

UNIVERSITY OF MARYLAND, BALTIMORE
POLICE FORCE
BALTIMORE, MARYLAND

Physical Agility Test Agenda

Rev. 2/2020

Part of your application processing will be a five part Physical Agility Test. Below is a list of all five (5) parts **in successive order**. This is a pass/fail test. Failure of any one section is disqualification.

You should wear rubber soled shoes and clothing suitable for the below described activity.

PRE-EMPLOYMENT PHYSICAL AGILITY TEST BATTERY

No.	Category	Test Component
1.	CARDIOVASCULAR CAPACITY	<u>1.5 Mile Run</u> – The score is in minutes: seconds.
2.	ABSOLUTE STRENGTH	<u>Push-Up</u> – The score is the number of push-ups performed in one minute. Push-ups must conform to this description: <ul style="list-style-type: none">• Begin in a push up position on hands and toes with hands shoulder-width apart and elbows fully extended.• While keeping a straight line from the toes, to hips, and to the shoulders, lower your upper body so your elbows bend to 90 degrees.• Push back up to the start position.• That is one rep.• Continue with this form and complete as many repetitions as possible without breaking form.

3.	MUSCULAR ENDURANCE	<p>Sit-Up – The score is the number of bent-leg sit-ups performed in one minute.</p> <p>Sit-ups must conform to this description:</p> <ul style="list-style-type: none"> • Assume a reclining position, legs extended and slightly bent, hands cupped behind the ears. • Sit-up to a full upright position, upper torso of the body is now vertical. • Return to position #1, recline position until the shoulder blades contact the floor for completion of one repetition.
4.	FLEXIBILITY	<p>Sit and Reach – Test measures the range of motion of the lower back and hamstrings. Sit and Reach must conform to this description:</p> <p>The test involves stretching out to touch the toes and beyond with extended arms from the sitting position. The score is in inches measured with a yardstick with the 15” mark being at the toes. (Not to include firing weapons)</p>
5.	HAND STRENGTH TRIGGER/ MAGAZINE USE	<p>Handgun familiarization MUST conform to the following exercises:</p> <p>Hand size: First joint of index finger must reach trigger without moving pistol from centerline of hand.</p> <p>Lock the slide back using the slide stop lever successfully three consecutive times.</p> <p>Applicants must have the ability to control and dry fire a departmental handgun. They must demonstrate the ability to charge the handgun with their strong hand and weak hand. Applicants must be able to release the magazine from the handgun using both strong hand and weak hand.</p> <p>Hand size: First joint of index finger must reach trigger without moving pistol from centerline of hand.</p> <p>Lock the slide back using the slide stop lever successfully three consecutive times.</p> <p>Successfully pull trigger twelve times with strong hand, resetting trigger each time by racking the slide.</p> <p>Successfully pull trigger six times with weak hand, resetting trigger each time by racking the slide.</p> <p>Successfully depress magazine release three times with each hand, releasing magazine each time.</p> <p>Slide Pull – (45 sec. - S-30, W-20). Slide Pull is measured in minutes for number of times slide is pulled. (Min. 5 times in 20 seconds). Scoring is same for male/female, all ages.</p>

**Minimum Scores for Employment as a Law Enforcement Officer
with the University of Maryland, Baltimore Police Force.**

Male – Ages	Sit-Up	Flexibility	Push-Up	1.5 Mile Run
20-29	35	15.5	27	13:22
30-39	32	14.5	21	14:08
40-49	27	13.3	17	14:56
50-59	21	12.0	13	15:57

Female – Ages	Sit-Up	Flexibility	Push-Up	1.5 Mile Run
20-29	29	18.3	18	15:57
30-39	22	17.3	15	16:35
40-49	17	15.6	12	17:24
50-59	12	15.5	10	18:23

HOW TO PREPARE FOR THE TESTS

Preparing for the **CARDIOVASCULAR CAPACITY** test:

Perform a gradual schedule of walking and jogging that would enable you to perform a maximum effort for the 1.5 mile run.

Preparing for the **MUSCULAR ENDURANCE** test:

The progressive routine is to do as many bent-leg sit-ups (hands cupped behind the ears with someone holding your feet) and push-ups as possible in one minute. At least three times per week do three sets (three groups of the number of repetitions you did in one minute).

Preparing for the **HANDGUN TRIGGER/** test:

With the use of a commercially sold spring hand grip, at least every other day, do three sets of ten repetitions for six weeks. If you can do more sets/reps., then it is encouraged.

**NOTE: This is a pass/fail test. Failure of any one section is disqualification.
If failed, you will be required to re-apply in response to future vacancy announcements.**

***** IMPORTANT *****

Begin your exercise immediately. Don't wait until the day before the Agility Test.

**UNIVERSITY OF MARYLAND, BALTIMORE
POLICE DEPARTMENT**

DOCTOR'S CERTIFICATION OF FITNESS TO PERFORM AGILITY TEST

I have reviewed the attached five elements of the University Police Department Physical Agility Test and find that the candidate identified below can / cannot (circle one) perform the elements of the test safely.

Candidate's Name: _____

Agency to Which
Application is Made: _____

Date of Examination: _____
(Expiration Date is 6 months from date of exam)

Doctor's Signature: _____

Name Printed or Typed: _____

Address & Telephone: _____

This form will expire six months from date of examination. Upon expiration, a new certification form must be completed before any further processing can be done.

***** IMPORTANT *****

You must bring this form with you when you report for the Agility Test. Without this form, you will not be tested.