



## SFPD Physical Ability Test (PAT) Instructions and Score Table

The SFPD PAT consists of four events:

1. Dominant Handgrip
2. Sit-ups
3. Push Ups
4. Wall Agility Run

Below are the instructions that are provided to candidates at the PAT.

### Dominant Handgrip Instructions to Candidate

The purpose of this test is to determine the muscular strength in your dominant hand.

“You will use your dominant hand to complete three trials of the test.

“You will place the dynamometer in your dominant hand with the rounded edge against the base of your hand.

“Make sure your thumb touches or overlaps with your first finger.

“You will stand with your arm at your side and your elbow bent to 90 degrees.

“You will stand with your arm at your side and your elbow bent to 90 degrees.

“When the dynamometer is next to your hip, stop squeezing. I will take the dynamometer from you.

“You will be completing one practice trial with your dominant hand at a 50% effort. This will be followed by 3 test trials with the dominant hand where you will exert maximum force.

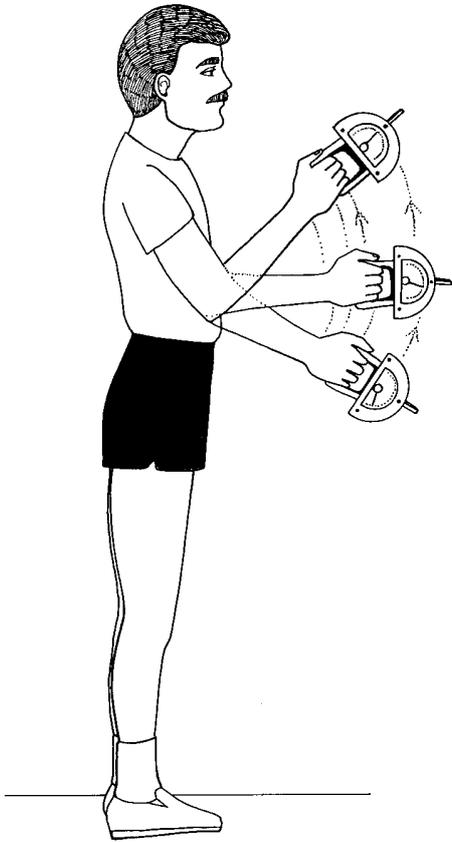
“You will receive a 30-second rest between each set of trials.

“Do you have any questions?

“Place the dynamometer in your dominant hand and adjust it to a comfortable size.

“Take a practice trial with your dominant hand.

“Take your first test trial with your dominant hand.



## Sit-Ups Instructions to Candidate

“The purpose of this test is to evaluate your abdominal strength.

“You will lie down on your back with your knees flexed to a 45 to 60 degree angle, feet flat on the floor, and your heels placed about 12 to 18 inches from your buttocks. Your feet will be held by another candidate or a test administrator.

“You will cross your arms over your chest, with your hands placed on the opposite shoulders near your collarbone. In this position, your fingers should touch the top of your shoulders. Your arms must maintain contact with your chest at all times.

“With each sit-up, you must curl your shoulders, keeping your lower back on the ground until you have curled the upper back, and finally come to a position in which your elbows touch your thighs. Make sure you curl your back, as this will force you to use your abdominal muscles and keep you from straining your back. Lie back down until your mid-back touches the mat surface, then curl up until your elbows touch your thighs to complete another sit-up.

“You will perform as many sit-ups as possible within a 60-second time period. You will be told when 30 and 15 seconds are left.

### Guidelines

“Be careful to perform the sit-ups in the proper manner. I will tell you when your sit-ups are incorrect.

“You will do as many sit-ups as possible within a one (1) minute time period. You will be told when there are 30 and 15 seconds remaining. You will be given only one trial.

