

MAINE DEPARTMENT OF CORRECTIONS

PHYSICAL FITNESS TEST APPLICATION / RESULTS



Name: _____
 Please Print (Last) (First) (Middle)

Mailing Address: _____
 (Street / P.O. Box) (City / Town) (State) (Zip)

Date of Birth: ____ / ____ / ____ Email address _____ Phone: _____

I am taking this test voluntarily. I understand the physical requirements of this test and know of no reason why I cannot safely complete all portions of the test including the one mile run/brisk walk, one minute sit up test, and the maximum push-up test. I agree to indemnify and hold harmless the State of Maine, the Department of Corrections and their respective officers, employees and agents from any claim, damage, injury or illness, of whatever kind or nature, resulting from the administration of the test and my taking of the test.

I, _____, authorize the release of my Physical Fitness scores by Maine DOC to all Maine DOC facilities.

Overall Test Performance (circle one pass/fail)

Push-up Test	_____ Repetitions _____ Points received	_____ Points
Sit-up Test	_____ Repetitions _____ Points received	_____ Points
Step Test 96 steps in 60 seconds	96 Steps Pass 10 pts. / Fail	_____ Points
140lb. dummy drag Within 90 seconds	100 ft. Pass 10 pts. / Fail	_____ Points
Carry Fire Extinguisher While following instructions	100 ft. Pass 10 pts. / Fail	_____ Points
1 Mile Run/briskwalk Test	_____ Time _____ Points received	_____ Points
Total Points Minimum of 120 needed to pass		_____

Participant Signature: _____ Date: _____

By signing, the evaluator attests that all information contained in this form is true and accurate.

Fitness Tester Name: _____ Signed: _____ Date: _____

Physical Agility Test Requirements:

This is a 6-event test. Each event is scored according to the scoring matrix. The 6-event scores are totaled to reach the final score. You can score more points by doing higher number of repetitions therefore creating a higher score. If one doesn't score well in one event, they can make it up in another event. A minimum score of 120 points will be considered a passing score for the PAT test.

<u>Event #1 – Push Ups (one minute)</u>		<u>Event #2 – Sit Ups (one minute)</u>	
# of repetitions	3.5 pts/rep	# of repetitions	3.5 pts/rep
1	3.5	1	3.5
2	7	2	7
3	10.5	3	10.5
4	14	4	14
5	17.5	5	17.5
6	21	6	21
7	24.5	7	24.5
8	28	8	28
9	31.5	9	31.5
10	35	10	35
11	38.5	11	38.5
12	42	12	42
13	45.5	13	45.5
14	49	14	49
15	52.5	15	52.5
16	56	16	56
17	59.5	17	59.5
18	63	18 (max)	63
19	66.5		
20	70		
21	73.5		
22	77		
23 (max)	80.5		

Event #3 – Steps Test

96 steps in 60 seconds

Pass (10pts.) / Fail

Event #4 – 140lb Dummy Drag

Drag the Dummy 100ft to safety within 90 seconds

Pass (10pts.) / Fail

Event #5 – Fire Extinguisher

Carry extinguisher for 100ft. while following instructions

Pass (10pts.) / Fail

Fire Extinguisher instructions:

Pick up fire extinguisher. Stop at cone, set fire extinguisher down. Yell for help. Pick up fire extinguisher and continue to last cone. Set fire extinguisher down.

Event #6 – 1 Mile Run/brisk walk

<u>Time</u>	<u>Points</u>		<u>Time</u>	<u>Points</u>		<u>Time</u>	<u>Points</u>
17:44	.5		17:12	16.5		16:38	32.5
17:43	1		17:11	17		16:37	33
17:42	1.5		17:10	17.5		16:36	33.5
17:41	2		17:09	18		16:35	34
17:40	2.5		17:08	18.5		16:34	34.5
17:39	3		17:07	19		16:33	35
17:38	3.5		17:06	19.5		16:32	35.5
17:37	4		17:05	20		16:31	36
17:36	4.5		17:04	20.5		16:30	36.5
17:35	5		17:03	21		16:29	37
17:34	5.5		17:02	21.5		16:28	37.5
17:33	6		17:01	22		16:27	38
17:32	6.5		17:00	22.5		16:26	38.5
17:31	7		16:59	23		16:25	39
17:30	7.5		16:58	23.5		16:24	39.5
17:29	8		16:57	24		16:23	40
17:28	8.5		16:56	24.5		16:22	40.5
17:27	9		16:55	25		16:21	41
17:26	9.5		16:54	25.5		16:20	41.5
17:25	10		16:53	26		16:19	42
17:24	10.5		16:52	26.5		16:18	42.5
17:23	11		16:51	27		16:17	43
17:22	11.5		16:50	27.5		16:16	43.5
17:21	12		16:49	28		16:15	44
17:20	12.5		16:48	28.5		16:14	44.5
17:19	13		16:45	29		16:13	45
17:18	13.5		16:44	29.5		16:12	45.5
17:17	14		16:43	30		16:11	46
17:16	14.5		16:42	30.5		16:10	46.5
17:15	15		16:41	31		16:09	47
17:14	15.5		16:40	31.5		16:08	47.5
17:13	16		16:39	32		16:07	48