

# Get Ready, Set, Go!

Are you ready for the challenge of becoming a TDCJ correctional officer, correctional supervisor, laundry manager, or food service manager?

## Physical Agility Test

Effective March 1, 2010, our hiring standards were enhanced. All correctional officer, correctional supervisor, laundry manager and food service manager applicants who have been scheduled to attend the TDCJ Pre-service Training Academy are now required to complete a physical agility test **prior** to beginning the academy.

Effective October 1, 2010, former TDCJ employees, who are re-employed as a correctional officer, correctional supervisor, laundry manager or food service manager, and re-employed within 36 months of their separation date, will be required to complete the physical agility test. The test will be administered at TDCJ units and training academies located throughout the state. Applicants will be scheduled for the test during the conditional offer of employment.

## Tell me More

The physical agility test and scoring guidelines are provided below. To successfully complete the test, you must accumulate 75 points. If you are unable to perform one of the tasks, you may compensate by gaining additional points in the push-up, sit-up, or deep squat portions of the test.

Physical Task	Standard	Points	Maximum Points
Push-ups	1 minute – as many as possible	1 point for each push-up	varies
45-lb Weight Carry	30 yards in 1 minute	2 points for each of the following steps: 1. Pick up weight 2. Carry 15 yards 3. Place weight on floor 4. Pick up weight 5. Carry 15 yards	10
Sit-ups	1 minute – as many as possible	1 point for each sit-up	varies
Deep Squats	1 minute – as many as possible	1 point for each squat	varies
Ladder Climb	Up/down continuously for 5 times	4 points for each up/down	20
¼ Mile Run/Walk	5 ½ minutes	3:00 minutes or less = 25 points 3:01 to 4:00 minutes = 20 points 4:01 to 4:30 minutes = 15 points 4:31 to 5:00 minutes = 10 points 5:01 to 5:30 minutes = 5 points	25

For more information, please call (936) 437-8582.