



FITNESS - PHASE II

DAY 1 OF FIRE CADET ACADEMY

Austin Fire Department Academy Physical Training Assessments

The Austin Fire Department recognizes the importance of physical fitness for success at the Fire Cadet Academy and in job performance. The physical fitness assessments help ensure the successful applicant can undergo the demands of the academy, and the fire service work environment without undue risk of injury or fatigue.

The following exercises will be assessed and evaluated the first week of the cadet academy:

1.5 Mile Run: ***Minimum: Under 12-minutes***

Completing 1.5 miles in less than 12 minutes (8:00/mile pace) demonstrates that the candidate has the minimum necessary aerobic conditioning to complete the PT sessions without compromising their ability to safely perform skills work.

Push-ups: ***Minimum: 30 push-ups at 80 beats/minute onto 5 inch tall prop***

Performing at least 30 push-ups at 80 BPM indicates an acceptable level of muscular endurance, core strength, and is on par with the average number of push-ups performed by members of AFD in the annual wellness assessments. At each beep of the metronome, a candidate must be either at the bottom or top of the push-up position. The chin must touch the 5 inch prop in the bottom position.

Inverted Rows: ***Minimum: 30 inverted rows at 80 beats/minute up to a 5 inch prop***

Inverted rows measure upper body pulling strength/endurance as well as core strength. At each beep of the metronome, a candidate must be either at the bottom or top of the inverted row position. Finding the proper inverted row setup to prepare may prove to be challenging. A more accessible option is pull-ups, and improving the number of pull-ups you can perform is an effective strategy to increase your number of inverted rows.

Side Plank: ***Minimum: 1:13/side***

The ability to perform a side plank shows that the candidate has the necessary core strength to safely and effectively carry out the movements that comprise the PT program. This is also on par with the average plank time held by members of AFD in the annual wellness assessments.

Additional Information may be found at <https://www.austintexas.gov/department/cadet-hiring-preparation>