



Pre-Employment Youth Academy Physical Abilities Test (YAPAT)

The below listed scenarios are required to pass the YAPAT. The National Guard Youth Challenge Program (NGYCP) is a quasi-military training environment and many of the Washington Youth Academy (WYA) procedures follow US Army regulations. These regulations are published in the form of a Field Manual (FM) or simply as an Army Regulation (AR). Grading standards are taken directly from FM 7-22 to ensure consistency during grading. If candidates fail to complete exercises correctly, they will be immediately informed by the grader on site. The candidate will be given an opportunity to refer to reference material and given another chance to correctly perform the exercise. Candidates failing any of the scenarios shown below will be disqualified for further consideration.

Candidates who fail to qualify may re-apply in 90 days.

Scenario 1: Emergency Response Test (each event must be completed as described below to pass).

- *Sit and Stand:* Sit in chair and stand up unaided.
- *Bend and Reach:* Pick up small item off floor.
- *Stair Descent:* Continue from the above events to the stairs and descend 23 steps (2 flights) safely to the bottom of the stairs as if responding to an emergency. Safely ascend the 2 flights of stairs, returning to the test starting point, again as if responding to an emergency.
- *Drag:* Drag “Juvenile Rescue Randy” (145lbs) 35 feet¹.
- *Stair Climb:* From the end of the drag portion respond back to the stairs and safely descend and ascend the stairs, returning to the test starting point.
- *Crawl:* Crawl 20 ft. on floor-Scenario ends.

¹ 35 feet is the rescue standard for WA Fire Candidate Physical Ability Test CPAT
http://www.ci.seattle.wa.us/fire/employment/ffjob_physicalAgility.htm.



Scenario 2: Physical Fitness Instruction/Demonstration Test (All exercises are four count exercises. Completion of all four counts equals one repetition. Completion of the designated number of repetitions per exercise is required to pass). **The first exercise (Power Jump) must be explained AND demonstrated to pass.** While or after instruction, 5 repetitions of this exercise will be performed.

Exercises two through six will be demonstration/execution only (no instruction required). You must pass a minimum of four of the six exercises to pass Scenario 2.

<u>Exercise</u>	<u>Reference</u>
1. Power Jump – 5 repetitions	FM 7-22 pg. 9-6 <i>Demonstration & Instruction</i>
2. Supine Bicycle – 8 repetitions	FM 7-22 pg. 9-14 <i>Demonstration Only</i>
3. Windmill – 5 repetitions	FM 7-22 pg. 8-9 <i>Demonstration Only</i>
4. Rower – 5 repetitions	FM 7-22 pg. 8-7 <i>Demonstration Only</i>
5. Push-up – 5 repetitions	FM 7-22 pg. 8-14 <i>Demonstration Only</i>
6. V-up – 3 repetitions	FM 7-22 pg. 9-7 <i>Demonstration Only</i>

* Candidates may use the attached exercise descriptions for reference during the exercises.

Scenario 3: 15 Minute Continuous Run² (must continuously run/jog at your own pace to pass). Applicants will be led to the testing area and will demonstrate running (without stopping, walking, or speed walking) for 15 minutes. Applicants can run and set their own pace.

Note: All scenarios will be performed in athletic attire (i.e. shorts/sweats-t-shirt/sweatshirt-running shoes). Please ensure that you are dressed appropriately - no tight fitting or revealing attire.

****If you have questions regarding this test please contact the Washington Youth Academy Human Resource Consultant at (360)-473-2622 or patricia.acoba@mil.wa.gov.**

² This exercise test is designed to measure the applicant's ability to run continuously, which simulates leading a Cadet formation run lasting 15-20 minutes.



EXERCISE 1: POWER JUMP

Purpose: This exercise reinforces correct jumping and landing, stimulates balance and coordination, and develops explosive strength (Figure 9-2).

