

CBP Officer Pre-employment Fitness Test-1-1  
Audio Script

Note: items in parentheses and capital letters are instructions to the technicians developing the Audio CD.

(AUDIO TONE)

Welcome to the Pre-employment Fitness Test-1 for Customs and Border Protection Officer Applicants.

To ensure quality control and consistency, the audio CD you are listening to is used to administer all tests nationwide.

The Pre-employment Fitness Test-1 battery consists of 5 physical abilities tests administered in two parts.

Part 1 is administered in the following order: the Push-up Test, the Side Step Test, the Sit-up Test, and the Lift/Lower Test.

Part 2 consists of the Step Test.

Part 1, the Push-up, Side Step, Sit-up, and Lift/Lower Test is scored using a compensatory or cumulative scoring system.

The number of cycles you complete during the push-up, side step and sit-up tests and the amount of time it takes you to complete eight lift/lower cycles will be tallied and a total score for that test will be assigned. Each test score in Part 1 will be added together for a final cumulative score. You must earn a score greater than zero on each test and a total cumulative score of at least 80 on Part One and pass Part Two to pass the Pre-employment Fitness Test-1.

Part 2 of the Pre-employment Fitness Test-1 consists of only the Step Test which is scored as a Pass/Fail. You must successfully complete the Step Test and have a passing cumulative score in Part one to pass the Pre-employment Fitness Test-1.

There will be three minutes between tests during this time you will be given instructions on how to perform the next test.

All of the tests you will be taking today were thoroughly described and illustrated in the brochure and CD you received from the hiring center. You were encouraged to become familiar with the content of these materials. Additionally you were told to practice these fitness tests to enhance your chances of passing the Pre-employment Fitness Test-1.

It is critical that you understand that the Pre-employment Fitness Test-1 is only one step in the applicant screening process. You must keep yourself in top physical condition from now on to

ensure that you can successfully complete the rigorous requirements of the U.S. Customs and Border Protection Field Operation Academy and perform the job duties of a CBP Officer.

Let's Begin Part One.

The first test you are required to perform is the Push-up Test.

You must complete as many proper form push-ups as possible, with a minimum of 12 in 60 seconds.

You will start in the up position with elbows locked, hands spaced shoulder width apart with your head up and with your thumbs aligned with the crease of the shoulder.

Your body must be kept in a straight line with the feet close together throughout the test.

The depth of the push up will be measured by using a four inch high foam block. Your sternum, also known as the breastbone, must touch this block on each repetition, keeping your body straight, drop down until your sternum touches the foam block then maintaining a straight body, push up until the elbows are straight.

Returning to the up position with elbows locked completes one push up.

An audio tone and verbal instructions on this CD will instruct you when to start and stop this test.

The test administrator will count properly performed repetitions out loud during the test. The administrator will also tell you when a push up did not count and instruct you in proper performance. For example, "that didn't count; elbows must be straight in the up position."

Remember push ups done with sagging back, raised buttocks, or with feet spread wide apart will not count.

Additionally, half push ups such as if you fail to touch the foam block or do not come all the way up to a straight elbow position also will not count.

While push ups done incorrectly don't count, you may continue to perform push ups until time expires.

If you need to rest, do so only in the up position.

The test will stop when 60 seconds has expired, or when you stop because you can't perform any more push ups, or when either knee or both knees touch the floor.

Now, assume the starting position.

Start when you hear the audio tone.

Ready? Go.

(TONE)

(PAUSE 30 SECONDS)

Halfway.

(PAUSE 15 SECONDS)

15 seconds left.

(PAUSE 15 SECONDS)

Time.

(TONE)

This ends the Push-up Test.

You will now have a three minute rest period while I explain the Side Step Test.

For the Side Step Test, you will be required to complete two 10-second trials with a 20 second rest period between the first and second trial.

The highest number of outside line touches and center line crosses of the two trials will be recorded as the final score. You must complete a minimum of 8 outside line touches and center line crosses in at least one of the trials to get a passing score.

