



SC Criminal Justice Academy Physical Assessment Test

About the Test

The course measures a total of 870 feet (290 yards/265.2 meters), and consists of a series of 9 interspersed individual tasks, arranged in a continuous format that may be viewed as being essential (physical) job-tasks for law enforcement training. Individual tasks include:

- Running
- Jumping (low hurdle and broad type)
- Climbing - stairs, 4' chain link fence, and through window
- Low crawling
- Moving/dragging 150lb weight
- Changing direction on the run

The Test

Trainee starts the course at a point indicated in green on the course map. Candidate runs one and $\frac{3}{4}$ laps around the perimeter of the course and enters the interior of the course at the point indicated in blue on the course map. First obstacle encountered in the interior consists of two low hurdles, 1 $\frac{1}{2}$ feet high and 4 feet long, placed 13 feet apart. After clearing hurdles, stairs (5 steps up to a 32-inch wide landing, 45 inches above the floor, and 5 steps down) must be negotiated twice (note that each step has a 7.5 inch rise and tread that is 11 inches wide). After completion of the stair event, another low hurdle must be cleared; the trainee must then successfully negotiate a low crawl under an obstacle set at 2 $\frac{1}{2}$ feet above the floor. Candidate turns and clears a ditch simulation that is 6 feet in width. After additional turn, a 4 foot chain-link fence must be climbed. 2 additional turns made, and a 4 foot high window (W 3' x H 4.5') must be successfully entered. The candidate must then drag a 150-pound dead weight a distance of 20 feet. After the weight drag, the candidate exits the course, completes one final lap around the perimeter and finishes at the point indicated in red on the course map. Spotters (suggested minimum of three) and timekeepers (suggested minimum of two) are strategically located throughout the course. An instructor demonstrates the course via a walk-through for the entire class prior to beginning. The purpose of this is directional rather than instructional; however, spotters and timekeepers guide individuals as the candidates run the course. Spotters serve to prevent injury as trainees negotiate the course and are located at all obstacle events on the course. 2 timekeepers are recommended, as it is possible to have 2 participants attempting the course simultaneously.

Course was designed for set-up in a gymnasium and occupies $\frac{2}{3}$ of a regulation basketball court when fully deployed. It is recommended that the course be set-up indoors to allow for the control of environmental factors.

View course map and additional information:

<https://sccja.sc.gov/training-support/physical-ability-test>