

DEA BASIC AGENT TRAINING



PHYSICAL TRAINING & CONDITIONING MANUAL

INTRODUCTION

Welcome to the DEA Office of Training. During your academy experience, you will encounter many physical and mental challenges. Your performance on these challenges is used to measure your physical and mental abilities. The Physical Task Assessment (PTA) is one of the performance measures that DEA uses to assess your physical readiness. You must train properly in order to successfully comply with the DEA Academy Physical Task Assessment standard of scoring at least 12 points, with a minimum of one point in each event.

The physical training and conditioning program outlined in the following pages will assist you with your physical fitness conditioning. It is designed to enhance your performance on the PTA, while minimizing your risk of overtraining and injury. In addition, with close adherence to the nutrition guidelines, this program can enhance your lean body mass.

This program has been designed with the assumption that you have been doing some type of physical training prior to your arrival here at the DEA Academy. If you have not, it is important that you slightly underestimate your starting weights for the resistance training exercises during the first week of workouts. In addition, you should gradually increase your cardiovascular intensity to the appropriate levels recommended in this manual. If you are over 40 years old or have contraindications to strenuous physical activity, we recommend that you have a medical evaluation by a qualified physician.

Special Note:

- If at any time you feel light-headed, dizzy, weak, or are having chest pain, stop your workout and consult appropriate medical personnel.
- It is recommended that you use a workout log to track your progress.

Within this manual, you will find a sample one week program. This sample program is included as a guideline to help you prepare for the initial, midterm and final PTA. The program that you follow should be similar to this example. In addition, maintaining a state of physical readiness for health and human performance should be a daily routine for a DEA Special Agent and Basic Agent Trainee (BAT). Therefore, it is recommended that the principles and guidelines be applied for the duration of your academy training and throughout your DEA career.



PHYSICAL TRAINING & CONDITIONING GUIDELINES

WARM UP

Every workout should be preceded with a proper warm-up. A dynamic warm-up should be performed starting with low intensity dynamic movements (walking toe touches, walking knees to chest, etc.) and finishing with high intensity dynamic movements (skips, bounds, jumps, sprints, etc.). Examples of dynamic warm-up exercises are included in the Dynamic Warm-up Section. The dynamic warm-up should be performed until the core body temperature is elevated. Core temperature is elevated when you begin to perspire lightly. This increase in core temperature will prepare the body for the more demanding workout.

Another type of dynamic warm-up is the wood chopper. This exercise increases kinesthetic awareness and core body temperature. The wood chopper exercise is performed by grabbing a medicine ball and raising your arms overhead. From a slightly wider than shoulder width stance, bring the medicine ball down between the legs and then return to the starting position. The emphasis should be on bending the knees and not on spinal flexion. A variation can be to bring the ball down diagonally from the left to the outside of your right leg, repeat this in the other direction. Performing the wood chopper for five minutes is a good functional/neuromuscular warm-up especially for strength training.

INTENSITY

Intensity is a measure of the effort you put into your workout or how demanding the workout is on your body. Intensity greatly influences the results you obtain from your workouts. Your level of intensity directly correlates to your level of performance on the PTA (it often means the difference between passing and failing the PTA). In fact, the success of the BAT Physical Training and Conditioning program hinges on the Basic Agent Trainee exerting a high level of intensity.

Measuring Resistance Exercise Training Intensity:

You must adhere to the resistance training principles set forth below to ensure a high level of intensity is achieved. During resistance training, you reach a high level of intensity when the last repetition is extremely difficult and you experience a great deal of discomfort in the muscle. You might feel a "burning" sensation in the muscle and further movement may be impeded.

Resistance Training Principles

- Train to the point of momentary muscle failure, not just to the point of fatigue. This is a subjective gauge of intensity that works well when used for resistance training. At the end of a set of an exercise, determine if your muscles have failed or have just fatigued. Failure is failure, i.e. you cannot complete another repetition. On the other hand, fatigue is when your muscles feel “tired,” but you can complete another repetition. Failure is the highest level of intensity.
- Perform each repetition in a slow, controlled manner to eliminate momentum. Each repetition should last 6 - 10 seconds.
- Maintain constant tension on the muscles with continuous motion.
- Achieve momentary muscular failure for each exercise.
- Perform each exercise with proper technique.
- If you achieve the prescribed number of repetitions before reaching failure, increase the training weight for that exercise during your next workout (increase the weight load of upper body exercises by 5 pounds and lower body exercises by 10 pounds).