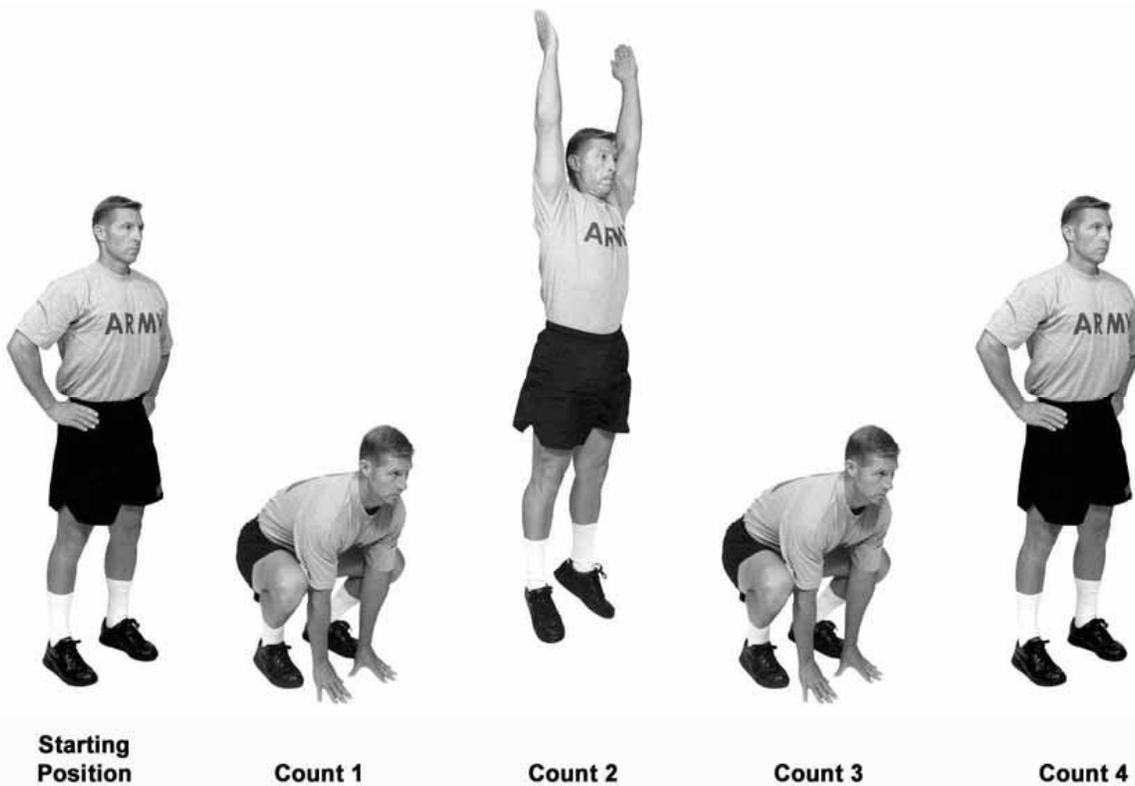
Starting Position: Straddle stance with hands on hips.

Cadence (Tempo): MODERATE

Count:

1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach to the ground, attempting to touch with the palms of the hands.
2. Jump forcefully in the air, vigorously raising arms overhead, with palms facing inward.
3. Control the landing and repeat count 1.
4. Return to the starting position.

Figure 9-2. Power jump



Check Points:

- At the starting position, tighten the abdominals to stabilize the trunk.
- On counts 1 and 3, keep the back generally straight with the head up and the eyes forward.
- On count 2, the arms should be extended fully overhead. The trunk and legs should also be in line.
- On each landing, the feet are directed forward and maintained at shoulder distance apart. The landing should be soft and proceed from the balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet should be demonstrated on each landing.

Precautions: N/A

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EXERCISE 2: SUPINE BICYCLE

Purpose: This exercise strengthens the muscles of the abdomen and controls the rotation of the trunk (Figure 9-8).