Let's practice the side step motion before beginning the test.

Stand erect in the taped area, straddling the center line.

Now, slide or side step to one side until the closest foot touches or crosses the outside line.

Then slide in the opposite direction crossing the center line until the closest foot touches the other outside line.

Here are some things to keep in mind.

While performing the side step, you cannot cross your feet or turn your torso to the side. You may turn your head, but not your torso. If you cross your legs, or turn your torso during the test,

the trial will be stopped and you will be given another opportunity to begin again after a 20 second rest.

If you fail to maintain the correct position during a retrial, you will receive a zero for that trial.

(LONG PAUSE)

The Side Step Test will begin when you hear the word “go.” You should complete as many outside touches as possible with a minimum of 8 in 10 seconds.

Now assume the starting position inside the taped area, straddling the center line.

Go.

(PAUSE 10 SECONDS)

Stop.

Now assume the starting position inside the taped area, straddling the center line.

Wait for the word go, then perform the second trial.

Go.

(PAUSE 10 SECONDS)

Stop.

This ends the Side Step Test.

You will now have a three minute rest period while I give you instructions for the Sit-up Test.

The third test is the Sit-up Test.

You must complete as many proper form sit-ups as possible with a minimum of 20 in 60 seconds.

The test administrator will hold your feet during the test, count properly performed repetitions out loud during the test, inform you when a sit-up did not count and instruct you in proper performance. For example, “that didn’t count; touch your shoulder blades to the floor.”

Start with your back flat on the floor and your knees bent at a 90 degree angle. There should be an 18 to 21 inch separation between your heels and buttocks.

Place your hands behind your head with the fingers straight and the palms touching or cupping the ears to assume the proper down position.

To get to the required up position contract your abdominal muscles so as to lift your head and upper body off the floor to the point where your elbows touch your knees or upper thighs.

Let the weight of your head rest on the fingertips throughout the sit up.

Do not pull or jerk with your hands to assist in the sit up as it may cause neck strain or injury.

Then return to the starting position, making sure that your shoulder blades touch the floor. This completes one repetition.

While sit ups done incorrectly don't count, you should continue to perform sit ups until time expires.

Sit ups that will not count will include those where the buttocks are raised off the floor, the arms are used to get from the down position to the up position, and half sit ups where you fail to touch your elbows to your knees or upper thighs or you fail to touch your shoulder blades to the floor.

If you get stuck in the down position immediately pull yourself to the up position with your hands placed behind your knees. This sit up will not count nor will the return to the starting position, following this assisted movement.

The test will stop when 60 seconds has expired, or when you stay down with your back on the floor for 3 seconds or more, or when you stop because you cannot perform any more sit ups.

Now, assume a bent knee position on the mat, relax in place.

The test will start in 15 seconds.

Assume the sit up ready position.

Start on the word go.

Ready? Go.

(TONE)

(PAUSE 30 SECONDS)

Halfway.

(PAUSE 15 SECONDS)

15 seconds left.

(PAUSE 15 SECONDS)

Time.

(TONE)

This ends the Sit-up Test.

You will now have a three minute rest period during which time instructions for the Lift/Lower Test will be given.

The fourth and final test in Part One is the Lift/Lower Test. This test requires that you complete eight lift/lower cycles as safely and as quickly as possible in one minute. Please note that the test will stop if you are unable to perform the required lift/lower cycles in one minute.

A lift/lower cycle consists of lifting a crate with 50 pound inside from the floor to a 30-inch high table by moving your feet to turn to place it on a table, releasing the grip, re-gripping the handles, lifting the crate, moving your feet to lower the crate to the floor.

Remember to use good lifting technique

Keep the crate close to your body

Fix your back – by straightening it not curving it

Look up as you lift and lower using your legs

Turn by moving your feet – do not twist your spine

Now we'll begin the practice session

Step Up to the crate and place your feet slightly wider than the crate getting as close to the crate as you can while still being able to lift

Fix your back

Squat and grip crate handles.