Measures of Cardiovascular Training Intensity:

Rating of Perceived Exertion (RPE):

This is a measure of how hard you feel that you are working. RPE is highly correlated with heart rate for determining intensity. While you are working out, ask yourself how hard you are working on a scale of 1-10 (see the scale listed below). To improve your cardiovascular fitness, your RPE during exercise should be between 5 & 8 (i.e. unable to carry on a conversation with your partner).



Target Heart Rate (THR): This is a more specific measure of intensity. The target heart rate varies by age and fitness level. It is generally recommended to work at 70 to 80 percent of your maximum heart rate (MHR). The greater the percentage of MHR elicited, the higher the intensity of your workout. Below is the Karvonen Formula for determining THR.

Karvonen Formula

1. $220 - \text{age} = \text{Maximum Heart Rate (MHR)}$
2. $\text{MHR} - \text{Resting Heart Rate (RHR)} = \text{Heart Rate Reserve (HRR)}$
3. $(\text{HRR} \times 0.60) + \text{RHR} = \text{Low End of THR}$
 $(\text{HRR} \times 0.80) + \text{RHR} = \text{High End of THR}$

BREATHING

It is important to remember to breathe naturally while resistance training (do not hold your breath). The rule of thumb is to try to exhale on exertion. For example, while performing a resistance training exercise on a machine, exhale as you move the weight up. However, when performing slow repetitions, it may be necessary to breathe several times while executing the repetition.

SPOTTING

The primary function of a spotter is safety. It is required that a spotter be used for exercises that could result in serious injury if the exerciser reaches failure/fatigue or uses too much weight, such as the barbell bench press or leg press. When spotting, the spotter should be in a good position and use proper technique to provide assistance (knees bent, use your legs, assist at the point of greatest leverage). Remember, when possible use your legs to lift the weight (do not bend forward and do not use your back).

PARTNER ASSISTANCE

The primary function of partner assistance is to allow the exerciser to do a few more repetitions than they would have been able to do if they were training alone. The partner should be in a good position to provide assistance (knees bent, use your legs, assist at the point of greatest leverage). Partners should give just enough assistance to allow continuous motion allowing the exerciser to do a majority of the work. Partner assistance works well for body weight exercises such as pull-ups and push-ups (NOTE: the recommended partner-assistance exercises are depicted in the resistance exercise section of the manual).



DYNAMIC WARM-UP EXERCISES



Start

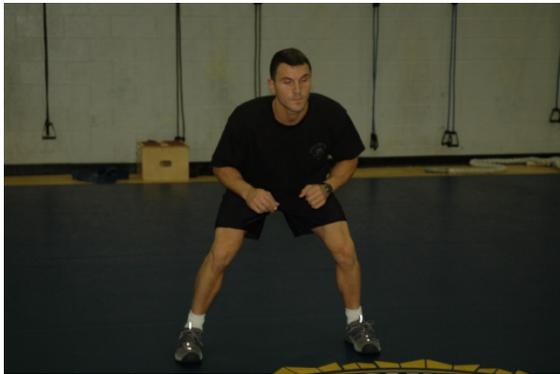


Finish



Start

Finish



Shuffles

Running High Knees



Running Butt Kicks

*Also perform skips, bounds, sprints, etc.

Active Isolated Stretching

Active isolated stretching may be more effective than traditional static stretching in increasing flexibility. The following stretches are performed by contracting the opposing muscle group of the muscle being stretched. A stretch band or rope is used to lengthen the muscle to the point of mild discomfort or tension. Hold the stretch for 1-2 seconds, then relax and repeat the sequence for 10 repetitions.