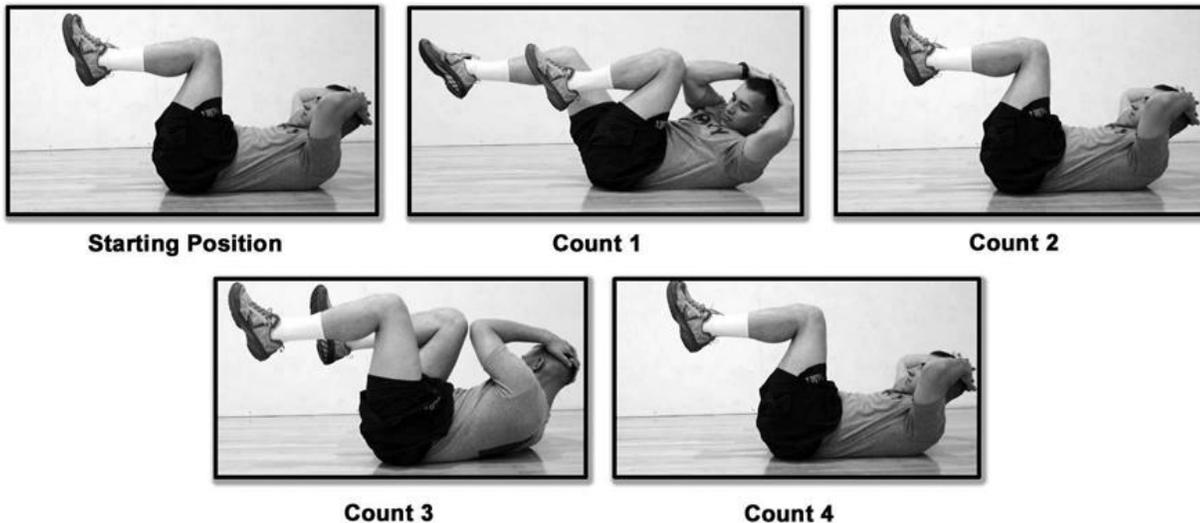
Starting Position: Supine position with the fingers interlaced, hands on top of the head. Hips, knees, and ankles are flexed at 90 degrees and lower legs are parallel to the ground. The head is off the ground.

Cadence (Tempo): SLOW

Count:

1. Bring the left knee toward the chest while flexing and rotating the trunk to the left, attempting to touch the right elbow with the left thigh. As the left knee rises, the right leg extends.
2. Return to the starting position.
3. Bring the right knee toward the chest while flexing and rotating the trunk to the right, attempting to touch the left elbow with the right thigh. As the right knee rises, the left leg extends.
4. Return to the starting position.

Figure 9-8. Supine bicycle



Check Points:

- At the starting position ensure that the hands are on top of the head, not behind the neck.
- Maintain tightness of the abdominals throughout the exercise.

Precaution: On counts 1 and 3, do not jerk the neck or arch the back to assume the up position.

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EXERCISE 3: WINDMILL

Purpose: This exercise develops the ability to safely bend and rotate the trunk. It conditions the muscles of the trunk, legs, and shoulders (Figure 6-67).