“A sit-up will not count if:

- a. Your arms are not in contact with the chest
- b. Your elbows do not contact the thighs
- c. You do not return to a supine position with the mid-back touching the testing surface
- d. Your hips/buttocks do not remain in contact with the floor
- e. Your fingers are not on opposite shoulders

“If you perform an incorrect sit-up, I will provide a short command to inform you of the error.

“Only properly performed sit-ups will count. You may rest between sit-ups, but the stopwatch will not be stopped.

“Your score will be the number of properly performed sit-ups that you complete in one (1) minute. Attempt to complete AS MANY SIT-UPS AS YOU CAN.

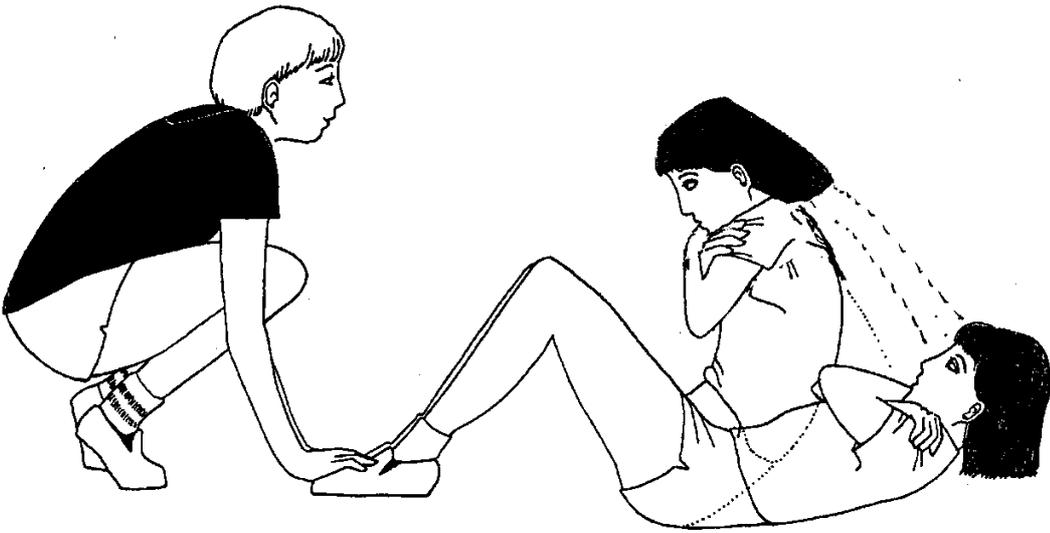
“The command will be Ready, Go.

“Are there any questions?”

“Lie on the floor in the proper position, cross your arms, and put your hands on your shoulders.

“Practice performing three sit-ups. This will familiarize you with the position, and enable me to ensure that you are performing them correctly.

“Ready, Go.”



## Push-Ups Instructions to Candidate

“The purpose of this test is to evaluate your upper body strength.

“Your starting position requires that only your feet and hands be in contact with the testing surface. Your feet must be 8 to 12 inches apart and your hands placed slightly wider than shoulder width apart. Also, your arms must be extended and straight in the starting position.

“Your legs, buttocks, back, and shoulders must be in a straight alignment.

“To complete a push-up, bend the elbows and lower your torso until the elbows are flexed at a 90-degree angle. Once the elbows are flexed at a 90-degree angle, return to the starting position by straightening your elbows.

“Your arms must reach a 90-degree angle with the back of your upper arm even with your back. To ensure you have reached a 90-degree angle a foam block will be used. The foam block is placed directly under your chest. Your chest must touch the foam block when you lower yourself to perform each push-up.

“When completing the push-ups, your legs, buttocks, back, and shoulders must remain in a straight alignment.

“Once you touch the foam block with your chest, return to the correct starting position.

“You are to do as many push-ups as possible within a one (1) minute time period. You will be told when there are 30 and 15 seconds remaining. You will be given only one opportunity to do this push-up event.

