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THE M.P.D. ACADEMY PHYSICAL ABILITY COMPONENTS

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Candidates applying for employment with the Memphis Police Department for Police Officer Recruit or Police Service Technician (PST) will participate in a Physical Ability Test.

This test consists of two components:

1. successful completion of a certified 1.5 mile run within 16:30 minutes or less; and

2. successful completion of an obstacle course, that simulates an occurrence during an officer involved foot chase (note: applicants will be given a thirty minute break between performed activities).
PHYSICAL ABILITY COMPONENTS

The candidate is outfitted with a bullet resistant vest, police gun belt and training weapon. Test administrators will monitor and time the candidate as he or she runs two laps around the perimeter of the Memphis Police Department Gymnasium Basketball Court. During the run, he or she will perform four simulated police activities. Each activity will simulate activities that a police officer may perform during a foot chase. The candidate has two minutes and 40 seconds to complete the following components: Fence Simulation, Flight of Stairs Simulation, Loading Dock Simulation and Arrest Simulation.
Fence Simulation

As the candidate runs the first obstacle, he or she will encounter a balance beam set to a four foot (4") height placed across the path. He or she must successfully clear the obstacle by jumping, climbing or crawling over it. This task simulates crossing a fence while chasing a suspect. If after two attempts, he or she fails to clear the obstacle, instructions will be given to him or her, by the test administrator, to go around and a 15 second time penalty will be assessed.
After rounding the turn, the candidate will encounter a "step box" in his or her path. This box is similar to the type of box used in "step aerobic" classes. The candidate must take ten (10) steps on the box before proceeding. This task simulates climbing one flight of stairs. To be successful he or she must place both feet completely on the box and on the floor for each step to be counted. No one legged shuffle steps or skip steps will be allowed. The test administrator will count steps for the candidate and will advise the candidate to "go" after the final step has been completed.
After rounding the second turn, the candidate will encounter a large cube in his or her path. This cube is four foot (4') square and represents a standard loading dock. He or she must successfully move over the obstacle by jumping, climbing or crawling over it. If after two attempts, the candidate has failed to clear the obstacle, instructions will be given to the candidate, by the test administrator, to go around and a 15 second time penalty will be assessed.
After the candidate has rounded the third turn, the candidate will run back to the starting position and repeat the sequence, again, encountering each obstacle during the second lap around the course.

After the end of the second lap, the candidate will encounter a rescue training dummy lying on the floor near the corner of the original starting position. He or she must drag this dummy a total of twenty-five feet (25') toward the center of the gymnasium floor. This task simulates an officer arresting an uncooperative person or pulling a citizen to safety. The rescue dummy weighs one hundred and sixty-five pounds (165 lbs). A line will be marked on the floor and the candidate must move the rescue dummy’s feet completely across the line before time is called and the test is considered complete.

This will conclude the Physical Ability Test (PAT). All candidates who successfully pass will progress to take the written exams – on the same day – following the PAT.
What are the time requirements for completing the PAT?
- Candidates are required to complete the 1.5 mile run in 16:30 (minutes/seconds) or less.
- Candidates are required to complete obstacle course in 160 seconds (2 mins/40 sec).

What and/or How are the penalties assessed?
- 1.5 mile run – Candidates are disqualified and cannot continue in the process that day, but will be allowed to retest – once – at a later re-scheduled date without having to reapply.
- Obstacle Course – Candidates will be allowed to go around an obstacle after two unsuccessful attempts; a 15 second (time) penalty will be assessed.

How long should I expect to be at the Physical Ability Test?
- Candidates should be prepared to be at the test site up to three (3) hours.

How long is the application process?
- A submitted application generally requires three to six months to determine an applicant’s suitability for employment.

How many visits are required for out of town applicants?
- All out-of-town applicants are only required to make two visits during the entire application process.

For more information and/or answers to frequently asked questions, please visit the website below.

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