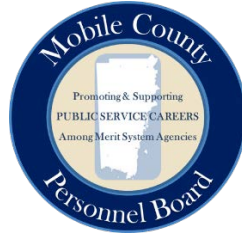


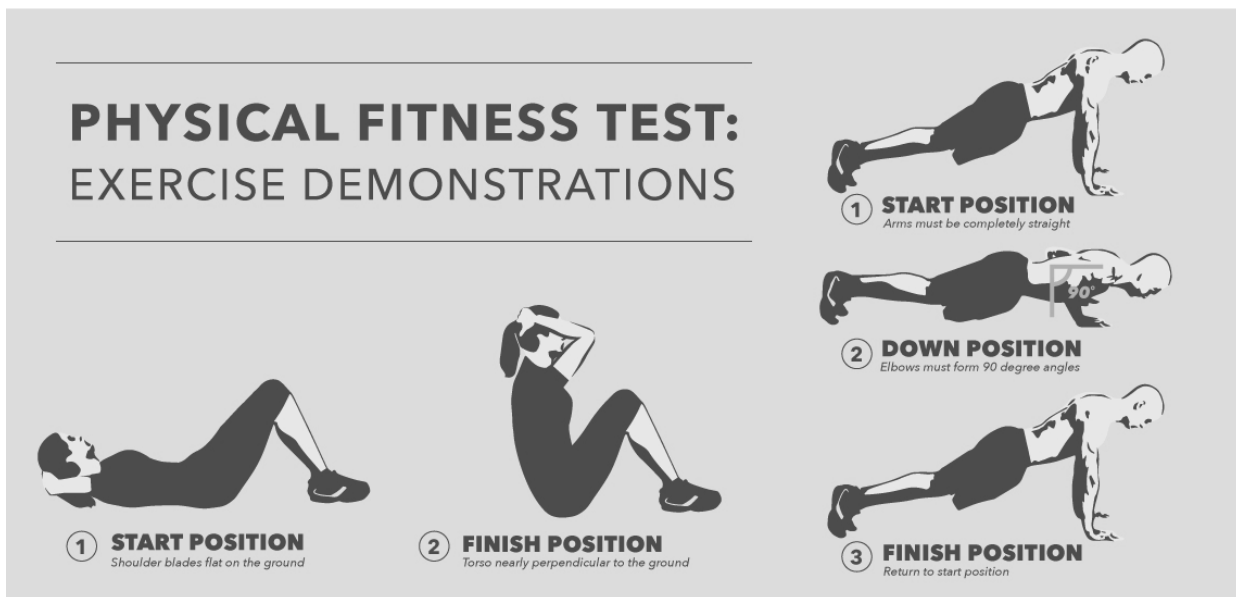
PHYSICAL ABILITY/AGILITY TEST INFORMATION



The Physical Ability/Agility Test for all sworn law enforcement positions in the Mobile County Merit System is administered by the City of Mobile Police Academy at 1251 Virginia Street, Mobile, AL. It is a demanding component of the testing process, therefore it is strongly suggested that you train to develop your strength and endurance in order to pass this test. Applicants who do not pass or complete the test may retake the test on the next available testing date. This test consists of two components: a **Physical Ability Test** and a **Physical Agility Test**.

Physical Ability Test

Law enforcement positions require a certain degree of physical strength and endurance, which is necessary to complete many of the tasks required on the job. The Physical Ability Test is geared toward assessing the physical abilities of the law enforcement applicant. Note: Lapsed Certified Applicants may be exempt from this part of the test.

