



Electrician Assistant: Physical Abilities Assessment

Introduction & Preparation Guide for Electrician
Assistants

Information | Strategies | Further Resources



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WELCOME!

Congratulations!

You are taking the first step to ensure your success on the Electrician Assistant Physical Abilities Assessment and ultimately in your career at San Diego Gas & Electric (SDG&E). The Electrician Assistant Physical Ability Assessment used at SDG&E is designed to measure your physical capabilities for performing the physically demanding job of an Electrician Assistant. How you perform on the test is an indication of how successful you are likely to be in this job. This guide includes information about the assessments used to select employees and who is qualified and likely to excel on the job. Additionally, this guide provides test preparation tips, resources, and suggestions for how to do your best.

Good Luck!

HOW TO USE THIS TEST GUIDE

This guide is divided into several sections aimed at helping you perform your best on the physical abilities assessments. These sections include:

Electrician Assistant Job Overview:

This section will provide an overview of what to expect when working as an Electrician Assistant at SDG&E. This section also includes links to several videos that showcase the job itself and the assessments you will complete as part of the pre-employment process.

Overview: Electrician Assistant Physical Abilities Assessment:

This section of the guide provides a detailed walk-through of the testing process. This includes the check-in process, the introduction to the testing procedures that you will receive upon arrival, information regarding the 10-minute warm-up period, and the order in which you will complete each of the five assessments.

Test Descriptions:

This section will provide a detailed overview of each of the five assessments. This will include the personal protective equipment (PPE) you will be provided, an overview of each component of the test, test instructions, how you will be scored, and retest opportunities.

Test Taking Strategies:

This section of the guide provides various suggestions for how to both physically and mentally prepare for the test prior to taking it, when you begin, and during the test.

Further Resources:

The Electrician Assistant position is a physically demanding job that requires great strength and endurance. The final section of this guide will provide resources and suggestions for further developing your physical abilities.

If you are a *first-time* test taker, take time to read through this entire manual and familiarize yourself with the assessments you will be taking.

If you are *retaking* these assessments, pay attention to the general test taking strategies, relax, and take advantage of the resources described at the back of this guide.

Let's get started!

Accommodation

In accordance with the Americans with Disabilities Act (ADA), if you have a disability, you have the right to request an accommodation in the hiring and testing process. If you believe that your disability requires special arrangements to take the test(s), please contact sdgestaffingquestions@sdge.com **prior** to your scheduled test day, to ensure the adequate time needed to make the needed arrangements.

Electrician Assistant Job Overview

The mission of SDG&E is to provide electrical energy and natural gas services to residential and business customers accurately, safely, and efficiently. To accomplish this mission, Electrician Assistants must be capable of performing physically demanding tasks that involve lifting and carrying all types and sizes of equipment and materials to and from a truck, the storage facility, and the job site. Electrician Assistants use handlines to raise and lower equipment and materials up to 40ft above the ground. The equipment being raised can weigh over 80 lb. To perform these types of tasks, Electrician Assistants must possess high levels of muscular strength, muscular endurance, and aerobic capacity.

To ensure safety and effective job performance, SDG&E must select individuals whose skills and capabilities meet the physical demands required of this job. This physical ability assessment was designed to evaluate your physical capabilities effectively and safely as it pertains to the Electrician Assistant position.

At SDG&E, the Electrician Assistant position is the first step towards progressing into more advanced electrician positions. Being an Electrician Assistant is both challenging and rewarding. While reviewing the materials in this preparation guide please consider the tasks required and if this job is a good fit for you!

Overview: Electrician Assistant Physical Abilities Assessment

Checking In: When you arrive at the testing center you will check-in and provide identification documentation in the form of either a driver's license, U.S. passport, or SDG&E employee badge (if currently employed for the company). You will be checked to ensure you are wearing proper apparel. If you are not wearing the proper apparel you will be dismissed from testing.

Test Day – What to Wear: To ensure your safety, please follow these clothing requirements:

- A long sleeve work shirt is required (no dress wear; shirt must be appropriate for physical activity)
- Long pants are required (jeans or other pants appropriate for physical activity)
- Wear boots or hard-soled shoes that have a heel height of at least $\frac{1}{2}$ an inch. Soft-soled and/or flat-soled footwear (tennis shoes, athletic shoes, and any shoe without acceptable heel height) is prohibited
- No dangling jewelry

Acceptable Clothing and Footwear:





ACCEPTABLE. Hard-sole with a proper heel height.



