

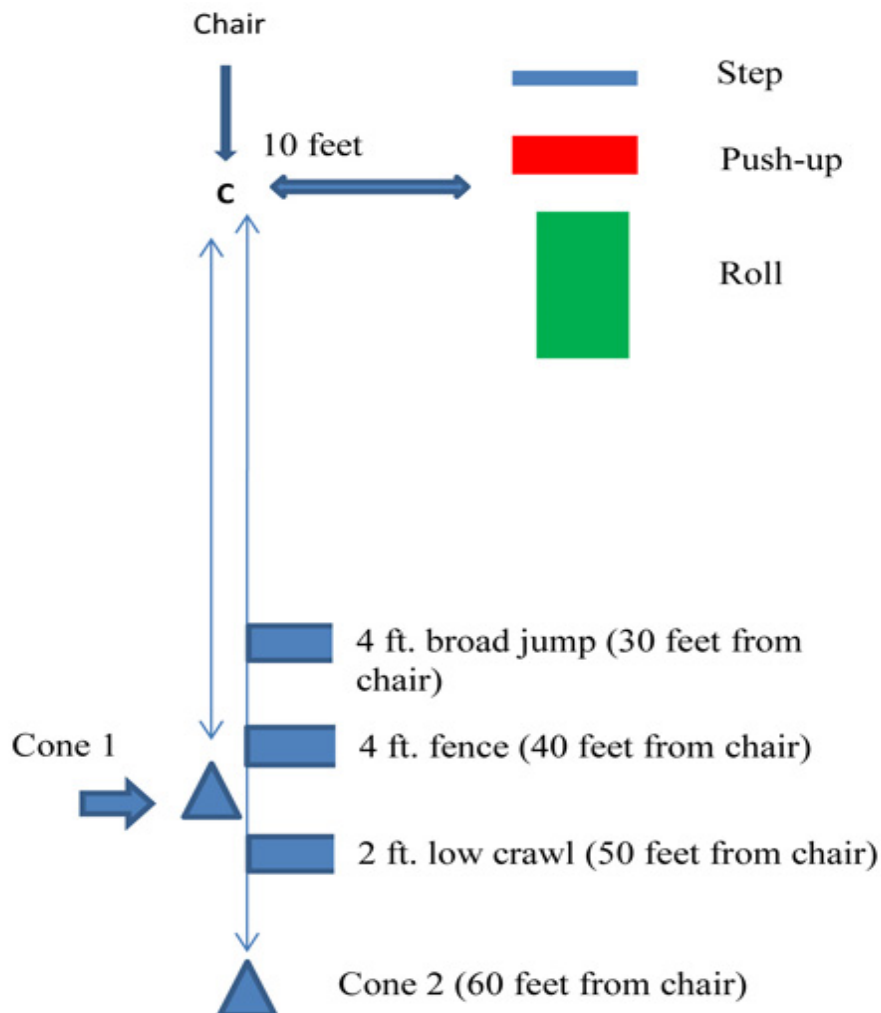
500 S. Greene Street
Greenville, NC 27834



Mark Holtzman
Chief of Police

This is a modified version of the Police Officer Physical Abilities Test (POPAT) for the Greenville Police Departments Trainee Position. Applicants will be required to complete this as a part of the initial application process. The course is to be navigated within 7 minutes for Scenario #1 and within 4 Minutes for Scenario #2 in order to proceed in the hiring process.

Scenario #1: Chase and Apprehension: 7 Minutes or less

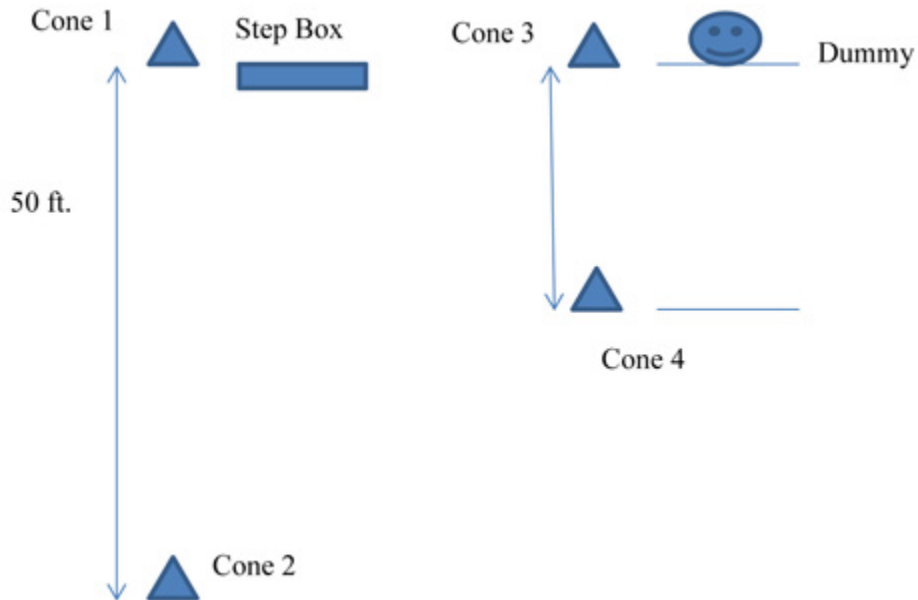


Start Position in Chair

1. Chair to Cone 1 (40 ft.) and back (around chair) 2 times
2. Chair to Cone 2 (60 ft.) while completing the following obstacles:
 - a. 4 foot broad jump
 - b. 4 foot "fence" climb
 - c. Crawl under obstacle (2 feet high)
3. Cone 2 to mat
4. Roll Drill, 2 repetitions (a-d equal 1 repetition)
 - a. Start on top of 100 lb. heavy bag with left knee on mat
 - b. Roll right until bag is over body
 - c. Continue roll in same direction until back on top of heavy bag (complete when right knee touches mat)
 - d. Perform complete turn to left until left knee touches mat
5. 10 push-ups
6. Roll Drill, 3 repetitions
7. Mat to Cone 2 while completing the following obstacles:
 - a. 4 foot broad jump
 - b. 4 foot "fence" climb
 - c. Crawl under obstacle (2 feet high)
8. Cone 2 to step box
 - a. 30 steps (up and down) on step box
9. Roll Drill, 3 repetitions
10. 10 push-ups
11. Roll Drill, 3 repetitions

Scenario #2: Rescue : 4 Minutes or less

1. Run from Cone 1 to Cone 2 (50 ft.) and back 2 times
2. 30 Steps (up and down) on step box
3. Run from Cone 1 to Cone 2 (50 ft.) and back 2 times
4. Drag 155 lb. dummy from Cone 3 to Cone 4 (25 ft.) and back to Cone 3 (past line adjacent to cone each way)



Below is a link to the full or unmodified version of the POPAT shared by the North Carolina Justice Academy. All movements are the same as the modified version needed to complete with the Greenville Police Department and gives you an idea of the format.

<https://www.youtube.com/watch?v=5TZLTzv2DFw#action=share>