

Benbrook Police Department

New Hire Physical Agility Course

Candidate:

Age:

Date of Test:

Examiner's Name:

Preparatory Exercises

Side straddle hop, jumping jacks, etc.

No score

Obstacle Course

Short wall, high wall, window, serpentine, tunnel, balance beam, and long jump

Time limit:

38 seconds

Time Used

Pass

Fail

Body Lift/Transport

Time limit:

35 seconds

Time Used

Pass

Fail

Quarter Mile Run

Time limit:

**105 seconds
(1:45)**

Time Used

Pass

Fail
