

TULARE COUNTY PROBATION DEPARTMENT
DEPUTY PROBATION OFFICER AND PROBATION CORRECTIONAL OFFICER
PHYSICAL ABILITY EXAM

Date of exam: _____

Applicant's name: _____

Result of test: _____

(PASS/FAIL)

Note: candidate must pass each component within the parameters listed below. If they fail a component, they may be given a second opportunity after a 10-minute rest. Upon failing a second time, no additional opportunities shall be permitted.

SUPPORT

(Support 150 lbs. for 30 seconds)

(circle one)

PASS

FAIL + _____
actual time

DRAG

(Drag 150 lbs. 20 feet in 30 seconds)

PASS

FAIL + _____
actual time

AGILITY COURSE

(Maneuver completely through a course of nine cones within 30 seconds; donning a 20 lb. backpack at midpoint)

PASS

FAIL + _____
actual time

PRONE PLANK

(In the prone position, prop the body up onto the toes and forearms. Maintain a flat back and rigid position for 30 seconds)

PASS

FAIL + _____
actual time

PUSH UPS (Military or Modified)

(20 push-ups in 2 minutes)

PASS

FAIL + _____
actual time

SPRINT

(Sprint 75 yards within 20 seconds)

PASS

FAIL + _____
actual time

Rater's signature

Date

Rater's signature

Date