

**Cedar Park, Texas
Police Department**

Police officer Physical Ability Examination

Candidate Study Guide



INTRODUCTION

This study guide is designed to describe the physical tasks you will be required to perform for the Cedar Park, Texas Police officer Physical Ability Examination. You will increase your chances of obtaining a passing score if you spend a fair amount of time preparing for the test. This includes thoroughly reviewing this study guide, following the specific directions regarding attire, paying proper attention to your physical well-being before the test and taking care to avoid becoming overly anxious about the test.

OVERVIEW OF THE TESTING PROCESS

A job analysis was conducted for the job of police officer in the Cedar Park, TX Police Department which included an analysis of data collected from incumbent Police officers in the organization on a comprehensive job analysis questionnaire and a meeting with a representative sample of subject matter experts. The job analysis provided the background information necessary to validate the job-related physical ability examination. It allowed for the identification of the essential physical functions required of the job, and these essential functions are included in the physical ability test.

Among other physical tasks, police officers in the Cedar Park, Texas Police Department must be able run quickly in pursuit of a suspect; climb over a fence while pursuing a subject; duck under low-hanging objects while running; maneuver through obstacles or windows in pursuit of a suspect; run up and jump down from inclines; run up and down stairs; dodge obstacles (e.g., people, cars, barriers) while pursuing a fleeing suspect on foot; and drag a person a distance of 20 feet without assistance.

This examination is equally valid for assessing the physical skills of candidates with law enforcement experience and those without. For example, one portion of the test requires the candidate to climb over a 6 foot tall fence. It is not necessary to have prior experience as a law enforcement officer to possess the physical ability to climb a 6 foot tall fence.

Preparation instructions and a description of the physical ability test are provided below.

TEST PREPARATION

The following suggestions should help you prepare yourself physically for the test:

- Avoid junk food and maintain a well-balanced diet for several days before the test.
- Avoid tranquilizers and stimulants such as caffeinated beverages, especially on the day of the test.
- Get a good night's sleep before the test.
- Do not drink a lot of liquids or eat a large meal before the test.
- Avoid alcohol several days prior to and especially on the day of the test.

WHAT TO WEAR

Candidates should wear the following during the test:

- Tennis shoes (sport shoes or sneakers) are recommended.
- Candidates must wear a weighted vest simulating the weight of equipment officers must wear while on the job (provided by Cedar Park PD). Long pants are strongly required for safety reasons.
- Candidates should NOT wear watches, rings or other items which could harm them while taking the test. These items should be removed before testing for safety purposes.

DESCRIPTION OF THE TEST

The test will require a candidate to complete several physical tasks in sequence within an allotted time frame. All applicants will be given an orientation and walk through prior to taking the test. Candidates should be sure to proceed through the test safely. No one will be allowed to take the test unless he/she is fully aware of what he/she is expected to do. The physical ability examination includes the following events.

TEST EVENTS

Page 4 contains a map illustrating the entire test sequence. Each event listed below corresponds to a particular point on the attached map.

1. **Seated in Car:** The candidate will begin seated in a police car with the car door closed. A test monitor will give the candidate verbal instructions to pursue a fleeing suspect (which is fictitious). Finally, the test monitor will tell the candidate to "GO." The candidate must then open the car door and complete the following physical tasks. Timing begins when the car door opens.
2. **Run (~200 yards):** The candidate must run a distance of about 200 yards (the approximate length of the entire course), encountering obstacles along the way.

3. Obstacle Dodge: The candidate must maneuver, in a zig-zag manner, around five obstacles (which are poles positioned on the ground). Candidates may touch the poles, but MAY NOT use them as leverage or hold onto the poles to swing their body weight around each obstacle.
4. Fence Climb (6 feet tall): Candidates will run to the next obstacle, a 6' wooden fence, and climb over the top of it. The candidate is instructed to make their first attempt (and second, if needed) with or without using a foothold 18" off the ground. If the candidate fails to clear the fence after the second attempt, a toehold at 24" will be added, and candidate may use this for all subsequent attempts.
5. Window Climb: Candidates will run to a window set approximately 2 feet 6 inches off of the ground and with an opening measuring 3 feet by 3 feet and climb through the frame.
6. Duck Under Obstacles: Candidates will then run to and duck under two low-hanging obstacles, approximately 4 feet and 3 ½ feet from the ground.
7. Run Up Incline: Candidates will then run up a short, inclined ramp.
8. Jump Down: Candidates will then jump off the end of the incline, approximately a 2 foot drop.
9. Stair Climb: Candidates will run up and down one flight of stairs two consecutive times.
10. Suspect/Officer Move (approximately 150 lbs): The candidate will run to the dummy representing a suspect (or officer in need of assistance) and will drag the dummy completely past a line 20 feet away. Timing of the test stops when the entire dummy passes over the line.

CRITERIA FOR PASSING THE EXAM

1. Candidates must successfully complete all events in 2 minutes and 14 seconds or less.

Cedar Park, TX Police Department Police Officer Physical Ability Course Layout

