



# PAT SELF-EVALUATION FORM



The Houston Police Department administers a Physical Agility Test during the application process. The exercise program may include progressive resistance training, flexibility exercises, muscular strength, endurance and a cardiovascular program. As with all physical assessments, risks are involved. The Houston Police Department recommends that you consult a physician before attempting the Physical Agility Self Assessment or the Physical Agility Test.

I acknowledge, agree, and represent that I understand the nature of the activity and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further agree and warrant that if, at any time, I believe the conditions to be unsafe, I will immediately discontinue further participation in the activity. I fully understand that these activities involve risks and dangers and agree to consult a physician before attempting.

Applicant's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Applicant's Signature: \_\_\_\_\_

### HOUSTON POLICE DEPARTMENT'S PHYSICAL AGILITY TEST COMPONENTS

| Event                 | Academy Entrance Requirements       | Academy Graduation Requirements           |
|-----------------------|-------------------------------------|---|
| Push-ups              | 15                                  | 25  |
| Vertical Jump         | 16.5 inches                         | 18.5 inches                               |
| 1.5 Mile Run          | 17:30 minutes                       | 15:54 minutes                             |
| 300 Meter Run         | 78 seconds                          | 71 seconds                                |
| Agility Run           | 20 seconds                          | 17.8 seconds                              |
| Weapons Compatibility | 6 Trigger Pulls Per Hand / Total 12 | 40 Trigger Pulls Per Hand / within 1 min. |

Below is a self evaluation to assess your preparedness for the Houston Police Department's Physical Agility Test, (PAT). Completion of the form is required to advance in our application process. Please visit [www.hpdcareer.com](http://www.hpdcareer.com) for information and videos about preparing for the Physical Agility Test and HPD requirements.

If you have any questions regarding our Physical Agility Test, please contact the Recruiting Unit at (713) 308-1300.

| Push-ups | Vertical Jump | 1.5 Mile Run       | 300 Meter Run      | Trigger Pulls/6 Per Hand                                |
|----------|---------------|--------------------|--------------------|---|
|          | Inches        | Minutes<br>Seconds | Minutes<br>Seconds | # of Pulls with Left Hand<br># of Pulls with Right Hand |

I have reviewed the Physical Agility requirements on [www.hpdcareer.com](http://www.hpdcareer.com), conducted a PAT self assessment and understand that I must submit this form to the HPD Recruiting Unit with my completed application and other required documents. With my signature, I certify that I achieved the scores set forth above and that each event was administered and scored in strict accordance with HPD's testing protocols. I understand that failure to have consistent scores during an official Physical Agility Test could be viewed as a lack in candor during my background processing.

Applicant's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Applicant's Signature: \_\_\_\_\_