



Physical Agility Test Self-Evaluation Form



The Pasadena Police Department administers a Physical Agility Test (PAT) during the application process. As with all physical assessments, risks are involved. The Pasadena Police Department recommends that you consult a physician before attempting the Physical Agility Self-Assessment of the PAT. The successful completion of the PAT will help determine the physical readiness of an applicant selected to the Pasadena Police Academy as he/she will be required to participate in an exercise program that may include progressive resistance training, flexibility exercises, muscular strength, endurance, and a cardiovascular program.

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 (Print): _____ Date: _____

Applicant's Signature: _____

Pasadena Police Department's Physical Agility Test Components

Event	Academy Entrance Requirements	Academy Graduation Requirements
Obstacle Course	2 minutes	
1.5 Mile Run	17:15 Minutes	15:37 Minutes

Below is a self-evaluation to assess your preparedness for the Pasadena Police Department's PAT. Completion of this form is required to advance in our application process. Please visit www.ppdcareer.com for information about preparing for the PAT and other eligibility requirements.

If you have any questions about our PAT, please contact one of our recruiters at 713-475-4824.

Date of Self-Evaluation	1.5 Mile Run	
	Minutes	Seconds

I have reviewed the PAT requirements on www.ppdcareer.com, conducted the self-evaluation, and understand that I must submit this form to the PPD Personnel and Training Division with my completed application and other required documents. With my signature, I certify that I achieved the score set forth above on my self-evaluation. I understand that failure to meet the minimum Academy Graduation Requirement run time could result in my removal from the Academy and the termination of my employment with the Pasadena Police Department.

Applicant's Name (Print): _____ Date: _____

Applicant's Signature: _____