

OCCD PAT Minimum Fitness Standards

The Physical Abilities Test (PAT) consists of a series of physical activities designed to evaluate fitness to perform specific job-related tasks. The battery of job-related field tests is intended to be completed in the fastest possible time and will require effort on the part of the applicant.

The test is designed to measure balance, muscular endurance, strength, flexibility, aerobic and anaerobic power and capacity, and fine motor skills. The test includes two 220 yard runs, jumping over obstacles (12-24 inches high), climbing over a wall (40 inches high), a 50-foot serpentine run followed by a low crawl through a 27 inch high, 8 foot long area, and a 10 stair climb and descent using 7 inch high by 11 inch wide steps. After the stair descent, the applicant goes back through the course in reverse order. The entire process must be completed within 6 minutes.

The primary goal of the PAT is to determine whether the applicant is capable of performing minimum standards for a Correctional Officer at the Orange County Corrections Department.

Figure 1. Physical Abilities Test Course Design

