

The DEA Physical Task Assessment Protocols

Introduction

The Physical Task Assessment (PTA) will consist of four events in the following order: sit-ups, 300-meter sprint, push-ups and the 1.5 mile run. You will have no more than 10 minutes of rest between each of the events. In order to pass the PTA, the participant has to score at least one point in each event and to reach a minimum of 12 points total.

Event #1: The Sit-Up Protocol

The sit-up event is the first PTA event which measures the strength and endurance of the abdominal muscles and the muscles in the lower torso. This is a timed event.

Sit-ups require a partner to hold the participant's ankles, so that the PTA administrator can clearly view proper form. The participant's feet must be secured with downward pressure by one of the three ways:

- 1) The partner may secure the participant's feet by using their hands to apply downward pressure to the participant's ankles.
- 2) The partner may also secure the participant's feet by kneeling on them while using their hands to apply downward pressure to the participant's ankles.
- 3) The partner may also secure the participant's feet by sitting on them while splaying their legs. If the partner sits on the participant's feet, the partner is **NOT** permitted to hold the back of the participant's lower legs.

The participant begins this event by lying flat on his or her back with the top of both shoulder blades in contact with the ground. This is the **starting position**. The feet must be flat on the ground and the knees bent at approximately a 90 degree angle. The hands are crossed on the participant's chest. The left hand is firmly placed the upper right shoulder and the right hand is firmly placed on the upper left shoulder. The participant will lock their hands onto their upper shoulders, but will not grab their shirt. The hands **must** maintain full contact with the upper shoulders throughout the entire exercise. The partner must secure the participant's feet with downward pressure. The sit-up begins with the participant raising their head and torso to the vertical position. The participant **must** break an imaginary vertical plane with their elbows passing the tops of their knees. After breaking the imaginary vertical plane, the participant lowers their upper body to the ground, so that the **top of both shoulder blades** touch the ground returning to the starting position. 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**. It should be noted that placing one's feet too close to their buttocks may prevent the participant from being able to break the vertical plane resulting in a sit-up protocol violation.

If at any time the protocol for sit-ups is not followed, the PTA administrator will articulate the problem to the participant and the repetition will not count.

The following is example of sit-up protocol violations:

- The participant does not maintain full contact with the upper shoulders.
- The participant grabs their shirt instead of firmly locking their hands on their upper shoulders.
- The participant elbows do not cross the plane at the knees.
- The participant does not go touch the ground with the top of both shoulder blades.
- Finally, the participant is not permitted to have his or her hips or buttocks raised off the ground during the event.

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. The PTA administrator may also place a hand flat on the ground to ensure the top of both shoulder blades touch the ground.

Event #2: The 300-Meter Sprint

The 300-meter sprint is the second PTA event which measures the anaerobic power of the cardiovascular system. This is a timed event. The 300-meter sprint is conducted on an oval track whose length must be known so the participant can be advised of the course he or she must sprint. The total lapsed time it takes the participant to sprint 300-meters is recorded in seconds and tenths of a second.

The PTA administrator will give the command for participant to assume the start position by stating “On your mark” and begin the sprint with a single whistle blast. The participant must start in a standing position and is **NOT** permitted to touch the ground with his or her hands. If the participant touches the ground while starting, this will result in a failure of the event. The participant must remain in his or her assigned lane for the entirety of the sprint. If the participant steps into another lane, this will result in a failure of the event.

Event #3: The Push-Up Event

The push-up event is the third PTA event which measures the muscular strength and endurance of the upper body. This is an un-timed event. The participant must wear a short sleeve shirt tucked in the waistband during this event so that the PTA administrator can clearly view proper form.

The event begins as the participant assumes the front leaning rest position. The hands are placed just outside an imaginary line drawn straight down from each shoulder while the elbows are at a 45 degree angle from the imaginary lines. The back, buttocks, and legs must maintain an imaginary **horizontal** line drawn from head to heels. The feet are not more than **eight inches** apart and the participant’s head is facing 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 must maintain a 45 degree angle from the imaginary straight line drawn down from each shoulder. 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 PTA administrator will articulate the problem to the participant and that repetition will not be counted.

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
- The participant's **knees, pelvis, stomach or thighs** are **not** permitted to touch the ground
- The participant fails to lock out their elbows in the up position or lower your body parallel to the ground.
- The participant adjusts their hands or feet during the event.
- The participant places their hands or feet in an improper position.
- The participant's elbows fail to maintain a 45 degree angle from the imaginary straight line drawn down from each shoulder.
- Finally, the participant does not lower their body far enough where the tops of the upper arms, shoulders, and lower back are aligned and parallel to the ground.

The PTA administrator may place their fist on the ground in line with the participant's chest indicating a full range of motion when the participant's touches their chest to the fist of the PTA administrator.

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

Event #4: The 1.5 Mile Run

The 1.5 mile run is the 4th and last PTA event which measures the aerobic power of the cardiovascular system. This is a timed event.

The 1.5 mile run is conducted on a running track, whose length must be known, so the participant can be advised of how many times around he or she must run. The totally lapsed time it takes the subject to run one and a half miles is recorded in minutes and seconds.