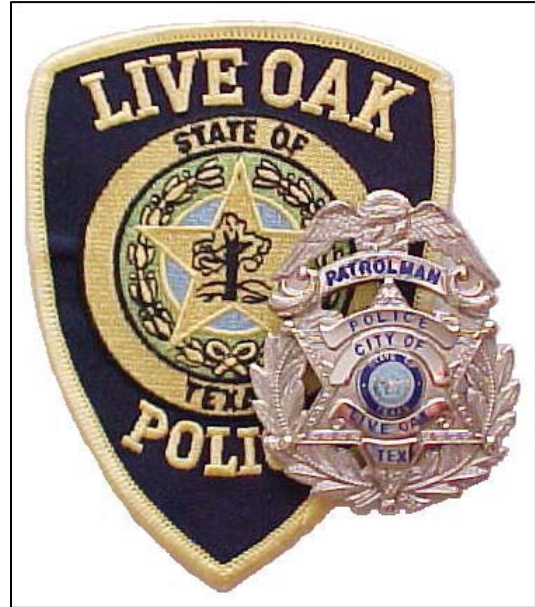


**Live Oak, Texas
Police Department**

**Patrol Officer Physical Ability
Examination**

Candidate Study Guide



INTRODUCTION

This study guide is designed to describe the physical tasks you will be required to perform for the Live Oak, Texas Patrol Officer Physical Ability Examination. You will increase your chances of obtaining 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 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 was conducted for the job of Patrol Officer in the Live Oak, TX Police Department which included an analysis of data collected from incumbent Patrol Officers in the organization on a comprehensive job analysis questionnaire and a meeting with a representative sample of subject matter experts. The job analysis provided the background information necessary to validate the job-related physical ability examination. It allowed for the identification of the essential physical functions required of the job, and these essential functions are included in the physical ability test.

Among other physical tasks, Patrol Officers in the Live Oak, Texas Police Department must be able run quickly in pursuit of a suspect; climb over a fence while pursuing a subject; duck under low-hanging objects while running; jump over small obstacles such as shrubs or ditches in pursuit of a suspect; run up and down hills in an emergency situation; dodge obstacles (e.g., people, cars, barriers) while pursuing a fleeing suspect on foot; and drag a person a distance greater than 20 feet without assistance.

This examination is equally valid for assessing the physical skills of candidates with law enforcement experience and those without. For example, one portion of the test requires the candidate to climb over a 5 foot tall fence. It is not necessary to have prior experience as a law enforcement officer to possess the physical ability to climb a 5 foot tall fence.

Preparation instructions and a description of the physical ability test are provided below.

TEST PREPARATION

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

- Avoid junk food and maintain 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 liquids or eat a large meal before the test.
- Avoid alcohol several days prior to and especially on the day of the test.

WHAT TO WEAR

Candidates should wear the following during the test:

- Tennis shoes (sport shoes or sneakers) are recommended.
- Candidates must wear a weight belt simulating the weight of equipment officers must wear while on the job. Long pants are required (this is for safety reasons; candidates who are wearing shorts will not be allowed to take the examination).
- Candidates should NOT wear watches, rings or other items which could harm them while taking the test. These items should be removed before testing for safety purposes.

DESCRIPTION OF THE TEST

The test will require a candidate to complete several physical tasks in sequence within an allotted time frame. All applicants will be given an orientation and walk through prior to taking the test. Candidates should be sure to proceed through the test safely. No one will be allowed to take the test unless he/she is fully aware of what he/she is expected to do. The physical ability examination includes the following events.

