

**NAVAJO NATION FIRE & RESCUE SERVICES
PHYSICAL AGILITY TEST
FORM 1001**

GENERAL INFORMATION

CANDIDATE NAME:	DATE OF EXERCISE:
PROCTOR NAME:	TEST LOCATION:

STRENGTH AND ENDURANCE EXERCISES

TASK	PASS	FAIL	TIME PERFORMED
Run 1.5 miles within 13 minutes.			
Complete 35 bent-knee sit-ups in 2 minutes.			
Complete 7 pull-ups (palms out).			
Given a weight of 125 lbs, lift and carry the weight 100 feet without dropping or stopping.			

CONDUCT THE FOLLOWING TWO EXERCISES WITHIN TWO MINUTES

TASK	PASS	FAIL	TIME PERFORMED
With 150 feet of 2.5 inch hose and nozzle, drag until fully extended.			
Swing an 8-lb sledgehammer 25 consecutive times over the head striking an object.			

COMBINED TIME SHOULD NOT EXCEED TWO MINUTES

COMMENTS & RECOMMENDATIONS

DOES THE APPLICANT REQUIRE RETESTING? YES <input type="checkbox"/> NO <input type="checkbox"/>	IF YES, WHEN?		
APPLICANT SIGNATURE:	DATE:	PROCTOR SIGNATURE:	DATE: