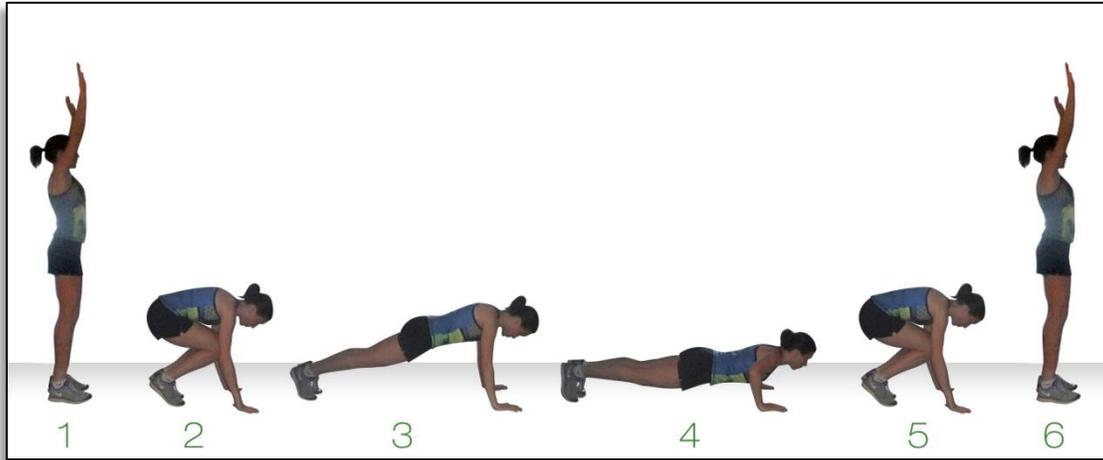


## 2071- CONTROL TACTICS INSTRUCTOR PHYSICAL ABILITY TEST

Acceptance into the 80 hour Control Tactics Instructor Course 3 2071, requires applicants to complete the Physical Ability Test (PAT). The purpose of this test is to ensure the applicant has the requisite physical ability to fully participate in the two-week course without undue fatigue and risk of injury.

The PAT now consists of 30 six-count “Burpees” exercise in three minutes or less.

### *Six - count Burpee exercise*



1. Starting position- Standing straight, arms fully extended upward.
2. Down phase- Knees are in contact with elbows. The hands will remain in this position during the course of the exercise.
3. Plank position- The feet are projected backwards. The elbow joints are locked at 0° and the back is straight.
4. Down position- the elbow joints achieves 90° flexion on the eccentric phase of the push-up and returns to 0° during the concentric phase.
5. Up phase- Knees are drawn back to the elbows.
6. Ending position- Standing straight, arms fully extended upward.

The following are examples of improper techniques and will not be counted as a successful attempt:

- If the elbow joints do not achieve 90° flexion on the eccentric phase of the push up; or 0° extension during the concentric phase, the attempt will not be counted.
- If the back sways or hunches, or if the hands change position during the push up phase of the exercise the attempt will not be counted.
- If the knees and elbows do not come together during the down and the up phase of the exercise that repetition will not be counted.

**Note:** The hands and feet are the only body parts permitted to contact the ground during the exercise. Contact with the ground (e.g., knees touching the ground during the push-up) will result in disqualification and the test will be terminated.