

## **Applicant Information on Physical Performance Test**

As part of the selection standards for appointment to the Duncanville Police Department, you will be required to pass a Physical Performance Test, provided you have met all prior requirements. The Duncanville Police Department utilizes the 2000-meter row test.

To successfully pass the Concept 2 Rower test, an applicant is required to complete the 2,000-meter row and achieve a minimum score of 25%, with the difficulty level set to "5". The passing score is determined based on your gender, age and weight. All row tests will be administered by a certified tester. To determine your minimum standard for a passing 25%, visit the [Texas Department of Public Safety website](#) and follow the steps below:

- select your gender and age range then type in your weight
- under the "Desired Results" section, type in "25"
- click "Calculate"
- you must achieve that time or faster to pass the Concept 2 Rower test.

### **Training for the 2000-meter row**

[Proper technique and instructions](#)

[Common Errors](#)

Please watch the above videos to familiarize yourself with proper rowing technique.

The Duncanville Police Department allows applicants to familiarize themselves on the Concept 2 Row machine prior to their scheduled test date. To sign up for the familiarization and practice dates, one must:

1. Apply online for the police officer position
2. Schedule a familiarization and practice test date(s) once contacted by the Recruiting Unit

Gym type clothing and athletic type shoes must be worn.