PHYSICAL TRAINING & CONDITIONING PLANNER

PHYSICAL TRAINING AND CONDITIONING PLANNER

Sample Training Week

Day	Physical Training
Monday	Anaerobic Workout D
Tuesday	Calisthenics Workout A
Wednesday	Aerobic A
Thursday	Calisthenics Workout B; Aerobic B
Friday	Rest/Stretch
Saturday	Aerobic A
Sunday	



PHYSICAL TRAINING & CONDITIONING WORKOUTS

1. Resistance Training

Calisthenics Workouts

Workout	Sit-ups	Push-ups	Pull-ups
A	3 sets of 1:00 minute 1:00 rest between sets Partner-assist if necessary or crunches	3 sets to failure 6 seconds per rep 1:00 rest or less	3 sets to failure 6 seconds per rep 1:00 rest or less
B	3 sets of 1:00 minute with sandbag for resistance 1:00 rest between sets Drop bag & partner-assist if necessary	Pyramid (up & down) Ex. 2, 4, 6, 8, 10, 8, 6, 4, 2 (reps per set) :10 rest between sets	Pyramid (up & down) Ex. 1, 2, 3, 4, 5, 4, 3, 2, 1 (reps per set) :10 rest between sets
C	2 minutes continuous (Protocol) At failure, perform crunches	2 minutes continuous 10 seconds per rep Partner-assist or modified if necessary	10 reps or to failure 10 seconds per rep Partner-assist if necessary
D	Speed sit-ups (as fast as you can go for :30) Rest :30 Repeat 4-8x	Speed push-ups (as fast as you can go for :20) Rest :20 Repeat 4-8x	Speed pull-ups (as fast as you can go for 10 seconds) Rest :10 3-6 sets
E	4-8 sets of max reps	4-8 sets of max reps	4-8 sets of max reps

Use the above workouts in accordance with the Physical Training & Conditioning Planner (Page 8). Rest periods should be shortened as fitness improves.

Additional Calisthenics Workout Options

Sit-ups	Push-ups	Pull-ups
Medicine Ball	Feet Elevated	1:00 rep (:30 up, :30 down)
Decline Bench	Single-leg	Negative-only
Hanging Leg Raises	Medicine Ball	Weighted
“Core” Exercises	Plyometric (Ex. “Clap”)	Weight-assisted (Gravitron)
Flutter Kicks & Leg Lifts	Partner-resisted	Partner-assisted

All exercises should be performed utilizing multiple sets to the point of muscular failure with brief rest periods (1 minute or less). Again, rest periods should be shortened as fitness improves.

Sample Weight Training Workout

Exercise Order	Sets	Repetitions	Rest Period
Leg Press or Pit Shark Squat	1	8-15	<1:00
Bench Press	1	8-15	<1:00
Lat Pulldown	1	8-15	<1:00
Standing Military Press	1	8-15	<1:00
Cable Trunk Rotations	1	8-15	<1:00
Dips	1	8-15	<1:00
DB Hammer Curls	1	8-15	<1:00

*As you become better conditioned, reduce the rest time to only enough time to set up the next exercise

Additional Weight Training Exercises: Incline press, Seated row, Hammer Strength Ground Based Equipment, Leg Extension, Leg curl, Triceps Rope Press, 4-way Neck, and Wrist Roller

This weight training program is simple by design and is only included as a supplement to your calisthenics workouts. To maximize your performance on the testable muscular endurance events, you must perform those movements (i.e. sit-ups, push-ups and pull-ups). Proper weight training can also boost performance, but should be viewed as supplemental in nature.

All of the weight training exercises listed above are shown and described in the following section of this manual.

NOTE: If you are scoring 0, 1 or 2 points in sit-ups or push-ups, you need to put more emphasis on gaining strength. The above workout should be adjusted so training weights are heavier and repetitions are in the 4-6 range.

2. Cardiovascular Training

Aerobic A – Perform a 20-minute run at an intensity level of 8 on the 10-point RPE chart. At this level you should feel challenged or slightly out of your “comfort zone”; this is good! Unless you feel lightheaded, dizzy or are experiencing chest pain, running at this level will enhance your aerobic conditioning.

Aerobic B – Perform a 30-minute run at an intensity level of 5-7 on the 10-point RPE chart. This should feel slightly less challenging than the 20-minute run described above, but should still force you out of your “comfort zone.”

Aerobic C – Choose one of the following aerobic interval workouts:

Interval 1: Repeat 200's: After completing 1-2 warm-up laps around the track, start with a maximal sprint for ½ a lap around the track. Note your time, and then recover with a slow jog for the rest of the lap. When you return to where you started, perform another ½ lap sprint 10 seconds slower than your maximum sprint time. Then recover ½ a lap. Repeat to equal 1.5 to 2 miles total. All maximal intervals should be close to the same time. If there is a substantial drop off in the times, you are going too hard in the recovery.

