

Los Angeles County Sheriff's Department



PRE-ACADEMY PHYSICAL ABILITY TEST ("VPAT") FOR DEPUTY SHERIFF TRAINEE

APPLICANT PREPARATION GUIDE

INTRODUCTION

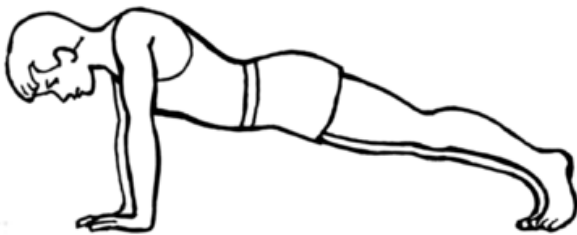
The pre-Academy physical ability test is designed to evaluate applicants' capabilities in relation to the physical demands of the Academy and the Patrol Deputy position.

- The testing session will take approximately 2 hours.
- Applicants should wear comfortable workout clothing such as shorts or sweats, running shoes, and a t-shirt.
- Applicants should use the bathroom facilities before entering the testing location.
- Applicants should bring bottled water because they will not be permitted to leave the testing area.

The pre-Academy physical ability test is comprised of the five tests described below. Applicants must pass the pre-Academy physical ability test in order to be eligible to enter the Academy.

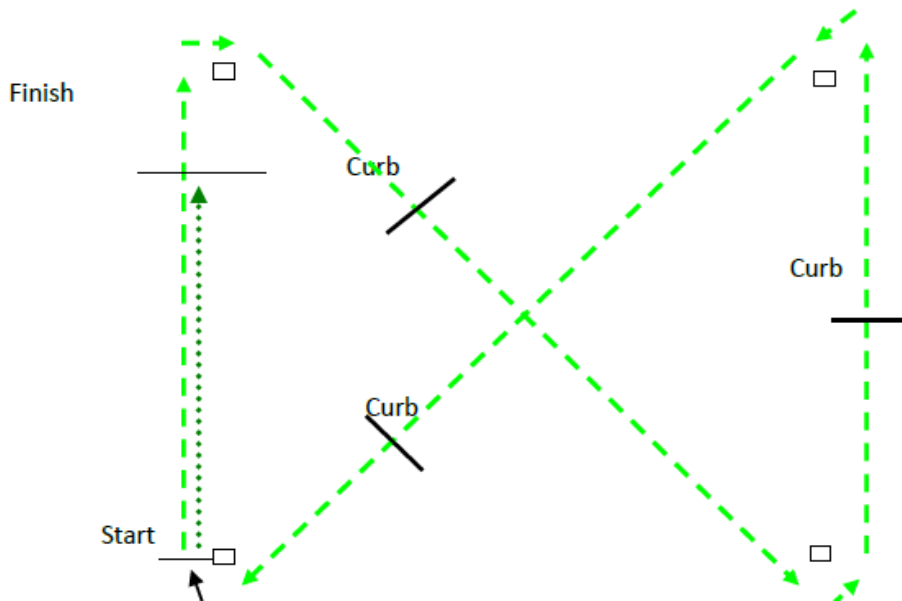
1. PUSH-UPS TEST

The purpose of this test is to determine arm strength utilizing a one (1) liter bottle. Place your hands slightly wider than shoulder width apart and feet together. With each push-up, keep your back straight while you raise and lower your body. Your chest must touch the bottle in the down position, and elbows must be fully extended in the up position. The score will be the number of correctly performed push-ups in one minute.



2. 75-YARD RUN

The purpose of this test is to complete a short distance simulation of a foot pursuit as fast as possible. The 75-Yard Run requires the applicant to run 75 yards, make several turns during the run, and jump over several curb-like obstacles. The score will be computed based on the time it takes to complete the run.



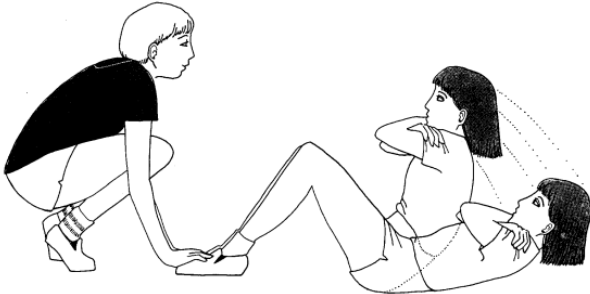
3. ARM ENDURANCE

The purpose of this test is to evaluate muscular endurance in the arms. The test involves cranking a stationary arm ergometer for one minute. The score will be computed based on the number of revolutions completed in one minute.



4. SIT-UPS

The purpose of this test is to evaluate abdominal strength by performing sit-ups, as many as possible, for one minute. The sit-ups must be performed with knees flexed to a 45 to 75 degree angle, feet flat on the floor, heels placed about 12 to 18 inches from the buttocks, and arms crossed over the chest. A test administrator will hold the applicant's feet to the floor. The score will be computed based on the number of correctly performed sit-ups in one minute.



5. 1.5 MILE RUN

The purpose of this test is to evaluate cardiovascular endurance. The score will be computed based on the time it takes to run 1.5 miles (6 laps around a track).

The following two tests are NOT scored. They are intended to provide the applicant with positive developmental feedback related to the muscular strength necessary to be successful in the firearms portion of the Academy.

HANDGUN TRIGGER PULL

The purpose of this test is to assess the muscular strength necessary to pull the trigger on a Department-issued handgun. The applicant will pull the trigger on a non-operational (non-firing) Beretta 92FS 5 times, if needed rest one minute, and then pull the trigger 5 additional times. This sequence will be repeated for a second trial.



SHOTGUN HOLD

The purpose of this test is to determine the ability to keep the arms raised in a firing position for 60 seconds while holding a non-operational (non-firing) Department-issued 12 gauge Remington 870 shotgun.

