

# NJ TRANSIT POLICE



You have been invited to participate in the NJ TRANSIT Police physical qualification test. This test is similar to the current test being administered by the New Jersey Police Training Commission's Basic Class for Police Officers, as amended by the New Jersey Division of Criminal Justice, on March 23, 2017.

This test consists of a vertical jump of 15 inches, 28 sit-ups in 1 minute, a 300-meter run in 70.1 seconds or less, 24 push-ups in 1 minute and a 1.5 mile run in 15:55 minutes or less.

Applicants are given 1 attempt at each exercise. The test is pass or fail and failure of **one** exercise will cause you to discontinue further testing. Specific instructions must be followed to ensure no cheating occurs and deviation will cause you to be removed from the testing process. A bracelet will be placed on your wrist when you first register and **must** be kept on throughout testing. If at any time you do not have the bracelet on during an exercise station; you will be removed from further consideration. Your bracelet must be turned in at the registration table when you check out before leaving the college premises. All applicants must leave the college premises once they check out from the registration table.

All exercises will take place indoors; please wear appropriate athletic clothing; examples of athletic clothing are sweatshirt or T-shirt; sweat pants or shorts and sneakers. In addition, please eat correctly before the test, get sufficient rest the night before, and stay hydrated as much as possible.

As space and judges become available, you may be instructed to do either push-ups, sit ups or vertical jump in no particular order. Once you pass all of those exercises you will be instructed to follow your group to the starting point of the 300-meter run. And lastly, if you pass that event, you will proceed with your group to the 1.5-mile start.

If you fail any of these exercises, you will be asked to return to the registration table to check out and return your bracelet.

**PRIOR TO PARTICIPATING IN THE NJ TRANSIT POLICE PHYSICAL QUALIFICATION TEST, YOU SHOULD CONSULT YOUR PHYSICIAN TO ENSURE IT IS SAFE FOR YOU TO ENGAGE IN THIS TYPE OF PHYSICAL ACTIVITY**

**Push-Ups and Sit-Ups**

These exercises are counted as they are done correctly. Any incorrect repetitions are not counted. You are encouraged to do more than the minimum number as the judge will not advise you of any bad repetitions until you are done. As an example: do not stop at 24 push-ups if there is still time remaining, because you cannot be sure all 24 push-ups counted. You should continue to attempt good push-ups until time runs out.

**300-Meter Run**

You will be running in a gymnasium, in a stop and go fashion. Use caution when you turn to run in the other direction so as not to collide.

**Vertical Jump**

You must have both feet stationary on the ground prior to the jump (e.g., no running jumps). You will jump vertically and strike/hit the highest slat possible.

**1.5 Mile Run**

You will be running on an indoor track, for thirteen laps. You will wear a bracelet or vest for counting purposes and told when you are finished. Run in a controlled manner, passing on the outside of anyone slower than you.

**Should you pass ALL phases of the physical qualification test you will be given more information through [policeapp.com](https://policeapp.com) regarding the written test scheduled for April 23 or April 24.**

**The written test consists of four content areas designed to evaluate the competencies needed to effectively perform the duties of a NJ TRANSIT Police Officer. Information regarding an Entry-Level Police Officer Candidate Study Guide is available exclusively from International Public Management Association for Human Resources (IPMA-HR).**

**You can order the POA, Cognitive Series Study Guide online for \$20.00 at <https://www.publicsafetycompass.com/product/poa-cognitive-series-study-guide/>**

**GOOD LUCK!!!!**

**\*PLEASE READ CAREFULLY AND SIGN THE RELEASE AND WAIVER OF LIABILITY PHYSICAL/ WRITTEN TEST FORM PRIOR TO YOUR TEST DATE\***