

# Los Angeles School POLICE DEPARTMENT



## Physical Agility Test (P.A.T.) Requirements

Below is the Los Angeles School Police Department's Physical Agility Test (P.A.T.). The minimum passing score is a total of 160 points. It is required that the applicant score **40 points** or more in each assessment event. Push-ups and sit-ups have a two-minute time limit. You must be successful in each event of the P.A.T. in order to continue in the hiring process.

\*It is **highly recommended** that applicants begin a physical training program as soon as possible. Police academy training is physically demanding and follows a paramilitary physical training program.

| POINTS    | SCORING   |           |               |                  |             |              |              |
|-----------|-----------|-----------|---------------|------------------|-------------|--------------|--------------|
|           | Push Up   |           | Sit Up        | 300 Meter Sprint |             | 1.5 Mile Run |              |
|           | Male      | Female    | Male & Female | Male             | Female      | Male         | Female       |
| 100       | 86        | 48        | 52            | :42              | :54         | 7:42         | 8:33         |
| 95        | 52        | 39        | 51            | :46              | :55         | 9:30         | 10:47        |
| 90        | 46        | 33        | 49            | :49              | :56         | 10:16        | 11:43        |
| 85        | 41        | 26        | 45            | :50              | :57         | 11:18        | 12:20        |
| 80        | 39        | 23        | 44            | :51              | :58         | 11:44        | 12:51        |
| 75        | 36        | 19        | 42            | :52              | :59         | 11:49        | 13:22        |
| 70        | 34        | 18        | 41            | :53              | :60         | 12:34        | 13:53        |
| 65        | 31        | 16        | 39            | :54              | :61         | 12:51        | 14:08        |
| 60        | 30        | 15        | 38            | :55              | :62         | 13:14        | 14:24        |
| 55        | 29        | 14        | 37            | :56              | :63         | 13:22        | 14:35        |
| 50        | 27        | 13        | 35            | :57              | :64         | 13:53        | 14:55        |
| 45        | 25        | 12        | 34            | :58              | :68         | 14:08        | 15:10        |
| <b>40</b> | <b>24</b> | <b>11</b> | <b>32</b>     | <b>:59</b>       | <b>:71</b>  | <b>14:29</b> | <b>15:26</b> |
| <b>35</b> | <b>23</b> | <b>10</b> | <b>31</b>     | <b>:60</b>       | <b>:72</b>  | <b>14:30</b> | <b>15:27</b> |
| <b>30</b> | <b>20</b> | <b>9</b>  | <b>30</b>     | <b>:63</b>       | <b>:75</b>  | <b>14:56</b> | <b>15:57</b> |
| <b>25</b> | <b>19</b> | <b>8</b>  | <b>28</b>     | <b>:65</b>       | <b>:76</b>  | <b>15:26</b> | <b>16:26</b> |
| <b>20</b> | <b>17</b> | <b>7</b>  | <b>24</b>     | <b>:68</b>       | <b>:78</b>  | <b>15:41</b> | <b>16:33</b> |
| <b>15</b> | <b>15</b> | <b>6</b>  | <b>23</b>     | <b>:70</b>       | <b>:88</b>  | <b>15:57</b> | <b>16:58</b> |
| <b>10</b> | <b>13</b> | <b>5</b>  | <b>21</b>     | <b>:75</b>       | <b>:97</b>  | <b>16:28</b> | <b>17:21</b> |
| <b>5</b>  | <b>9</b>  | <b>4</b>  | <b>18</b>     | <b>:81</b>       | <b>:107</b> | <b>17:23</b> | <b>18:14</b> |