17	5/Week
2	Walk	1.5 miles	29-25	5/Week
3	Walk	2 miles	35-32	5/Week
4	Walk	2 miles	30-28	5/Week
5	Walk/Jog	2 miles	27	5/Week
6	Walk/Jog	2 miles	26	5/Week
7	Walk/Jog	2 miles	25	5/Week
8	Walk/Jog	2 miles	24	4/Week
9	Jog	2 miles	23	4/Week
10	Jog	2 miles	22	4/Week



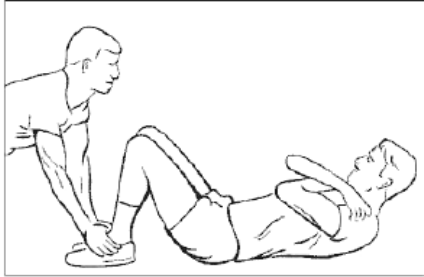
Callisthenic Performance Instruction

How to do a Proper Push-up

1. Lay face down on the floor.
2. Place your hands on the floor on each side of the chest, palms down with your fingers wide and pointed forward.
3. Flex your feet so your toes point toward your head and the heels are facing up.
4. Keeping your body in a straight line, push up from the floor until your arms are almost fully extended. Flex your back, stomach, butt and leg muscles, to keep your torso in line. This will make your push-up a full body workout.
5. Lower your body until your chest touches your partner's fist, then return to the starting position.

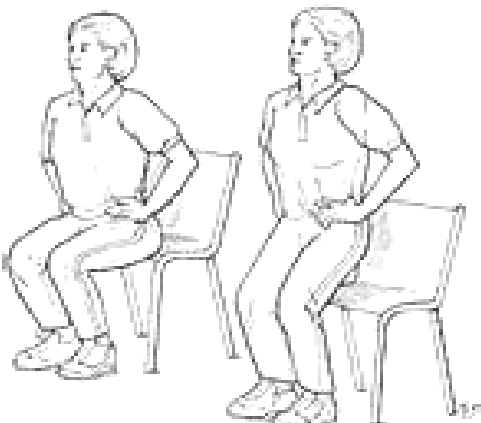
How to do a proper Sit-Up

1. Lay face up on the floor.
2. Bend the knees up so your feet are flat on the floor.
3. Cross your arms across your chest.
4. In one motion, flex your torso and lift your upper body up off the floor, keeping the neck straight. Place the elbows over the knees.
5. Return to the starting position by slowly lowering your back toward the ground, one vertebra at a time.



How to do a Proper Squat

1. Stand with the feet shoulder-width apart.
2. Stick your chest out and arch your back.
3. Place the hands on either side of the hips.
4. Keeping the back straight, chest out, flex the quads and bend the knees, lowering the buttocks and hips down, until the thighs are parallel to the floor. At this point the arms will be straight out in front of you. This will help with balance.



How to Carry 45lbs Properly

1. Stand over the 45lb weight bag with the feet shoulder-width apart.
2. Squat down, leaving the back straight.
3. Reach down and grab both hand straps with each hand and stand up, leaving the back straight. Use your legs to lift the bag, not your back.
4. When walking with the bag, ensure your back is straight. Do not lean forward when carrying the bag.
5. After completing the required distance, make sure the feet remain shoulder-width apart. Using the legs, squat down with the back straight and place the bag on the ground.

How to Climb a Ladder Properly

1. Set the ladder at the proper angle.
2. Make sure the feet of the ladder cannot slip backward.
3. Make sure the top of the ladder is resting on a flat surface and does not slide or wobble when you put weight against it. If using an A-frame ladder, ensure that the ladder is placed on a level surface.
4. When climbing the ladder, grab onto the rungs using a hand-over-hand method, never letting go of one rung before grabbing the next.



Quarter Mile Run/Walk



Jogging or walking correctly starts with warming up correctly.

Start your warm-up routine with a light five-to-ten minute walk.

After you raise your body temperature, it is time to stretch.

Perform a series of runner's stretches that will target the muscles you will use on your jog.

Begin by jogging or walking at a slow pace. Ensure the area where you are exercising is safe. The area must be free of pot holes, rocks, sticks or branches, and loose gravel.

How to Jog Properly

Beginning joggers should try to make contact with the mid-foot as they stride. Aiming for the mid-foot is best because it allows for the most shock absorption and puts less strain on the calves and Achilles tendons. When this part of the foot hits the ground, it is also close to how you naturally walk, which your body is already accustomed to.

When you jog correctly, you should let your arms move naturally in a front-back motion. Do not tense them or try to swing them too forcefully, just swing them between your chest and waist.

When your feet make contact with the ground, they should form a line with your hips and head. Maintaining this line will help you run tall, as opposed to leaning over.

Taking too long of a stride can lead to major injuries and pain down the road. Let your stride progress out naturally; do not force yourself to jog in long strides.

You should not have to lift your knees up very high to jog.

How to Walk Properly

Keep your eyes focused forward, not up or down. Do not look down when walking; look ahead (especially when walking up hills).

Chin should be pointed down and pulled in slightly to maintain a neutral neck position. This will prevent neck pain by properly supporting your head.

Keep your shoulders back, down and relaxed. Bend your arms at the elbow at a 90-degree angle and swing them toward the center of your body. Be careful not to cross the center line of your body or bend your arms at more than 90 degrees. Swinging your arms properly will give you a better aerobic workout, burn more calories, and engage more muscles throughout your torso.

The back should be straight as you walk, allowing for its natural curves. You should not be leaning backwards or forward, though a slight forward lean on hill climbs is acceptable.

Your chest should be slightly lifted. Breathe deeply, expanding your stomach, and try to breathe in rhythm with your steps.

Keep your belly button gently sucked in toward your spine. This will keep your abdominal muscles activated, which is a great workout for your abs. It also helps to protect your lower back from injury.

Your heel should hit the ground first. Take shorter (rather than longer) steps. More frequent and shorter steps will give you a better workout and be easier on your joints.

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