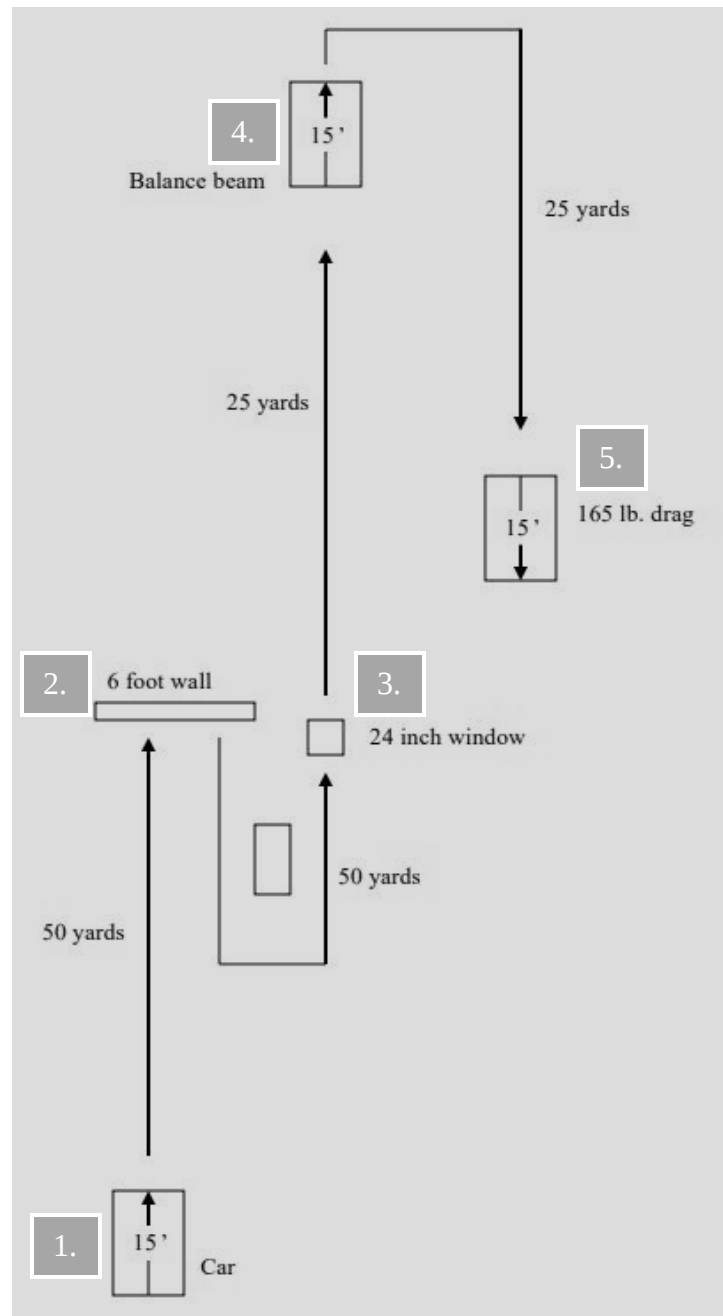


The Physical Ability Test includes a 1.5 mile run in 15:28 minutes, 25 sit-ups in one minute, and 22 push-ups in one minute. Note: These minimum requirements are the same for all ages and genders.

Physical Agility Test

The Physical Agility Test measures an applicant's ability to perform job-related exercises in the form of an obstacle course that must be completed within 90 seconds. This test simulates any number of job-related activities such as jumping down from porches or stairs, walking along walls, rafters, pipes or beams while in foot pursuit or checking buildings for suspects. Note: All Non-Certified and Lapsed Certified applicants are required to pass this part of the test.

1. Push an occupied police car a distance of 15 feet
 - o Run 50 yards
2. Climb over a 6 foot tall wooden or chain-link fence
 - o Run 50 yards
3. Climb through a 24 inch window
 - o Run 25 yards
4. Run/walk a 15 foot balance beam
 - o Run 25 yards
5. Drag a 165-pound mannequin for a distance of 15 feet.



If you have any questions about the Physical Ability/Agility Test, you can call 251-208-2720.

For more information about who needs to take this test or when testing is available please carefully read the job posting for the law enforcement position for which you are applying.