



**THE CITY OF WICHITA**

**POLICE OFFICER PHYSICAL FITNESS TEST PACKET**

To: Police Officer Applicant

The next step in the Police Officer application process is the Physical Fitness Test. Because this test will require strenuous physical exertion, you must see a licensed medical professional; physician, chiropractor, physician assistant, or nurse practitioner, to be examined, and receive approval to participate. You will not be allowed to take part in this test unless the individual whom signs the form is a practitioner whom is authorized to conduct a medical examination. Any medical examination needed will be at your expense.

If you have questions about the Physical Fitness Test the Law Enforcement Training Center, (316) 660-3810.

**AUTHORIZATION**

**NAME OF APPLICANT** \_\_\_\_\_

This is to certify that I am a licensed physician, or chiropractor, or physician assistant, or nurse practitioner, and I am familiar with the medical condition of the above person, and find that he/she is physically able to take part in a strenuous fitness test consisting of the exercises described in the attached information.

**SIGNED** \_\_\_\_\_  
(Physician, or Chiropractor, or Physician Assistant, or Nurse Practitioner)

**PRINTED NAME & ADDRESS** \_\_\_\_\_  
(Physician, or Chiropractor, or Physician Assistant, or Nurse Practitioner)

**DATE** \_\_\_\_\_

**ACCIDENT WAIVER**

WHEREAS, the City of Wichita, Kansas, has called for examinations to be held for the position of POLICE OFFICER; and

WHEREAS, I, \_\_\_\_\_, the undersigned,  
residing in \_\_\_\_\_ County, State of \_\_\_\_\_, Zip \_\_\_\_\_

have presented to the City my signed application to participate in these examinations, and have been informed that as part of the examinations it will be necessary for me to demonstrate my strength, endurance and fitness in a series of scheduled tests, as described in the attached information:

NOW, THEREFORE, I, for myself, heirs, executors, administrator, or assigns, hereby waive any or all claims against the City of Wichita, or any member thereof, now or hereafter to accrue for, on account of, because of, any injury or damage that I may sustain because of, in connection with, or on account of this test, and do hereby release the City of Wichita or any member thereof from any and all liability or claim for damages for injury occurring as a result of my participation on these tests.

IN WITNESS WHEREOF, I have hereunto set my hand this \_\_\_\_\_, 20\_\_\_\_\_.

\_\_\_\_\_  
Applicant Signature

**CITY OF WICHITA  
POLICE OFFICER PHYSICAL FITNESS TEST**

**LOCATION:** Wichita-Sedgwick County Law Enforcement Training Center,  
4310 East 19<sup>th</sup> Street North  
Wichita, KS. 67208

Please call the Detective who interviewed you to schedule a date for the testing.  
**You can go on line and watch the physical agility video prior to taking the test.**

<https://www.youtube.com/watch?v=zX5Gzg0KJFc>

## **CITY OF WICHITA**

### **POLICE OFFICER PHYSICAL FITNESS TEST**

#### **INTRODUCTION:**

This test is conducted **at various times on various days**. Please call to schedule the test, there are limited spots per testing day. This test is designed to evaluate your physical capacity to perform the duties of an entry-level Police Officer. The test will consist of four events.

-The first test is completing as many push-ups (correctly done) in one minute.

-The second test is completing as many sit-ups (correctly done) in one minute.

-The Illinois agility run is a timed course. You will begin the course on your stomach with your hands behind the starting line (line one) and your feet together. On command you will get up and run and touch line two (33 feet away) then run back to line one, then slalom through a series of cones back to line two and then slalom back through the cones to line one. After completing the solemn, you will continue to run from line one and touch line two then run back to line one (finish line). Time will stop when you go through the finish line. You must finish the course without touching/moving any cones.

-The final test is the Multistage Run or the Beep test. It tests your aerobic fitness and measures your oxygen uptake.

You will begin at line one. When you hear the beep, you will run 20 meters to line two and wait until you hear the beep, then you will run back to line one and wait until you hear the beep to run back to line two. You must wait at the line until the beep before proceeding to the next line. As the test continues, the times between the beeps become shorter. You will continue to run from one line to the other line until you cannot keep up. You will be signaled a warning if you fail to reach the line before the beep. You are allowed to miss a line before a beep but must reach the other line before the next beep to continue. If you fail to touch the line on two consecutive shuttles before the beeps during the allotted time your run is finished.

#### **CLOTHING:**

To ensure you are able to do your best in all events, wear appropriate, comfortable, athletic clothing.

#### **QUALIFYING SCORE:**

In order to pass the physical agility test, you must complete each test and receive a minimum cumulative score of 20 points. Scores are based on your age and gender.