

NJ TRANSIT POLICE



You have been invited to participate in the NJ TRANSIT Police physical qualification test. This test is similar to the current test being administered by the New Jersey Police Training Commission's Basic Class for Police Officers, as amended by the New Jersey Division of Criminal Justice, on March 23, 2017.

This test consists of a vertical jump of 12.5 inches, 22 sit-ups in 1 minute, a 300-meter run in 84 seconds or less, 19 push-ups in 1 minute and a 1.5 mile run in 19:00 minutes or less.

Applicants are given 1 attempt at each exercise; except for the vertical jump. The test is pass or fail and failure of one exercise will cause you to discontinue further testing. Specific instructions must be followed to ensure no cheating occurs and deviation will cause you to be removed from the testing process. A bracelet will be placed on your wrist when you first register and must be kept on throughout testing. If at any time you do not have the bracelet on during an exercise station; you will be removed from further consideration. Your bracelet must be turned in at the registration table when you check out before leaving the premises. All applicants must leave the premises once they check out from the registration table.

Exercises will take place indoors and/or outdoors (depending on location); please wear appropriate athletic clothing. Examples of athletic clothing are sweatshirt or T-shirt, sweatpants or shorts and sneakers. In addition, please eat correctly before the test, get sufficient rest the night before, and stay hydrated as much as possible.

As space and judges become available, you may be instructed to do either push-ups, sit-ups, vertical jump, 300 meter run or 1.5 mile run, in no particular order. If you fail any of these exercises, you will be asked to return to the registration table to check out and return your bracelet.

PRIOR TO PARTICIPATING IN THE NJ TRANSIT POLICE PHYSICAL QUALIFICATION TEST, YOU SHOULD CONSULT YOUR PHYSICIAN TO ENSURE IT IS SAFE FOR YOU TO ENGAGE IN THIS TYPE OF PHYSICAL ACTIVITY

Push-Ups and Sit-Ups

These exercises are counted as they are done correctly. Any incorrect repetitions are not counted. The judges will count out loud for the push-up and sit-up portion. This will allow candidates to be aware of how many have been done correctly.

300-Meter Run

You will run 300 meters outdoors. You should properly warm up and perform dynamic stretches prior to this test.

Vertical Jump (2 attempts)

You must have both feet stationary on the ground prior to the jump (e.g., no running jumps). You will jump vertically and strike/hit the highest slat possible.

1.5 Mile Run

For this outdoor exercise you must complete the run by 19:00 minutes.

Should you pass ALL phases of the physical qualification test you will be given more information through policeapp.com regarding the written test scheduled for:

**Mercer County Police Academy at Mercer County Community College,
1200 Old Trenton Road, West Windsor, NJ 08550 on Saturday, May 17, 2025.**

or

**NJ TRANSIT's Police Counter Terrorism Training Center,
329 Washington Street, Orange, NJ 07050 on Sunday, May 18, 2025.**

The written test consists of four content areas designed to evaluate the competencies needed to effectively perform the duties of a NJ TRANSIT Police Officer. Information regarding an Entry-Level Police Officer Candidate Study Guide is available exclusively from Public Sector HR Association (PSHRA) formerly known as International Public Management Association for Human Resources (IPMA-HR).

You can order the POA, Cognitive Series Study Guide online for \$20.00 at <https://www.publicsafetycompass.com/product/poa-cognitive-series-study-guide/>

GOOD LUCK!!!!

***PLEASE READ CAREFULLY AND SIGN THE RELEASE AND WAIVER OF LIABILITY
PHYSICAL/ WRITTEN TEST FORM PRIOR TO YOUR TEST DATE***