TEST EVENTS

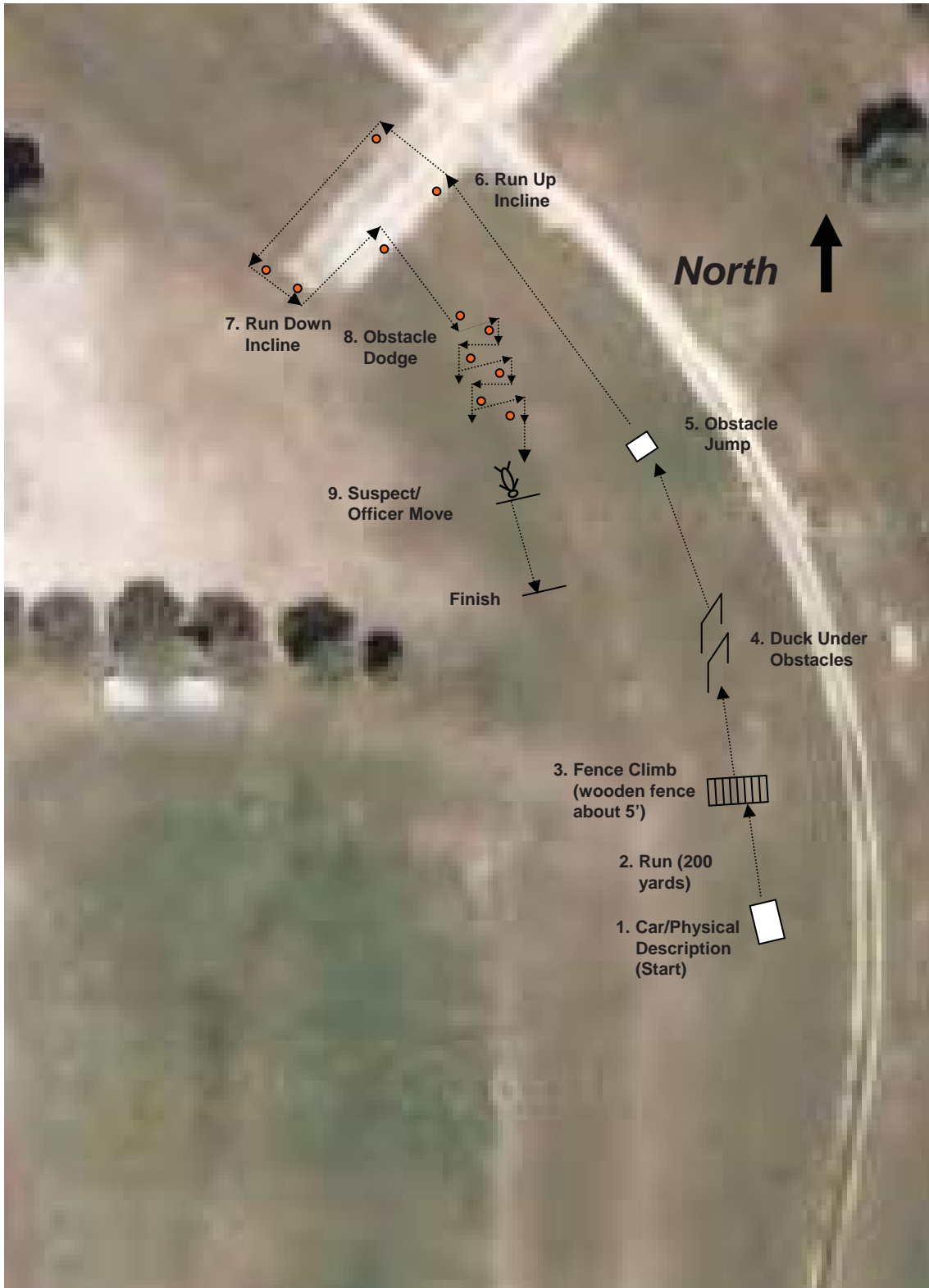
Page 4 contains a map illustrating the entire test sequence. Each event listed below corresponds to a particular point on the attached map.

1. Seated in Car/Physical Description: The candidate will begin seated in a patrol car with the seat belt fastened and the car door closed. A test monitor will give the candidate verbal instructions to pursue a fleeing suspect (which is fictitious) by providing a description of what the suspect looks like (for example, a Caucasian male about 6 feet 5 inches in height with short black hair). Finally, the test monitor will tell the candidate to "GO." The candidate must then unbuckle the seatbelt, open the car door, and complete the following physical tasks. Timing begins when the car door opens.

2. Run (200 yards): The candidate must run a distance of about 200 yards (the approximate length of the entire course), encountering obstacles along the way.
3. Fence Climb (about 5 feet tall): Candidates will run to the next obstacle, a 5' wooden fence, and climb over the top of it. The candidate is instructed to first attempt to get over the fence without the use of a foot-hold, but then to use the foot-hold on second and subsequent attempts to get over the fence.
4. Duck Under Obstacles: Candidates will run to and duck under two low-hanging obstacles of two different heights.
5. Obstacle Jump: Candidates will then run to and jump over a small obstacle.
6. Run Up Incline: Candidates will then run up an incline.
7. Run Down Incline: Candidates will then run to down an incline.
8. Obstacle Dodge: The candidate must maneuver, in a zig-zag manner, around obstacles (which are traffic cones positioned on the ground).
9. Suspect/Officer Move (approximately 180 lbs): The candidate will run to the dummy representing a suspect (or officer in need of assistance) and will drag the dummy completely past a line 20 feet away. Timing of the test stops when the entire dummy passes over the line.

CRITERIA FOR PASSING THE EXAM

1. Candidates must successfully complete all events in 1 minute and 56 seconds or less.



Note: Map is not drawn to scale.