### Guidelines

“A push-up will not count if:

- a. You do not lower to a 90-degree or more angle and touch the foam block
- b. Your legs, buttocks, back, or shoulders do not remain in a straight alignment
- c. You do not return to the starting position with arms fully extended

“If either of your knees come in contact with the test surface the test will be stopped and your score will be the number of correct push-ups completed before your knees touched the surface.

“If your hands or feet are lifted off the test surface the test will be stopped and your score will be the number of correct push-ups completed before you lifted your hands or feet.

“If you perform an incorrect push-up, I will provide a short command to inform you of the error.

“Only properly performed push-ups will count. You may rest between push-ups in the “up position,” but the stopwatch will not be stopped.

“Your score will be the number of properly performed push-ups that you complete in one (1) minute. Attempt to complete AS MANY PUSH-UPS AS YOU CAN.

“The command will be Ready, Go.

“Are there any questions?

“What is your height?

“Get into the starting position.

“Complete one push-up to ensure that the foam block is in the proper position.

“Get into the starting positions.

“Ready, go.



## Wall Agility Run Instructions to Candidate

The purpose of this test is to climb over a 5-foot wall and run as fast as possible through a short distance course that has changes of direction.

“You will begin this test by standing behind the starting line.

“On the command "GO" run to the wall, climb over the wall, and continue running through the course to the finish line (See diagram below).

“Follow the outline of the course. To start, run straight ahead 15 feet, climb over the wall, run to the far cone, turn around the cone, and then run back to the first cone in the middle.

“Continue through the course weaving in and out through the center cones. Run around the top cone. Then weave back through these same cones. Turn right and run up to the cone up on the left and back down past the cone at the finish line.

“The start and finish lines are even with the first and last cones

“The wall is located 15' from the starting line.

“You will be completing two trials of the agility run. Therefore, perform both trials as quickly as possible.

“If you trip, stumble, or fall; continue to run. If you miss a turn around a cone or displace a cone during either trial, the test will be stopped. You will be given two (2) minutes rest before the retest. If you miss a turn or displace a cone on the retest, you will not receive a score for that trial.

“If you cannot get over the wall on the 1<sup>st</sup> attempt during a trial, go back to the starting line and make a 2<sup>nd</sup> attempt. If you are unable to climb over the wall on the second attempt, you will not receive a score for that trial.