Interval 2: After completing 1-2 warm-up laps around the track, run at a faster-than-normal pace for 3:00 minutes, followed by a normal pace for 3:00. Proceed to run at that faster-than-normal pace for 2:30, followed by a normal pace for 2:30. Continue this pattern for 2:00, 1:30, 1:00 and 0:30 intervals. Finish with a cool-down lap. Your work interval should be faster than your best 1.5 mile run time pace.

***Note:** If you are experiencing lower leg pain (indicative of overuse injury symptoms), consider using one of the lower-impact training options available in the cardiovascular room (i.e. elliptical versa climber, stair-climber, rowing ergometer). Your training intensity level must remain high!

3. Anaerobic Training

The 300 meter run is a measure of anaerobic capacity. In muscular activities that require maximal or near-maximal force production, such as sprint running, rapidly climbing stairs and use of force, the majority of the energy needs are met by stored high-energy compounds (ATP-PC system) and the anaerobic breakdown of carbohydrates (Lactate system). A proper anaerobic training program can improve performance by increasing muscular strength, efficiency of movement and muscle buffering capacity.

Additionally, certain types of anaerobic training stress more than just the anaerobic energy system. A portion of the energy needed for sprints that last for at least 30 seconds is derived from aerobic or oxidative metabolism. Consequently, repeated bouts of some sprint exercises also increase the muscles' aerobic capacity and may improve 1.5 mile run performance.

Listed below are sample anaerobic running programs that can be utilized to reduce 300 meter run time by enhancing the ATP-PC system (Table 1) and the Lactate system (Table 2). NOTE: the workouts in Table 2 may also improve aerobic capacity.

Table 1: Sample ATP-PC Programs

Anaerobic Workout	Repetitions	Distance or Time	Rest:Work Ratio	Notes
A	10	30m	3:1	3 sets of 10 reps with 5:00 recovery between sets
B	15	60m	3:1	
C	20	40m	3:1	Use 40m shuttle (20m down, 20m back)

Table 2: Sample Lactate Programs

Anaerobic Workout	Repetitions	Distance or Time	Rest:Work Ratio	Notes
D	6-8	300m	2:1	Until pace slows significantly
E	10-12	150m	2:1	Run the 150m at your 300m pace
F	6-8	0:45	2:1	Run full speed for 0:45 with walking recovery for 1:30
G	6-8	0:20	1:2	Run full speed for 0:20 with walking recovery for 0:10

4. Circuit Workouts

A circuit workout is combining a series of exercises to be accomplished in a non-stop predetermined time period. The circuit could be used to target strength training exercises, agility, core, endurance muscles, or any combination thereof. The purpose is to build stamina, increasing the body's endurance ability as well as developing over-all fitness. It has been demonstrated that circuit training has contributed to increased performance in the PTA. Bear in mind, as in any exercise program, the intensity of which the individual trains determine the benefit of the exercise program.

There are endless variations of how a circuit is designed; however, the key component is continual exercise/movement for a specific time period, or cycles.

Following are three variations of a circuit workout. (Feel free to substitute exercises to create more variety).

A. Upper Body Training (12 minutes, as many cycles as possible, rest, repeat 12 minutes)

- 10 push-ups
- 10 high rows
- 5 pull-ups
- 10 triceps push-ups
- 10 low rows
- 10 inverted shoulder push-ups

B. Lower Body Training (complete 1 cycle, rest, repeat 2 more times)

- 20 Squats
- 10 Squat jumps
- 15 alternating lunges
- 15 mountain climbers
- 15 donkey kicks
- 10 split jumps
- 10 helicopters
- 30 meter zig zag bounds
- 120 meter sprint (4 lengths @ 30 meters)

* This is an advanced circuit. Please adjust the numbers to accommodate your fitness level.*

C. Total Body Training (Perform each cycle for 10 minutes with 2 minutes rest between cycles)

Cycle 1

5 pull-ups
15 push-ups
20 weighted sit-ups
15 alternating lunges
10 sandbag bent over rows

Cycle 2

10 close hand (triceps) push-ups
15 swimmer's row
10 sandbag curls to shoulder press
15 sandbag squats
15 victory raises

Cycle 3

10 box jumps
10 inverted shoulder press
15 weighted leg lifts
10 stability ball push-ups
10 medicine ball slams

D. Tabata Intervals

Perform 20 seconds of work followed by 10 seconds of rest for a total time of 3-5 minutes. The workout interval should be performed at 100% intensity. Any exercise can be performed in this manner such as mountain climbers, squats, squat jumps, donkey kicks, etc. The goal should be to design a total body workout which effectively develops the aerobic and anaerobic energy systems.

