



Public Safety Training Center
Police Agility Program
WESTERN CAMPUS
11000 W. PLEASANT VALLEY RD.
PSTC BLDG., STE. 221
PARMA, OH 44130
PHONE: 216-987-3033

Dear Candidate,

Congratulations on your choice of a career in Law Enforcement. The Agency you are testing with has contracted with Cuyahoga Community College to provide the Police Physical Agility Exam. The Police Agility Exam is the result of years of research and practical application. The assessment have been validated by scientific research, and will be administered impartially and fairly at a neutral test site. The test site will be Cuyahoga Community College's Western Campus in Parma, Ohio. **We strongly recommend you consult with your personal physician before taking the agility exam.**

A registration form is enclosed with this packet. You must register and have payment in by **4:00 pm on the Wednesday before your Exam Date (always on a Sunday).** Upcoming test date: **See Agility Dates on Website.** You are solely responsible for meeting any deadlines set by the agency you are testing for, at this time. The cost for the Physical Agility Exam is \$60 and it is mandatory. Please call 216-987-3033 to register. Payment is due at the time of registration.

You are required to report to the Western Campus in Parma (11000 Pleasant Valley Road, Parma, Ohio 44130), to the Public Safety Training Center. Visit our website, www.tri-c.edu, for a campus map (bottom of home page). Sign-in and start times will be provided at time of registration. If you do not arrive by the start time provided, YOU WILL **NOT** BE TESTED and there is NO REFUND. You **must** bring a valid Identification Card WITH YOUR PICTURE ON IT, or you will not be admitted into the test facility.

The Police Agility Program does not mail out confirmations. Cancellation notice must be given three (3) business days prior to the test. NO REFUNDS will be given after the registration cut-off date for the test and/or the test date itself.

We wish you the best of luck. Please call if you have any questions.

Sincerely,

Carrie Havens

Carrie Havens
Coordinator
Public Safety Training Center
Office: 216-987-3033
Email: carrie.havens@tri-c.edu

Cuyahoga Community College
Public Safety Training Center
Law Enforcement Division
Police Agility Program

Preparing for the Police Physical Agility Exam

WHAT TEST STANDARDS MUST BE MET?

There are three events that must be successfully completed to receive a Cuyahoga Community College Certificate of Completion. Each event is scored separately and the participant must meet the standard on each and every event to a certificate. The standards are as follows:

		COOPER INSTITUTE OF AEROBIC RESEARCH STANDARDS				
		30 th percentile				
AGE		20-29	30-39	40-49	50-59	60+
MEN	1.5 Run	13:16	13:46	14:34	15:58	17:38
	Sit-Ups (1 Minute)	35	32	27	21	17
	Push-Ups (1 Minute)	26	20	15	10	8
WOMEN	1.5 Run	15:52	16:38	17:22	18:59	
	Sit-Ups (1 Minute)	30	22	17	12	
	Push-Ups (1 Minute)	13	09	07	09*	

*Modified push-ups.

HOW TO PREPARE FOR THE TEST?

PHYSICAL FITNESS ASSESSMENT PREP / TRAINING ROUTINES						
WEEK	MAX PUSHUPS & SIT-UPS 3X/WEEK Determine your max push-up/sit-ups; this will be the initial training repetition dose (ITRD). Add 2 repetitions for each successful week.		1.5 MILE RUN The progressive routine below is proven to gradually increase your running endurance. If applicable, you may advance the schedule on a weekly basis and then proceed to the next level.			
	SETS	REPS	ACTIVITY	DISTANCE	MAX TIME	FREQUENCY
1	1	ITRD	Walk	1 mile	17-20 min	5x/week
2	2	ITRD+2	Walk	1.5 miles	25-29 min	5x/week
3	3	ITRD+4	Walk	2 miles	32-35 min	5x/week
4	3	ITRD+6	Walk	2 miles	28-30 min	5x/week
5	3	ITRD+8	Walk / Jog	2 miles	27 min	5x/week
6	3	ITRD+10	Walk / Jog	2 miles	26 min	5x/week
7	3	ITRD+12	Walk / Jog	2 miles	25 min	5x/week
8	3	ITRD+14	Walk / Jog	2 miles	24 min	5x/week
9	3	ITRD+16	Jog	2 miles	23 min	4x/week
10	3	ITRD+18	Jog	2 miles	22 min	4x/week