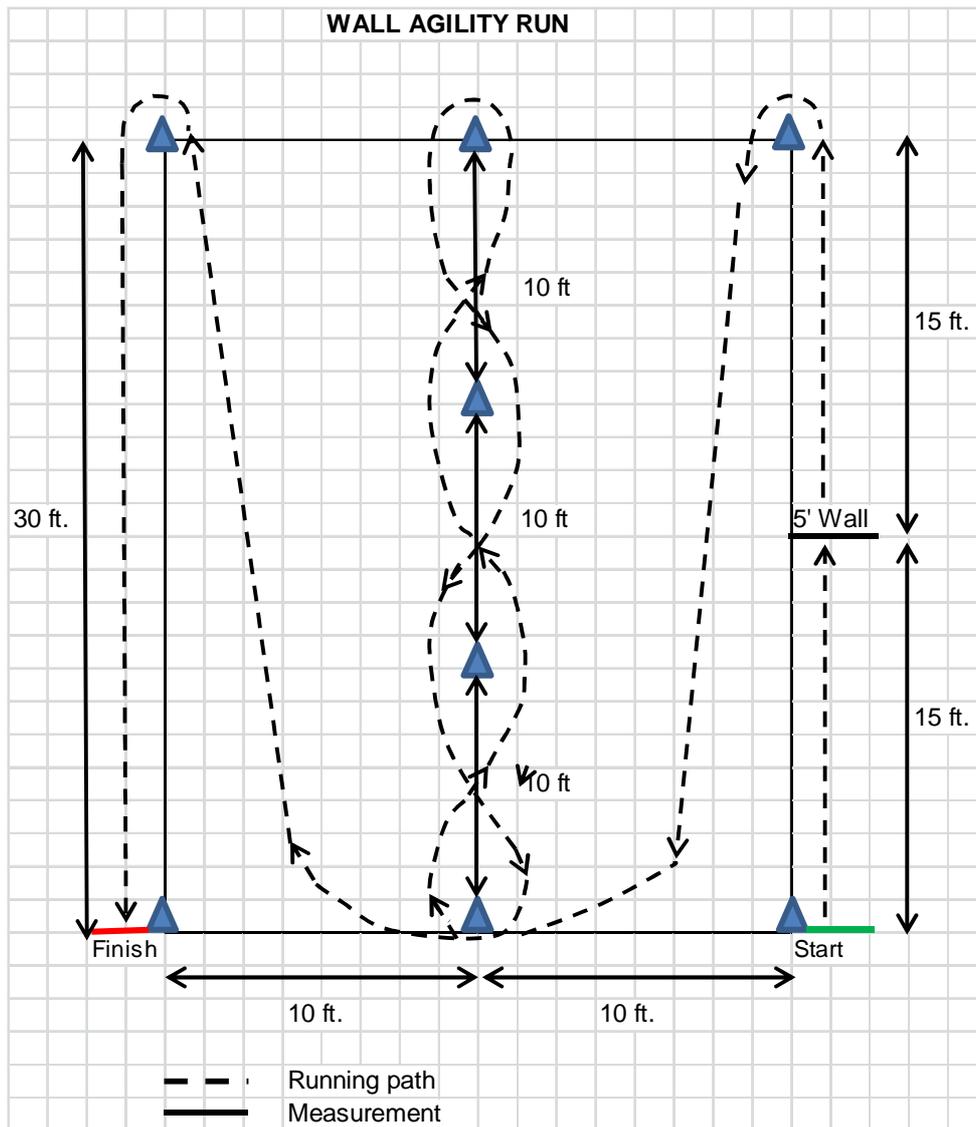
*Administrator: After completing the directions, walk candidates through the course indicating which way to turn at each cone. After the walk through, demonstrate the technique used to climb over the wall.*

“Do you have any questions?

“The commands will be "Ready, go."

“Remember your scores will be the time to complete the course.

“Ready, go.”



The start and finish lines are even with the first and last cones  
 The wall is located 15' from the starting line.

San Francisco Police Department  
PAT Points Table – Updated May 17, 2017

Points	Dominant Handgrip (lb) Avg	Sit-Ups	Push-Ups	Wall Agility Run
0	48.00 or less	25 or less	21 or less	27.17 or slower
1	48.33	26	22	27.16-26.06
2	48.67-49.33	27	23	26.05-25.49
3	49.67-50.33	28	24	25.48-24.92
4	50.67-51.67	29-30	25	24.91-24.35
5	52.00-58.00	31-33	26-30	24.34-23.88
6	58.33-69.33	34-37	31-35	23.87-23.02
7	69.67-80.67	38-41	36-40	23.01-22.17
8	81 or more	42 or more	41 or more	22.16 or faster

You must obtain a total of 20 points from the four events AND a minimum of one point from each event in order to pass.

**Example:**

Candidate #1

Test	Score Trial 1	Score Trial 2	Score Trial 3	Print Examiner's Name
Dominant Handgrip (lb)	36	52	52	Chris Carter
Sit-ups (# in one minute)	42			Chris Carter
Push-ups (# in one minute)	41			Chris Carter
Wall Agility Run (# of secs 00.00)	24.55	24.80		Chris Carter

Candidate #1 does not pass the PAT. Although, Candidate #1 obtained a total score of 20, the candidate did not obtain a minimum of 1 point for the Dominant Handgrip Event.

Event	Points
Dominant Handgrip	0
Sit-ups	8
Push-ups	8
Wall Agility Run	4
Total	20