Circuit Exercises



High Pull



Triceps Push-up



Low Pulls



Inverted Shoulder Push-up



Mountain Climbers



Donkey Kicks



Zig Zag Bound (Start)



Zig Zag Bound (Finish)



Helicopters



Stability Ball Push-up



RESISTANCE TRAINING EXERCISES

Leg Press



Bench Press



Lat Pulldown



Overhead Press



Cable Rotations

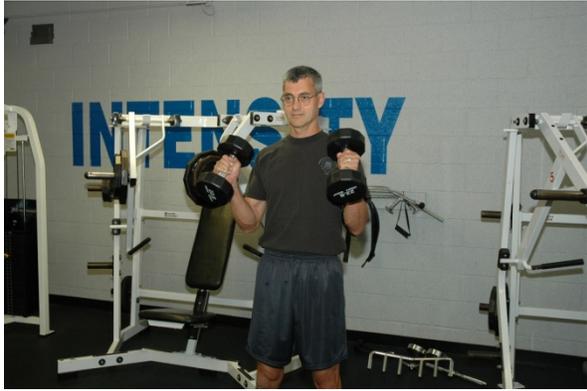


* Also perform this exercise in the opposite direction as shown

Dips



Hammer Curls



Alternative Exercises





Start



Finish



Start



Finish



Start



Middle



Finish



Start



Finish



Start



Finish



Start



Finish



Start



Finish

Core Training

The body's core is comprised of the diaphragm, transverse abdominis, spinal stabilizers, and the muscles of the pelvic floor. In carrying out the duties of a Special Agent, it is essential to have strong core musculature. For example, a strong core will allow for more forceful and effective personal weapon strikes, non-compliant control techniques and ground-fighting maneuvers. In addition, adequate core strength is critical for superior performance on all PTA components. The pictures shown below are recommended exercises for improving core strength.

Core Stabilizing Exercises



Core Strengthening Exercises



Before

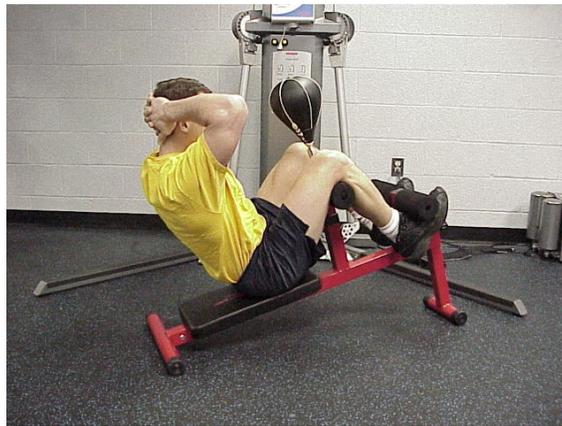
After



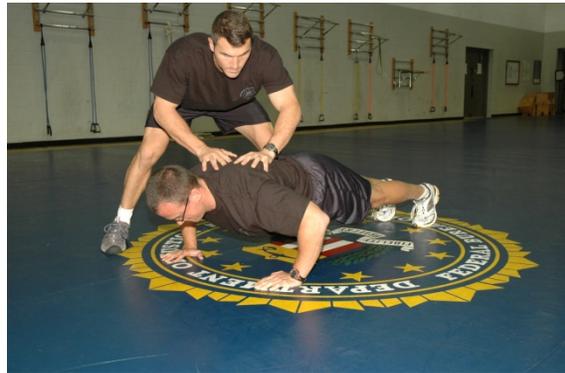
Start

Finish

Sit-up Options



Push-up Options



Pull-up Options





NUTRITION GUIDELINES

General Guidelines

Basic nutrition is actually quite simple. Follow a diet that contains whole grains, fruits, vegetables, lean proteins, and healthy fats. Healthy fats are monounsaturated fats and Omega-3 fatty acids. Also, vary the color of your fruits and vegetables. By eating a variety of colors, you'll ensure that you are getting a variety of vitamins and minerals. For more information visit choosemyplate.gov or the.mayoclinic.com.

