

## Functional Testing

- Job Specific Test 1: **16 Push Ups in one minute:** This exercise will identify and measure the applicant's muscular endurance of the upper body as well as the ability to use upper body strength to push away from an immovable object, or to push an assailant away from their body while on the ground.
- Job Specific Test 2: **9 Sit Ups in one minute:** This exercise will identify and measure the applicant's abdominal muscular strength and endurance of the abdominals and hip-flexors, important in back support and core stability.
- Job Specific Test 3: **200 Meter Sprint: 49 seconds or less:** This exercise will identify the applicant's speed in an explosive short run, such as a foot pursuit.
- Job Specific Test 4: **1 Mile Endurance Run: 12 minutes 42 seconds or less:** This will identify the applicant's stamina, which is required to maintain and reserve strength for tasks and situations such as extended foot pursuits and assault defense
- Job Specific Test 5: Trigger Pull/Weapon Handling:
  - **PISTOL:** The applicant will dry fire and charge a Glock 22 pistol 5 times with each hand, with firing arm extending straight outward from the chest. Candidates must keep the gun barrel in a circle 6 inches in diameter. This will identify the applicant's ability to maintain control of a handgun, as well as the ability to manipulate a weapon with both hands.
  - **SHOTGUN:** The applicant will dry-fire an unloaded service shotgun 5 times from the weapon side. The applicant must keep the gun barrel in a circle 6 inches in diameter. This will identify the applicant's ability to maintain control of a shotgun.
  - **PATROL RIFLE:** The applicant will dry fire and charge a Bushmaster XM15-E2S Patrol Rifle 5 times from the weapon side. The applicant must keep the gun barrel in a circle 6 inches in diameter. This will identify the applicant's ability to maintain control of a patrol rifle, as well as the ability to manipulate a weapon with both hands.