



Mission Police Department

Physical Agility Pre-Requisites:

Date:	
Place:	
Time:	

Amount	Event	Max Time
<u>Male / Female</u> 25 / 15	Sit Ups	One Minute
25 / 15	Push Ups	One Minute
25	Squats	One Minute
50 ft. / 25 ft.	Dummy Drag	One Minute
1 mile	Run	13 minutes
100	Meter Sprint	
5-yard / 10-yard / 15-yard	Serpentine Sprint	

Wear comfortable clothing and foot wear. You may bring liquids to drink.
It is necessary to pass all seven (7) phases of the physical agility test to continue the process of being hired with the Mission Police Department.

The Civil Service Commission has found that a valid reason to pass over an applicant may include the fact that an applicant is not immediately available for duty as either a certified police officer or certified fire fighter because the applicant lacks a valid police or fire fighter certification and/or has not graduated from the academy, provided that the department head has made a determination that in the best interest of public safety, the applicant should be available to immediately deploy as a police officer or fire fighter.