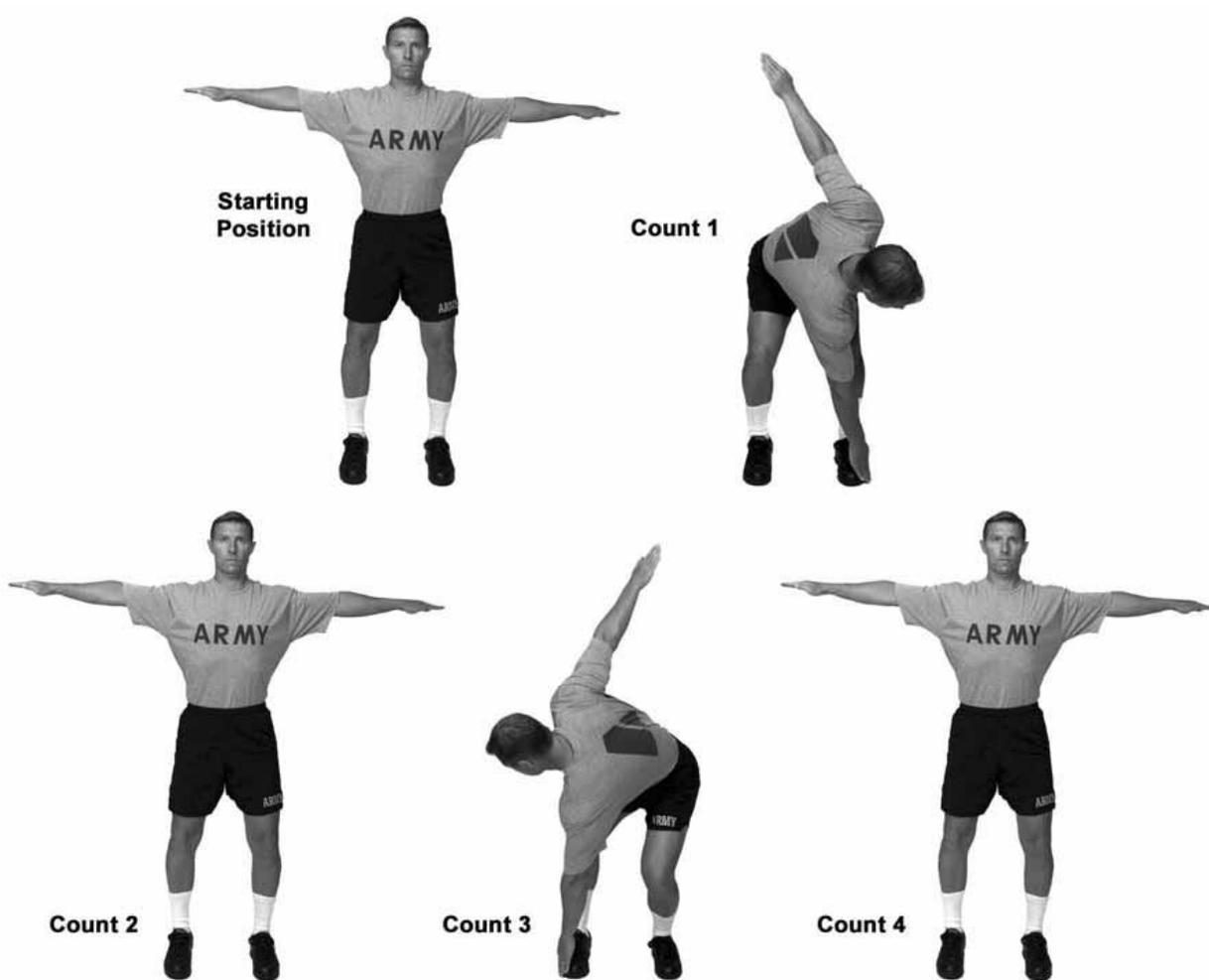
Starting Position: Straddle stance with arms sideward, palms facing down, fingers and thumbs extended and joined.

Cadence (Tempo): SLOW

Count:

1. Bend the hips and knees while rotating to the left. Reach down and touch the outside of the left foot with the right hand and look toward the rear. The left arm is pulled rearward to maintain a straight line with the right arm.
2. Return to the starting position.
3. Repeat count 1 to the right.
4. Return to the starting position.

Figure 6-67. Windmill



Check Points:

- From the starting position, feet are straight ahead, arms are parallel to the ground, hips set, and abdominals are tight.
- On counts 1 and 3 ensure that the knees bend during the rotation. Head and eyes are directed to the rear on counts 1 and 3.

Precautions: This exercise is always performed at a slow cadence.

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EXERCISE 4: ROWER

Purpose: This exercise improves the ability to move in and out of the supine position to a seated posture. It coordinates the action of the trunk and extremities while challenging the abdominal muscles (Figure 6-62).

