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Physical Agility Test

The NFTA Transit Police Physical Agility Examination will measure your physical performance through a series of three tests that will be administered on a pass/fail basis. The minimum physical fitness standards for hiring are included in a chart following the description of tests. The chart also includes the minimum fitness graduation standards a recruit must meet to successfully complete the academy.

Test I - Sit-Ups

Measures muscular endurance (core body)

- Start in the supine position with knees bent at approximately 90-degree angle.
- Fingers interlaced behind the head.
- Feet placed flat on floor held firmly at ankles.
- Raise upper body by touching elbows to the knees and then return down until the shoulder blades touch the floor.
- Resting will only be permitted in up position.
- Must complete at least the minimum required number of correct sit-ups in one minute.
- Any sit-ups not performed according to this procedure will not count toward the number required to pass the test.



Starting Position (down)



Up Position

Test II – Push-ups

Measures muscular endurance (upper body)

- Start in up position with elbows fully extended and hands approximately shoulder width apart on the floor.
- Back should be kept straight at all times.
- Lower body towards the floor bending arms and keeping hands in a fixed position until sternum touches the administrator's fist (approximately 4 inches high).
- Return to up position keeping back straight.
- Resting will only be permitted in the up position.
- Must complete at least the minimum required number of correct push-ups.
- Any push-ups not performed according to this procedure will not count toward the number required to pass the test.



Starting Position (Up)



Down Position (View 1)



Down Position (View 2)

Test III – 1.5 Mile Run

Measures cardiovascular endurance

- Refrain from eating or smoking two hours prior to testing.
- Time will be allowed for stretching and warming up prior to testing.
- Must complete run within the required time limit.
- Finish times will be called out and recorded.
- Following test, time will be allowed for cooling down and stretching.

Minimum Physical Fitness Standards – 40th Percentile (Entry Level Training)

Male Candidates					
Age Group:	20-29	30-39	40-49	50-59	60+
Sit-ups (one minute)	38	35	29	24	19
Push-ups	29	24	18	13	10
1.5 Mile Run (minutes)	12:29	12:53	13:50	15:14	17:19
Female Candidates					
Age Group:	20-29	30-39	40-49	50-59	60+
Sit-ups (one minute)	32	25	20	14	6
Push-ups	15	11	9	9	9
1.5 Mile Run (minutes)	15:05	15:56	17:11	19:10	20:55

To successfully graduate from the Academy, candidates must achieve a minimum fitness level at the 50th percentile.

Minimum Physical Fitness Standards – 50th Percentile (Exit Level Training)

Male Candidates					
Age Group:	20-29	30-39	40-49	50-59	60+
Sit-ups (one minute)	40	36	31	26	20
Push-ups	33	27	21	15	15
1.5 Mile Run (minutes)	11:58	12:25	13:05	14:33	16:19
Female Candidates					
Age Group:	20-29	30-39	40-49	50-59	60+
Sit-ups (one minute)	35	27	22	17	8
Push-ups	18	14	11	9	9
1.5 Mile Run (minutes)	14:15	15:14	16:13	18:05	20:08



Questions? Please contact the Human Resources at (716) 855-6500