Performance Nutrition

Research strongly indicates that when performance is concerned not only is the quality of the food important, but the timing of quality food is important as well. Immediately after you stop working out there is a “window” of opportunity in which you can promote muscle recovery. This window lasts for approximately 90 minutes, but the window substantially closes within the first 30 minutes after exercise. By fueling your body within the first 30 minutes you can minimize protein degradation of the muscles and speed up the recovery process. The ideal post-exercise fueling tactic is a 3-4 to 1 ratio of carbohydrates to protein. Liquids of this ratio are more easily tolerated immediately after working out, but foods are just as effective. Chocolate milk contains this ratio and is recommended as a recovery beverage post-workout. The next step in the recovery process is to consume a meal within 30 minutes post-exercise.



Physical Task Assessment Protocols

Physical Task Assessment Protocols

The DEA Physical Task Assessment (PTA) consists of four exercises. The PTA Administrator (PTAA) must administer the exercise portion of the Physical Task Assessment in the following sequence: (1) sit-ups, (2) a 300-meter sprint, (3) push-ups, and (4) a 1.5 mile run. The PTAA must ensure participants are given ten minutes of rest between each of the events. If at any time the protocols for the sit-ups and push-ups are not followed, the PTAA will articulate the problem to the participant and the improper repetition will not be counted. Once the correction is made and proper protocol is followed for the exercise, the correctly preformed repetition will be counted.

Physical Task Assessment (PTA)

First Physical Task –Sit Ups

The sit-up test is the first PTA event which measures how long the abdominal muscles and the muscles in the lower torso can continue to function with their available strength.

Sit-ups require a person to hold the participant's ankles, so that the PTAA can clearly view proper form. The participant's feet must be secured with downward pressure. The assistant may secure the participant's feet with their hands by grasping the participant's ankles and by applying downward pressure. The assistant may also secure the participant's feet by sitting on them while splaying their legs. If the assistant sits on the participant's feet, the assistant is not permitted to hold the back of the participant's lower legs. Finally, the assistant may also secure the participant's feet by kneeling on them while applying downward pressure.

The participant begins this event by lying flat on his or her back with knees bent at approximately a 90 degree angle. Heels are touching the ground. The assistant holds the participant's ankles to ensure that they remain in contact with the ground. The fingers are fully interlocked behind the participant's back of their head. The sit-up begins with the participant raising the head and torso to the vertical position. The participant's face must break the imaginary vertical plane. After reaching the vertical position, the participant lowers their upper body to the ground, so that the upper back, the shoulder blades that is, touch the ground. This is one repetition and how a sit-up is properly performed. There is to be no resting between sit-ups and all activity must be continuous.

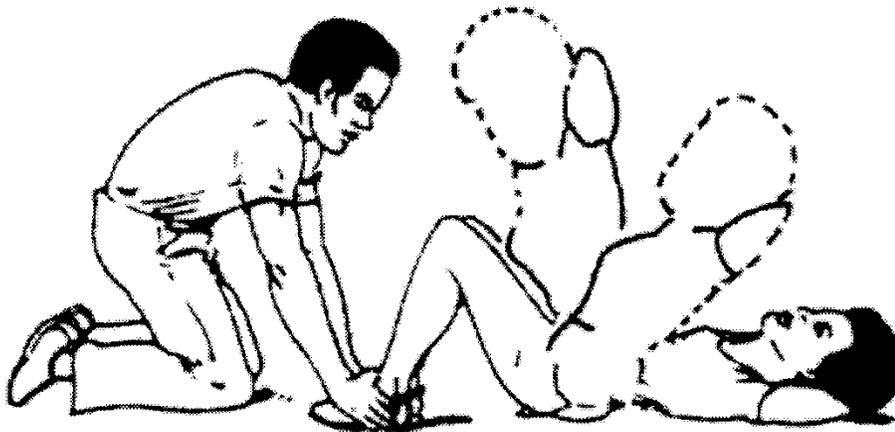
If at any time the protocol for sit-ups is not followed, the PTAA will articulate the problem to the participant.

The following is an example of sit-up protocol violations:

- The participant's fingers are not fully interlocked behind the head.
- The participant's hands slide from the back to the top of their head.
- The participant does not go all the way up.
- The participant does not go all the way down.
- The participant's upper back, shoulder blades, do not touch the ground.
- Finally, the participant is not permitted to have their hips or buttocks raised off the ground.

