

Physical Ability Testing Information

For detailed information regarding this test refer to the Anchorage Police Departments Recruiting website at www.joinapd.org.

Sit-ups: This test measures muscular endurance of the abdominal musculature and will count the number of correct sit-ups completed in a one-minute duration. Applicants must complete 27 sit-ups in one (1) minute to pass.

Push-ups: This test measures muscular endurance of the upper body and will count the number of correct push-ups completed. Applicants must complete 15 push-ups to pass.

300 Meter Run: This test measures anaerobic power and will measure the time required to sprint 300 meters. Applicants must complete the course in 65.2 seconds to pass.

1 ½ Mile Run: This test provides an estimate of the cardio-respiratory fitness level and will measure the time required to run 1.5 miles. Applicants must complete the run in 15 minutes and 17 seconds to pass.

Applicants must successfully complete the Physical Ability Test in order to continue in the selection process. Applicants who do not show for testing must wait a mandatory 6 months before they can retest. Unsuccessful applicants must wait a mandatory 30 days before they can attempt the test again. Unsuccessful applicants may only test a total of three times within a one year period.