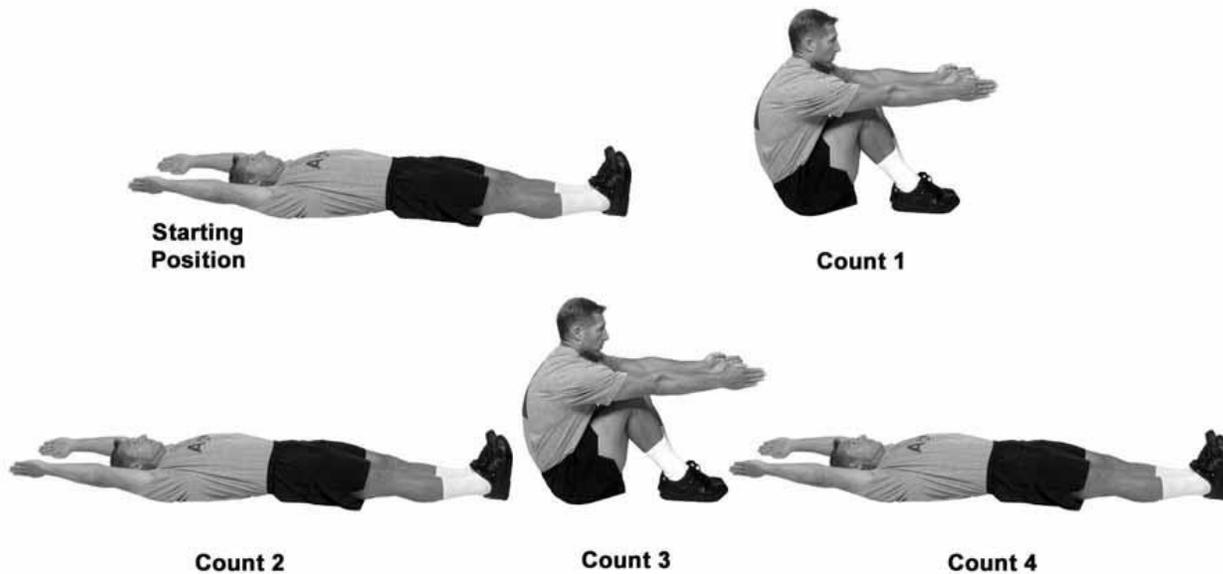
Starting Position: Supine position, arms overhead and feet together and pointing upward. The chin is tucked and the head is 1-2 inches above the ground. Arms are shoulder-width, palms facing inward, with fingers and thumbs extended and joined.

Cadence (Tempo): SLOW

Count:

1. Sit up while swinging arms forward and bending at the hip and knees. At the end of the motion, the arms will be parallel to ground, palms facing inward.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Figure 6-62. Rower



Check Points:

- At the starting position, the low back must not be arched excessively off the ground. To prevent this, tighten the abdominal muscles to tilt the pelvis and low back toward the ground.
- At the end of counts 1 and 3, the feet are flat and pulled near the buttocks. The legs stay together throughout the exercise and the arms are parallel to the ground.

Precautions: This exercise is always performed at a slow cadence. Do not arch the back to assume counts 1 and 3.

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EXERCISE 5: PUSH-UP

Purpose: This exercise strengthens the muscles of the chest, shoulders, arms, and trunk (Figure 6-79).

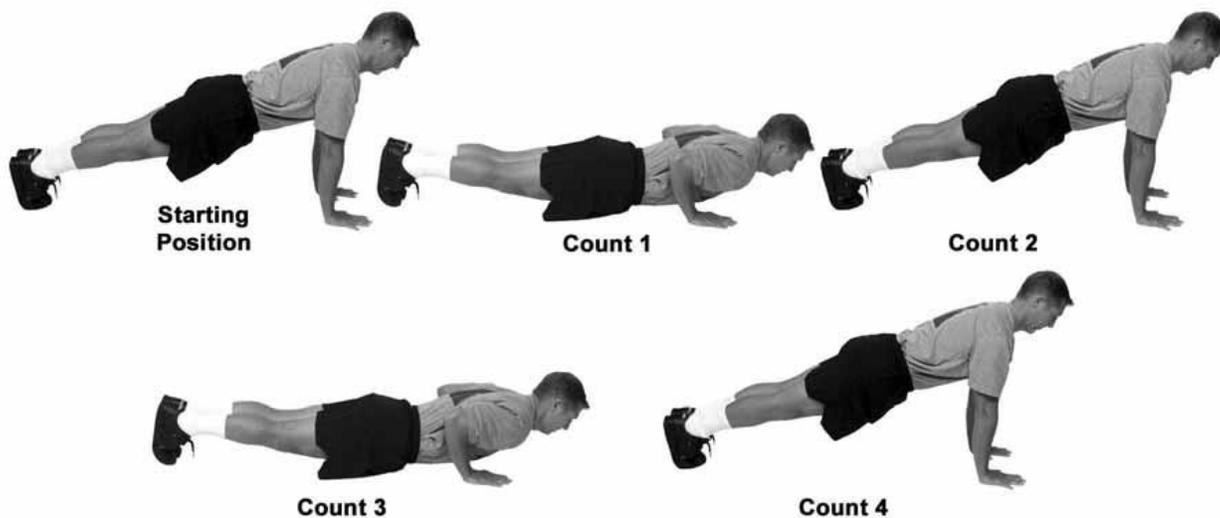
Starting Position: Front leaning rest position.

