

# ***TEXARKANA, TEXAS POLICE DEPARTMENT***

## ***Study Guide for the Law Enforcement Officer Physical Ability Examination***



### **INTRODUCTION**

This study guide is designed to describe the physical tasks you will be required to perform for the Texarkana, Texas Law Enforcement Officer Physical Ability Examination. You will increase your chances of 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 given 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 of law enforcement officers in the Texarkana, Texas Police Department was conducted to identify the essential physical functions associated with the job of a law enforcement officer. Many essential functions identified from this job analysis have been included in this physical ability examination. This job analysis included subject matter expert panel meetings. The subject matter experts were law enforcement personnel from the Texarkana, Texas Police Department, and they helped to identify essential functions. The final physical ability test includes functions that are job-related for successful performance as a Texarkana, Texas law enforcement officer.

In most police departments, officers must be able to run (speed and distance), climb through windows, climb over obstacles (i.e., fences), lift, carry, walk, sit or stand for long periods of time and arrest resisting individuals. The Texarkana, Texas Law Enforcement Officer Physical Ability Examination will measure job-related physical skills such as these that are necessary for successful performance as a law enforcement officer. Only those skills that do not require training to become proficient are assessed.

The examination is equally valid for assessing the physical skills of candidates with police experience and those without. For example, one portion of the test requires the applicant to climb a chain link fence. It is not necessary to have prior experience as a law enforcement officer to possess the physical ability to climb a fence.

## TEST PREPARATION

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

- Avoid junk food and concentrate on 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 liquid or eat a big meal before the test and
- Avoid alcohol several days prior to and especially on the day of the test.

**On the day of testing, all candidates are required to wear long pants.** Shorts are not allowed for safety reasons. Sport shoes are highly recommended. If you have glasses or contact lenses you will need to wear them during testing as one of the test components involves visually identifying a suspect.

## DESCRIPTION OF THE TEST

The test requires an applicant to complete several specified physical tasks in a given sequence within an allotted time frame. An orientation is conducted prior to testing by the department physical trainer.

## TEST COMPONENTS

All applicants will be given an orientation and walk through. No one will be allowed to take the test unless he/she fully understands what is expected of him/her. The following test components are included in the Texarkana, Texas Police Department's physical ability exam.

- 1) **Patrol Car**: The candidate will sit in the driver's seat of a patrol car with the doors closed and window down and await further instructions.
- 2) **Physical Description**: A test monitor will give the candidate verbal instructions to pursue a fleeing felony suspect (fictitious) by providing a description of what the suspect is wearing (for example, a baseball hat and a red shirt). Finally the test monitor will tell the candidate to "GO". The candidate must then complete the following physical tasks:
- 3) **Run**: The candidate must get out of the car and run a total distance of about 175 yards. Timing begins when the candidate opens the car door.
- 4) **Traffic Cones/Obstacle Course**: The candidate must maneuver, in a zigzag manner, between several traffic cones.

- 5) **Fence Climb**: Next, the candidate will encounter and climb over a chain link fence approximately 6 feet high. The candidate must climb over the fence and is not allowed to go around it.
- 6) **Jump Across Ditch**: Applicants will run to a small-simulated ditch approximately 4 feet in width and jump across. Applicants will then run approximately 18 feet and jump back across another simulated ditch of the same dimension. Applicants must clear both obstacles without making contact with the perimeter markers of each simulated ditch.
- 7) **Stair Climb/Elevated Platform Jump**: The candidate will run a short distance to some stairs. The candidate will climb the stairs and jump down approximately 3 feet to the ground from the elevated surface.
- 8) **Climb Through Opening**: Near the end of the run, the applicant must climb through a large window opening approximately 3 feet from the ground.
- 9) **Hill Climb**: Applicants will climb a small incline/hill which is approximately 4 feet high and at an approximately 45 degree angle while proceeding to the next component.
- 10) **Suspect Information**: After climbing up the hill, the applicant must identify the proper suspect from four targets, each dressed differently. The applicant must verbally call out the number of the target that matches the suspect description. Suspect descriptions will be varied to each applicant.
- 11) **Suspect/Victim Move**: The candidate will then move a dummy weighing approximately 165 pounds to a designated line 10 feet away. Timing of the events stops when the entire dummy passes over the line.

A candidate who is able to complete the entire series of events successfully, in proper sequence and in the required amount of time passes the test.