



Federal Bureau of Investigation

PFT Training Tips

Preparing for the FBI Physical Fitness Test

FIDELITY / BRAVERY / INTEGRITY

Physical Fitness Test (PFT)

Taking the Official PFT:

The FBI Special Agent position requires a commitment to physical fitness as part of daily life. In addition to the self-administered PFT you took prior to submitting your Special Agent application, you will take an official standard PFT at least two times during the application period and/or at the FBI Academy. Specifically:

»» At your PFO shortly after passing Phase II.

120 days of passing his or her post-Phase II PFT, an additional PFT is not required.

»» No more than 120 days prior to reporting to the Basic Field Training Course (BFTC) at the FBI Academy. If an applicant is scheduled to report to a BFTC within

»» At least once while at the FBI Academy, during the first week of the BFTC.

The test, scoring scale and protocol are the same with an addition of the standard pullups event. The score on pullups is not used for pass/fail purposes but is considered for fitness awards at the Academy.

The standard PFT consists of four main events, with a fifth event for candidates in the Tactical Recruitment Program (TRP). These events were chosen because they accurately measure an individual's overall fitness level relative to the essential tasks performed by FBI Special Agents. The events are administered in the following order with no more than five minutes of rest in between each event:

1. Maximum number of continuous sit-ups in one minute.
2. Timed 300-meter sprint.
3. Maximum number of continuous push-ups (untimed).
4. Timed 1.5-mile run.
5. Maximum number of pullups (untimed).

Each event must be performed precisely according to the strictly defined protocol in order to be scored. In order to pass the standard PFT, applicants must achieve a minimum cumulative score of 12 points in the first four events, with at least one point in each of the first four events; therefore, it is possible for an applicant to receive a score of 12 (or more) and still fail the standard PFT by failing one of the individual events. TRP applicants must achieve a minimum score of 20 points and must score at least one point in each of the five events to pass the TRP PFT.



U.S. Department of Justice

Federal Bureau of Investigation

Washington, D. C. 20535-0001

Special Agent Applicant Certificate of Wellness

Dear Doctor:

Your patient, _____, (print name of applicant) is applying for a physically challenging law enforcement position with the Federal Bureau of Investigation (FBI). Your patient requests that you certify him/her to be physically fit to safely complete a physical fitness test consisting of the following five events:

- 1) Maximum situps for 1 minute (Minimum qualifying repetitions for male is 38 and for females is 35.)
- 2) A 300-meter sprint (Minimum qualifying time for males is 52.4 seconds and for females is 64.9 seconds.)
- 3) Maximum pushups (Minimum qualifying repetitions for males is 30 and for females is 14.)
- 4) A 1.5-mile run (Minimum qualifying time for males is 12 minutes, 24 seconds and for females is 13 minutes, 59 seconds.)
- 5) Maximum pullups (No minimum qualifying repetitions for this event.)*

* Note: Only candidates in the Tactical Recruitment Program (TRP) will complete this event.

The primary purposes of this test is to measure general physical fitness and to serve as an indicator of your patient's ability to safely complete a vigorous physical training program, should the position be ultimately offered. If you agree to certify, please sign below and return the form to your patient for submission to the FBI.

Your cooperation is appreciated.

Physician Statement:

In my opinion, as a licensed physician, my patient is physically fit to safely complete the above described physical fitness test. I understand that these events will be administered according to the exercise protocols described on Attachment A.

Signature of Physician

Date

Printed Name of Physician

Street Address

City and State

(_____)

Phone Number

State License Number