



Physical Readiness Test Administrator Course

The FitForce definition of **Physical Readiness** is the current and predictable ability to perform the essential, non-negotiable physical tasks required of the position, without warning or opportunity to prepare, the non-performance of which may have dire implications for personal and public safety, social order, or national security.

Description:

The difference between a **physical fitness** test and a physical readiness test is the presence of validity evidence of the relationship between test and occupation. Each may consist of similar events, however, the rationale and therefore the implications of the test, will vary widely. The constant among both are industry standards around safety, reliability, consistency, and duty to care. As such, agencies are strongly advised to ensure those standards are met. Failure to do so may predictably expose staff and administration to unnecessary and wholly avoidable liability exposure.

The role of the agency **Physical Readiness Test Administrator** in meeting these mandates are the focus of this one-day training. During the course, specifically designed for public safety, participants will:

- Discuss the concepts of physical fitness and physical readiness as they relate to the public safety function from a legal, scientific, and practical perspective.
- Learn how to screen officers for safe participation in testing by applying the latest industry practices.
- Develop an understanding of prevailing anti-discrimination requirements that govern employment practices and the history of physical testing.
- Learn about test development, physical test options, and the various sources of validity evidence.
- Articulate the elements of effective testing and identify the sources of error that may impact testing.
- Practice general warm up routines.
- Gain competence in assessing officers' current readiness/fitness levels.

Requirements:

Participation in the physical activity including testing is required; there are, however, no physical fitness requirements. **Exceptions or allowances can be made in the event of injury or disability.** Dress is casual.

Testing:

Successful course completion, leading to a three-year certification, requires passing scores on the written (90%) and practical exams as well as class participation. The written examination is administered via an online resource.