



Public Safety Training Center
Police Agility Program
WESTERN CAMPUS
11000 W. PLEASANT VALLEY RD.
PSTC BLDG., STE. 221
PARMA, OH 44130
PHONE: 216-987-3033

Dear Candidate,

Congratulations on your choice of a career in Law Enforcement. The Agency you are testing with has contracted with Cuyahoga Community College to provide the Written Cognitive Assessment and Police Agility Exam. The Police Agility Exam is the result of years of research and practical application. The assessment have been validated by scientific research, and will be administered impartially and fairly at a neutral test site. The test site will be Cuyahoga Community College's Western Campus in Parma, Ohio. **We strongly recommend you consult with your personal physician before taking the agility exam.**

You must register and have payment in by **4:00 pm on the Wednesday before your Exam Date (always on a Sunday).** Upcoming test date: **See last page for dates.** **You are solely responsible for meeting any deadlines set by the agency you are testing for, at this time.** The cost for the Police Agility Exam is \$70 and it is mandatory. Register is completed through our website and payment is due at the time of registration. Police Agility Exam web address: <https://www.tri-c.edu/workforce/public-safety/law-enforcement/law-enforcement-advanced-training/physical-agility-police-officer-testing.html>.

You should receive an email, to the email address on file with the College, by the Thursday prior to the Police Agility Exam you register for. The email will provide you with your arrival time. If you do not arrive for the assessment at your assigned time, **YOU WILL NOT BE TESTED** and there is **NO REFUND**. You **must** bring a valid Identification Card **WITH YOUR PICTURE ON IT** and the forms that will be attached to the above-mentioned email, or you will not be admitted into the test facility.

Participants must be in the designated location promptly at their scheduled start time or they will not be tested that day. No refunds are given. You cannot show up for any timeslot, but must be assigned a time. Walk-ins are not accepted.

Cancellation notice must be given three (3) business days prior to the test. **NO REFUNDS** will be given after the registration cut-off date for the test and/or the test date itself.

We wish you the best of luck. Please call if you have any questions.

Sincerely,

Carrie Havens

Carrie Havens
Coordinator
Public Safety Training Center
Office: 216-987-3033
Email: PoliceAgility@tri-c.edu

Cuyahoga Community College Public Safety Training Center Law Enforcement Division Police Agility Program

Preparing for the Police Physical Agility Exam

WHAT TEST STANDARDS MUST BE MET?

There are three events that must be successfully completed to receive a Cuyahoga Community College Certificate of Completion. Each event is scored separately and the participant must meet the standard on each and every event to a certificate. The standards are as follows:

COOPER INSTITUTE OF AEROBIC RESEARCH STANDARDS					
30 th percentile					
AGE		20-29	30-39	40-49	50-59
MEN	1.5 Run	13:16	13:48	14:33	16:16
	Sit-Ups (1 Minute)	35	32	27	21
	Push-Ups (1 Minute)	26	20	15	10
WOMEN	1.5 Run	15:52	16:38	17:22	18:59
	Sit-Ups (1 Minute)	30	22	17	12
	Push-Ups (1 Minute)	13	09	07	09*

*Modified push-ups.

HOW TO PREPARE FOR THE TEST?

PHYSICAL FITNESS ASSESSMENT PREP / TRAINING ROUTINES						
WEEK	MAX PUSHUPS & SIT-UPS 3X/WEEK		1.5 MILE RUN			
	Determine your max push-up/sit-ups; this will be the initial training repetition dose (ITRD). Add 2 repetitions for each successful week.		The progressive routine below is proven to gradually increase your running endurance. If applicable, you may advance the schedule on a weekly basis and then proceed to the next level.			
	SETS	REPS	ACTIVITY	DISTANCE	MAX TIME	FREQUENCY
1	1	ITRD	Walk	1 mile	17-20 min	5x/week
2	2	ITRD+2	Walk	1.5 miles	25-29 min	5x/week
3	3	ITRD+4	Walk	2 miles	32-35 min	5x/week
4	3	ITRD+6	Walk	2 miles	28-30 min	5x/week
5	3	ITRD+8	Walk / Jog	2 miles	27 min	5x/week
6	3	ITRD+10	Walk / Jog	2 miles	26 min	5x/week
7	3	ITRD+12	Walk / Jog	2 miles	25 min	5x/week
8	3	ITRD+14	Walk / Jog	2 miles	24 min	5x/week
9	3	ITRD+16	Jog	2 miles	23 min	4x/week
10	3	ITRD+18	Jog	2 miles	22 min	4x/week