This is a timed event. The participant has one minute to do as many proper sit-ups as he or she can, providing there is continuous motion; however, to prevent undue stress and possible spinal cord injury, the PTAA must immediately stop the event if the subject is struggling to perform another sit-up and is torquing the neck.

The PTAA ensures participants are given ten minutes of rest between each of the events.



Second Physical Task - The 300-Meter Sprint Test Protocol

The 300-meter sprint is the next PTA event. Optimally, the 300-meter sprint is conducted on an outdoor oval track (1/4 mile or 400 meters), or an indoor track, whose length must be known, so the participant can be advised of the course he or she must sprint. When using an indoor or outdoor track, the participant must stay in the same designated lane throughout the entire 300 meter sprint. If tracks are not available, a suitable running area is used; one that is measured to exact distances are indicated. When the test does not take place on a track, the chosen site should have no more than a 3% grade, the surface should be black top or asphalt, and it should be free of debris, pedestrians, or vehicular traffic.

Under no circumstance is the participant permitted to sprint this event on a treadmill or any other piece of cardiovascular equipment. The total lapsed time it takes the participant to sprint the distance is recorded in minutes and seconds.

The participant will start from a standing position and sprint 300-meters as fast as possible. The PTAA will utilize an auditory and visual signs to initiate the start of the sprint for the participant.

The PTAA ensures participants are given ten minutes of rest between each of the events.

Third Physical Task - The Push-Up Test Protocol

The push-up is the next event in the PTA.

The event begins as the participant assumes the front leaning rest position. The hands are placed just outside the straight line down from the shoulders. The hands must be placed outside the body with a 45 degree angle at the armpit between the elbow and the torso. The back, buttocks, and legs must be straight from head to heels. The toes are touching the ground and the feet are not more than three inches apart from each other. The participants will start with their elbows locked and their head looking forward. The event begins by bending the elbows and lowering the entire body until the tops of the upper arms, shoulders and lower back are parallel to the ground. The elbows are no more than 45 degrees from the body. To return to the starting position, the participant locks the elbows. This is one repetition and how a push-up must be performed. There is to be no resting between push-ups and all activity must be continuous.

If at any time the push-up protocol is not followed, the PTAA will articulate the problem to the participant.

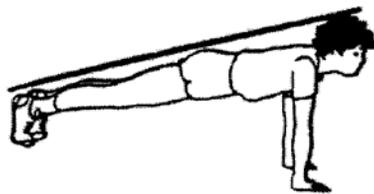
The following are examples of push-up protocol violations:

- The participant's body is not straight.
- The participant is not permitted to raise their buttocks in the air or to lower their pelvis to the ground.
- The participant fails to lock out the elbows in the up position.
- The participant adjusts their feet during the event or places their feet in an improper position.
- The participant's hand position is improper as seen below, underneath the body and positioned inside the shoulders.
- This hand position facilitates a triceps extension, not a push-up.
- The participant picks up or adjusts their hands during the push-up event.
- Finally, the participant does lower their body far enough where the tops of the upper arms, shoulders, and lower back are aligned and parallel to the ground.

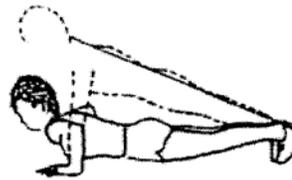
If the participant fails to lower their body properly, the repetition will not be counted. The PTAA may place their fist on the ground in line with the participant's chest; thus indicating a full range of motion when the participant's touches their chest to the PTAA's fist.

This is an un-timed event. The participant has unlimited time to do as many correct push-ups as possible, providing the motion is continuous.

The PTAA ensures participants are given ten minutes of rest between each of the events.



POSITION #1



THE PUSH-UP



POSITION #2



FRONT VIEW



TOP VIEW

Fourth Physical Task – 1.5 Mile Run Test Protocol

The 1.5 mile run is the 4th and last PTA event.

Optimally, the 1.5 mile run is conducted on an outdoor track, which is usually a quarter mile long, or an indoor track, whose length must be known, so the subject can be advised of how many times around he or she must run. If tracks are not available, a suitable running area is used; one that is measured to exact distances are indicated. The test can be given on an out and back course or on a straight one and a half mile course from point A to point B. If the test does not take place on a track, the chosen site should have no more than a 3% grade, the surface should be black top or asphalt, and it should be free of debris, pedestrians, or vehicular traffic.

