

# PHYSICAL BATTERY READINESS TEST

Applicants will be tested via the Physical Battery Readiness Test. You will complete a battery of physical readiness or fitness tests. These tests measure the underlying factors necessary to perform the essential and critical physical performance job task simulation test.

## 5 Elements

### 1 – Vertical Jump

Measures rapid and forceful movements. Applicant must perform a vertical jump.

### 2 – Illinois Agility Run

Measures coordinated movement and speed. Applicant will be required to sprint, and run via a pre-determined course.

### 3 – 300 Meter Run

Measures anaerobic capacity. Applicant will be required to run from starting point to finish line.

### 4 – One Minute Sit Ups

Measures muscular endurance for many physical tasks. Applicant will be required to perform as many “correct sit-ups” as possible within one minute.

### 5 – 1.5 Mile Run

Measures cardiovascular endurance or aerobic power. Applicant will be required to complete a 1.5-mile run the time of 18:01.99.

Join the Team.

