

SCORING THE FITNESS ABILITY TEST BATTERY

THE SCORING MATRIX SHOWN BELOW ALLOWS THE EXAMINER TO FIND THE PARTICIPANT'S RAW AND FITNESS ABILITY TEST SCORE ON EACH TEST IN THE BATTERY. THE FITNESS ABILITY TEST SCORE FOR EACH TEST ITEM IS RECORDED AND ADDED ON THE INDIVIDUAL PARTICIPANT'S SHEET. THE PASSING (TTBS) SCORE IS 200 WITH THE RANGE OF SCORES FOR EACH TEST BETWEEN 30 AND 50 FOR EACH TEST ITEM.

EXAMPLE: THE BELOW MEASURES ARE MERELY FOR ILLUSTRATION AND ARE ONLY APPROXIMATE VALUES.

| | | |
|--------------------------|---------|---|
| 1. 300 – METER RUN | 69 SEC. | = 45 PTS. |
| 2. MAXIMUM PUSH-UPS | 38 | = 50 PTS. (note that 34 receives same maximum points) |
| 3. ONE MINUTE SIT-UPS | 34 | = 40 PTS. |
| 4. 1.5 – MILE RUN/WALK | 14:31 | = 30 PTS. |
| TOTAL TEST BATTERY SCORE | | = 200 PTS. |

THE PARTICIPANT WHO SCORES BELOW THE 30-POINT LEVEL HAS FAILED THE TEST AND NOT BE ALLOWED TO CONTINUE ON THE OTHER TEST ITEMS.

THE PARTICIPANT WHO SCORES ABOVE THE 50-POINT LEVEL ON A GIVEN TEST ITEM WILL NOT BE AWARDED MORE THAN THAT 50 POINTS TO APPLY TOWARD THE OTHER TEST ITEMS.

I HAVE REVIEWED THE FOUR ELEMENTS OF THE WASHINGTON STATE CRIMINAL JUSTICE TRAINING COMMISSION AGILITY TEST ON THIS FORM AND FIND THAT THE CANDIDATE IDENTIFIED BELOW CAN PERFORM THE ELEMENTS OF THE TEST SAFELY.

CANDIDATE'S NAME _____

PHYSICIAN'S NAME _____

PHYSICIAN'S ADDRESS _____

PHYSICIAN'S SIGNATURE _____

DATE _____

NOTE: IF YOU FAIL TO BRING THIS FORM SIGNED BY A PHYSICIAN YOU WILL NOT BE ALLOWED TO TAKE THIS TEST!!

TEST LOCATION: 2302 N. WATERWORKS, SPOKANE WA
See map on back for directions.

Dress: PHYSICAL TRAINING CLOTHES