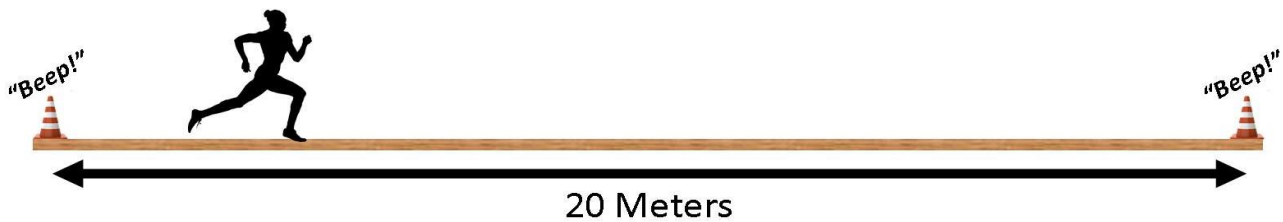


FIRFIGHTER CIVIL SERVICE EXAMINATION

Preparation Instructions for Part 2, the Qualifying Physical Agility Screening Test

Part 2 of the Firefighter Civil Service Examination, *the Qualifying Physical Agility Screening Test*, ensures that all candidates have a base level of physical fitness needed for entry-level Firefighting training. This test will involve a 20 meter shuttle run, where participants will move back and forth across a 20 meter distance for a sustained period of time of approximately 7 minutes. The total distance covered during this test is approximately 0.75 of a mile. The speed of each consecutive shuttle will gradually increase, beginning at approximately 5.0 miles per hour and ending at approximately 7.0 miles per hour.



Your current level of physical fitness will determine your ability to successfully complete this part of the examination. Some candidates may already possess the necessary capacity to complete this, while others will need to train for it. To gauge whether your current fitness level is adequate, you may want to attempt to complete one or both of the following tests:

- Outdoor track: 1.0 mile walk/run in 8 minutes
 - Pace: 2 minutes/lap, on a 0.25 mile per lap distance
- Indoor Cardio Equipment: Sustained 8 minute effort at an average of 9 METS or greater
 - "METS" is a value provided by most modern pieces of cardio equipment. It is calculated based on the intensity you set the machine (speed, grade, and/or resistance) and the speed of your movement.
 - Example: 2 minutes at 6 METS, 2 minutes at 8 METS, 2 minutes at 10 METS, 2 minutes at a 12 METS

If you fail to accomplish either of these tests, you likely need to increase both your physical activity level and begin exercising regularly. Please review the following guidelines provided by the American College of Sports Medicine to assist you with your training. Additionally, seek out a qualified fitness professional if you are unfamiliar with the following concepts.

Cardiorespiratory Exercise

- Adults should get at least 150 minutes of moderate-intensity exercise per week.
- Exercise recommendations can be met through 30-60 minutes of moderate-intensity exercise (five days per week) or 20-60 minutes of vigorous-intensity exercise (three days per week).
- One continuous session and multiple shorter sessions (of at least 10 minutes) are both acceptable to accumulate desired amount of daily exercise.
- Gradual progression of exercise time, frequency and intensity is recommended for best adherence and least injury risk.

Resistance Exercise

- Adults should train each major muscle group two or three days each week using a variety of exercises and equipment.
- Very light or light intensity is best for older persons or previously sedentary adults starting exercise.
- Two to four sets of each exercise will help adults improve strength and power.
- For each exercise, 8-12 repetitions improve strength and power, 10-15 repetitions improve strength in middle-age and older persons starting exercise and 15-20 repetitions improve muscular endurance.
- Adults should wait at least 48 hours between resistance training sessions.

Flexibility Exercise

- Adults should do flexibility exercises at least two or three days each week to improve range of motion.
- Each stretch should be held for 10-30 seconds to the point of tightness or slight discomfort.
- Repeat each stretch two to four times, accumulating 60 seconds per stretch.
- Static, dynamic, ballistic and PNF stretches are all effective.
- Flexibility exercise is most effective when the muscle is warm. Try light aerobic activity or a hot bath to warm the muscles before stretching.

Neuromotor Exercise

- Neuromotor exercise (sometimes called “functional fitness training”) is recommended for two or three days per week.
- Exercises should involve motor skills (balance, agility, coordination and gait), proprioceptive exercise training and multifaceted activities (Tai chi and yoga) to improve physical function and prevent falls in older adults.
- 20-30 minutes per day is appropriate for neuromotor exercise.

Physical Activity

- Sedentary behavior – sitting for long periods of time – is distinct from physical activity and has been shown to be a health risk in itself. Meeting the guidelines for physical activity does not make up for a sedentary lifestyle.
- Limit long periods of sedentary behavior (more than 60 minutes at a time) as much as possible. Take regular stretch and movement breaks for at least 5 minutes per 60 minute period of sedentary behavior.
- Consider other lifestyles changes that could increase physical activity levels. Examples include, but are not limited to:
 - Join or start a walking group
 - Park further away at work, stores, or anywhere you take a vehicle
 - Consider using other means of transportation (walking, cycling) for short errands
 - Avoid using elevators and escalators when stairs are available
 - Limited or refrain from activities that involve long periods of sitting (television, video games, other electronic devices)