Under no circumstance is the subject permitted to run this event on a treadmill or any other piece of cardiovascular equipment. The total lapsed time it takes the subject to run one and a half miles is recorded in minutes and seconds.

The Point System

DEA has developed a Physical Task Assessment point system. There are a certain number of points awarded for various levels of achievement in each of four physical fitness events. The levels of achievement are the participant's score. The score is then translated into points. The participant has to reach a designated minimum of combined points to pass the PTA. What's new and more definitive about this points system is that it provides for not only positive points, but negative ones as well. So, for example, if a male subject does between 39 and 42 sit-ups, he gets two points. If he does between 32 and 37 sit-ups, the score is zero. If he does 31 or below sit-ups, the score is minus two. This kind of scoring, utilizing negative numbers, allows DEA to far more accurately measure fitness and thus more accurately identify areas that need improvement.

There is the PTAA scoring form, which the PTAA must fill out. The elements that make up the top of the form are self-explanatory. The rest of the form pertains largely to recording scores and entering the point scores they convert to. Each event requires both a score and the point score it is derived from. If the participant's point score is at or above DEA set minimum, he or she passes the PTA.

Summary

It is imperative that at the end of the administering of the Physical Task Assessment, the PTAA keeps the record of the results.

DEA's Physical Task Assessment has to be administered in precisely the same way every time. Adhering to the protocols delineated in this guide will guarantee fairness and exacting results.

DEA PHYSICAL TASK/ASSESSMENT RATING SCALE

MALE

FEMALE

Sit-Ups Completed	Points	Sit-Ups Completed	Points
31 and below	-2	29 and below	-2
32 - 37	0	30 - 34	0
38	1	35 - 36	1
39 - 42	2	37 - 40	2
43 - 44	3	41 - 42	3
45 - 47	4	43 - 46	4
48 - 49	5	47 - 48	5
50 - 51	6	49 - 50	6
52 - 53	7	51 - 52	7
54 - 55	8	53 - 54	8
56 - 57	9	55 - 56	9
58 and over	10	57 and over	10

Maximum Sit-Ups in One (1) Minute

MALE

FEMALE

300 Meter Sprint Time	Points	300 Meter Sprint Time	Points
55.1 and over	-2	67.5 and over	-2
55.0 - 52.5	0	67.4 - 65.0	0
52.4 - 51.1	1	64.9 - 62.5	1
51.0 - 49.5	2	62.4 - 60.0	2
49.5 - 48.0	3	59.9 - 57.5	3
47.9 - 46.1	4	57.4 - 56.0	4
46.0 - 45.0	5	55.9 - 54.0	5
44.9 - 44.0	6	53.9 - 53.0	6
43.9 - 43.0	7	52.9 - 52.0	7
42.9 - 42.0	8	51.9 - 51.0	8
41.9 - 41.0	9	50.9 - 50.0	9
40.9 and below	10	49.9 and below	10

*** In order to successfully pass the PTA, the Special Agent Applicant/Basic Agent Trainee must score at least one (1) point in each event and twelve (12) points overall.***

MALE

FEMALE

Push-Ups Completed	Points	Push-Ups Completed	Points
19 and below	-2	4 and below	-2
20 - 29	0	5 - 13	0
30 - 32	1	14 - 18	1
33 - 39	2	19 - 21	2
40 - 43	3	22 - 26	3
44 - 49	4	27 - 29	4
50 - 53	5	30 - 32	5
54 - 56	6	33 - 35	6
57 - 60	7	36 - 38	7
61 - 64	8	39 - 41	8
65 - 70	9	42 - 44	9
71 and over	10	45 and over	10

MALE

FEMALE

1.5 Mile Run Time	Points	1.5 Mile Run Time	Points
13:30 and over	-2	15:00 and over	-2
13:29 - 12:25	0	14:59 - 14:00	0
12:24 - 12:15	1	13:59 - 13:35	1
12:14 - 11:35	2	13:34 - 13:00	2
11:34 - 11:10	3	12:59 - 12:30	3
11:09 - 10:35	4	12:29 - 11:57	4
10:34 - 10:15	5	11:56 - 11:35	5
10:14 - 9:55	6	11:34 - 11:15	6
9:54 - 9:35	7	11:14 - 11:06	7
9:34 - 9:20	8	11:05 - 10:45	8
9:19 - 9:00	9	10:44 - 10:35	9
8:59 and below	10	10:34 and below	10