POLICE OFFICER PHYSICAL AGILITY EXAM INFORMATION

Cuyahoga Community College will issue a certificate of completion to candidates who successfully pass the Police Officer Standardized Physical Agility exam. It is the candidate's responsibility to provide the agency or agencies he/she is testing for with a copy of their certificate of completion. The certificate will be valid for one year, unless otherwise stated by the agency the candidate is testing for.

Prerequisites for Police Officer Agility Exam

1. Must register and pay testing fee by the Wednesday prior to the start date.
2. Must show photo ID to be permitted into the testing area.
3. Must complete and return the candidate packet provided via email by the Thursday prior to the test date.

It is suggested that candidates dress appropriately, as testing may take place outdoors – weather permitting. It is recommended that candidates wear athletic shoes with good traction.

Please note: Cuyahoga Community College does not assume any responsibility for any medical consequences that might arise from participating in physical agility testing.

For information: call 216-987-3033

REGISTRATION INFORMATION

Registration will close at 4:00 pm the Wednesday prior to the test date.

To Register visit our website:

<https://www.tri-c.edu/workforce/public-safety/law-enforcement/law-enforcement-advanced-training/physical-agility-police-officer-testing.html>

Registration Deadline: 4:00 p.m., the Wednesday prior to the test date.

Refund Policy: Participants will receive a full refund if cancelled by the Wednesday prior to the start date. No refunds thereafter.

Parking: is free. Do not park in the Faculty/Staff area.

Directions to Campus: Exit I-71 at Bagley Road and go East. Exit I-77 at Pleasant Valley Road and go West. Exit The Ohio Turnpike at Exit 10 to I-71 North. The Campus is located at the corner of Pleasant Valley and York Roads, 11000 Pleasant Valley Rd., Parma, OH. Public Safety Training Center is a stand-alone building located to the rear of the Main buildings.

POLICE OFFICER PHYSICAL AGILITY EXAM

FEE: **\$70.00**

TIME: Check in: 7am-8am
Test start time: 8am

LOCATION: Tri-C, Western Campus
Public Safety Training Center
Simulated Scenario Village

DATE(S): January 23, 2022
February 13, 2022
March 13, 2022
April 10, 2022
May 15, 2022
June 12, 2022
July 10, 2022
August 14, 2022
September 18, 2022
October 16, 2022
November 20, 2022
December 11, 2022

CLASS SIZE: 10 Minimum/100 Maximum

Registration must be completed and paid prior to the test as explained above. Applicants must sign-in prior to start of the test. Late arrivals will not be tested. If insufficient enrollment, the test will be canceled. You will be notified by phone or postcard.

WRITTEN/COGNITIVE ASSESSMENT & PRE-SCREENING PSYCHOLOGICAL ASSESSMENT:

FEE: **\$60.00 each assessment**

TIME: TBD

LOCATION: Tri-C, Western Campus,
Public Safety Training Center

DATE(S): **Call for upcoming dates.**

CLASS SIZE: 10 Minimum/100 Maximum

Registration must be completed and paid prior to the test as explained above. Applicants must sign-in prior to start of the test. Late arrivals will not be tested. If insufficient enrollment, the test will be canceled. You will be notified by phone or postcard.