

# Good physical ability tests essay example

[Law](#), [Security](#)



## **Security Staff Physical ability Tests**

Prior to being hired, were you asked to take any physical tests?

The job of a security officer can be very demanding physically, therefore, before being offered a job every individual has to undergo various physical tests to determine their ability to perform the job . The officer's inability to carry out the physical functions can have a major effect on the people he or she is supposed to protect. The physical fitness tests will help determine if the individual is able to carry out the frequent and critical job functions that must be performed daily.

## **What do you perceive to be the physical demands of your job?**

A security officer is expected to respond to unexpected or emergency circumstances on a daily basis; therefore, the job will demand one to be able to run, jump, lift heavy items and even bend. Occasional stooping, crouching, crawling and reaching with the hands and arms are also required. The officer may also be required to run on uneven terrain.

## **How physically demanding would you say your job is on a scale of 1 to 5?**

As seen above, security officer's job is a very physical demanding job; therefore, I would say the job scored a 4 on a scale of 1 to 5. The officer is responsible for the safety of the civilians around him or her, and they cannot be in a relaxing mode; therefore, they have to be on their feet and very alert every day . They sometimes have to attend to emergency situations that require intense physical abilities so as to keep the civilians safe. For the

armed officers, they sometimes have to carry heavy weapons on their hands and backs which requires one to be very physically fit.

### **Are there physical demands you were unaware of prior to accepting your position?**

When taking up a job, security officers are sometimes unaware of the physical demands that come with the job. This mainly happens when if the officers did not undergo any physical ability tests or training before taking the job. They are, therefore, surprised when they have to take care of emergencies such as fires, flooding and other natural disasters.

### **Do you believe physical ability tests should be given to the individuals considering for your type of work?**

I believe that every individual considering being a security officer should undergo the various physical ability tests. This will help to ensure that they can perform their job as they are required.

### **What physical tests should be given to individuals?**

Some of the tests should include: Achieving a range of 20- 30 push-ups and sit-ups with vertical 14 inches jumps every training day, finish a mile and a half run in less than twenty minutes and an obstacle course. A pack test should also be included. This is mainly conducted by experts and involves determining an individual's aerobic capacity as well as muscular fitness.

### **References**

Arvey, R., Maxwell, D., & Salas, E. (1992). Development of Physical Ability Tests for Police Officers. NCBI Resources, 39-40.

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