Cadence (Tempo): MODERATE

Count:

1. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Figure 6-79. Push-up



Check Points:

- The hands are directly below the shoulders with fingers spread (middle fingers point straight ahead).
- On counts 1 and 3 the upper arms stay close to the trunk, elbows pointing rearward.
- On counts 2 and 4 the elbows straighten, but do not lock.
- The trunk should not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: N/A



EXERCISE 6: V-UP

Purpose: This exercise develops the abdominal and hip flexor muscles while enhancing balance (Figure 6-85).

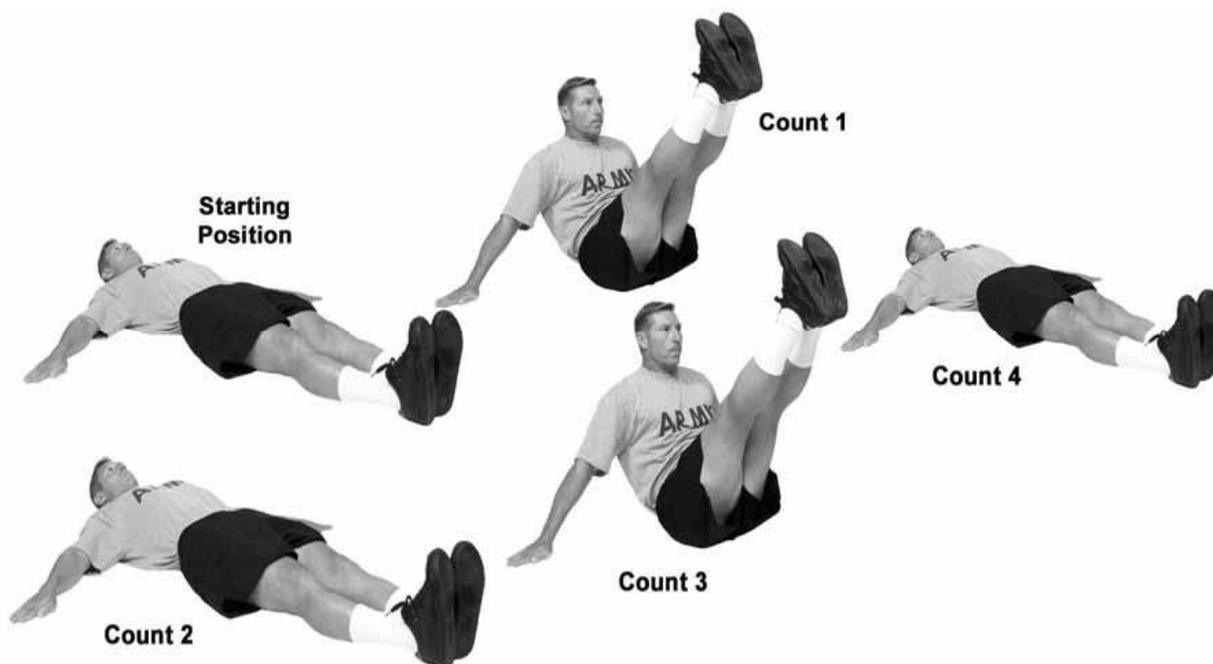
Starting Position: Supine, arms on ground 45-degrees to the side, palms down with fingers spread. The chin is tucked and the head is 1-2 inches off the ground.

Cadence (Tempo): MODERATE

Count:

1. Raise straight legs and trunk to form a V-position, using arms as needed.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Figure 6-85. V-up



Check Points:

- At the starting position, tighten the abdominal muscles to tilt the pelvis and the lower back toward the ground.
- On counts 1 and 3, the knees and trunk are straight with the head aligned with the trunk.
- On counts 2 and 4, lower the legs to the ground in a controlled manner so as not to injure the feet.

Precautions: To protect the spine, do not jerk the legs and trunk to rise to the V-position.