Look up and lift the crate no more than 4 inches and hold it momentarily to become accustomed to what lifting 50 pounds feels like

Lower the crate back to the floor

Release your grip and return to the standing position

Step up to the crate and place your feet slightly wider than the crate getting as close to the crate as you can while still being able to lift.

Fix your back.

Squat and grip the crate handles.

Look up and lift the crate off the floor by straightening your knees.

Moving your feet, turn towards the table.

Lower the crate onto the table.

Release your grip on the handles but do not move your hands away from the crate, just open your hands.

Grip the crate again.

Lift it from the table.

Moving your feet, turn away from the table.

Squat with a fixed back and lower the crate to the floor.

Release your grip.

Say "One" indicating that one lift/lower cycle has been performed.

Do not stand up between lifts.

The second and subsequent Lift/Lower cycles will begin immediately by re-gripping the handles in order to lift it again.

During the test to follow, you will NOT be given detailed commands as in the practice. You will only be instructed to begin the Lift/Lower Test.

You will have one minute to complete the test.

The Lift/Lower Test Will Begin at the sound of the audio tone

Step Up to the crate

Place your feet slightly wider than the crate and fix your back

Ready

(AUDIO TONE)

Start lifting.

Count out loud after each lift/lower cycle.

After one minute, the Lift/lower Test is finished

(PAUSE 15 SECONDS)

You will now have a 3 minute rest period while I give you instructions for Part Two, the Step Test.

The Step Test is the final test in the Pre-employment Fitness Test-1 Battery.

Move to the front of the step.

You will be required to step up and down on a twelve inch high step, at a cadence of 120 steps per minute for 5 minutes.

Experience shows that the best way for you to pass the Step Test is to make sure that you get started correctly and that to get started correctly, it works best if you go from marching in place to stepping onto the bench. Marching in place, then stepping onto the bench allows you to begin with an established cadence.

There will now be two practice sessions. First you'll practice marching in place, then, after a pause; you'll practice making the transition from marching in place to stepping onto the bench.

There are three commands that you need to listen closely for: they are "ready," "march," and "One, two, one, two."

"Ready" is the preparatory or heads up command.

"March" is the command to begin marching in place.

"One, two, one, two" provides the march cadence.

We'll now briefly practice marching in place. There will be a total of 16 alternating steps.

Ready?

(SOUND OF METRONOME)

March.

(AUDIO TONE)

One, two.  
One, two.  
One, two.  
One, two.  
One, two.  
One, two.  
ready, halt.  
One, two.

(SOUND OF METRONOME ENDS)

Now we'll practice the transition from marching in place to stepping onto the bench.

For this practice, you need to know one more command: "up, up, down, down." This command describes the action of stepping onto and off of the bench.

Your test administrator will stand next to you and will march in place with you. When it is time to step onto the bench the test administrator will take a high step and move his or her hands in an upward motion to indicate the transition from marching to bench stepping. When you see the high step and upward hand movement, step onto the bench.

Ready?

(SOUND OF METRONOME)

(AUDIO TONE)

March.

One, two.  
One, two.  
One, two.  
One, two.  
up, up, down, down,  
up, up, down, down  
up, up, down, down,  
ready, halt. One, two.

(SOUND OF METRONOME ENDS)







up, up, down, down  
up, up, down, down (30 STEPS)  
4 minutes are finished. (IN CADENCE)  
1 minute to go (IN CADENCE)  
up, up, down, down  
up, up, down, down (30 STEPS)  
Stop.

(AUDIO TONE)

(SOUND OF METRONOME ENDS)

The Step Test is finished

This completes the Pre-employment Fitness Test-1 for Customs and Border Protection Officer applicants.

Remember it is your responsibility to get in shape and maintain a high level of physical fitness to prepare for attendance at the Customs and Border Protection academy and potentially for a career as a Customs and Border Protection Officer.