UNACCEPTABLE. Not a hard-sole, too angular of a heel.



UNACCEPTABLE. Improper heel, not proper coverage.



UNACCEPTABLE. Improper heel, soft sole.

Weight Requirement: During the check-in process you will also be weighed. The equipment used during testing does not support a weight higher than 310 lb. If you weigh more than 310lbs, while fully dressed and holding the provided hardhat and harness, you will be dismissed from testing due to safety protocols.

Introduction: After checking in, you will be given an introduction of the testing process. This introduction will include information regarding the five assessments with descriptions of each. You will also be provided with an overview of the Electrician Assistant progression at SDG&E.

If you have questions at this point in the testing process, please ask for clarification.

Stretch Preparation: After the introduction, you will be given a 10-minute warm-up period. During this time, you may engage in any warm-up of your choice. Example stretches are shown on the following page for reference.

Stretching is important for multiple reasons including aiding in the process of healing old injuries, improving one's flexibility, and helping to prevent future injuries. Some things to remember when stretching:

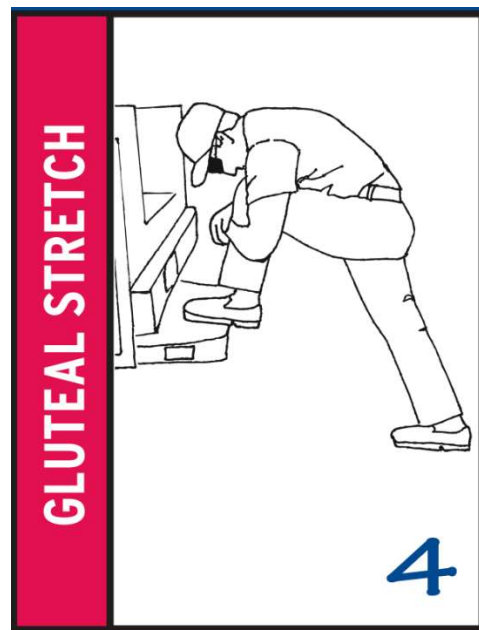
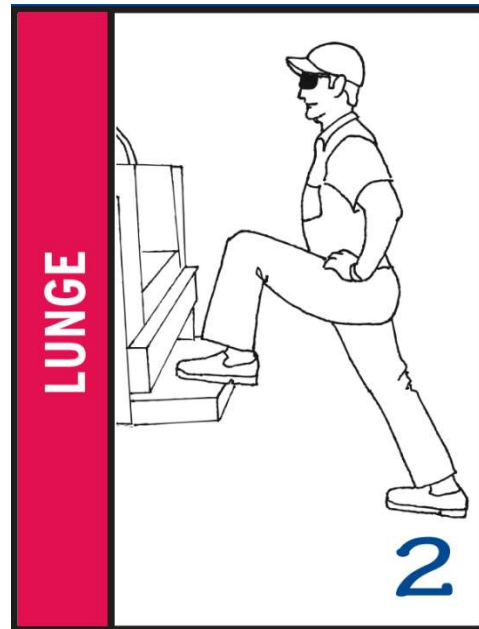
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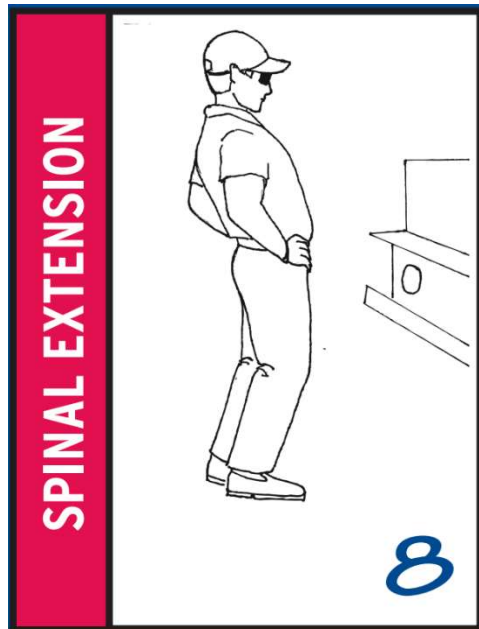
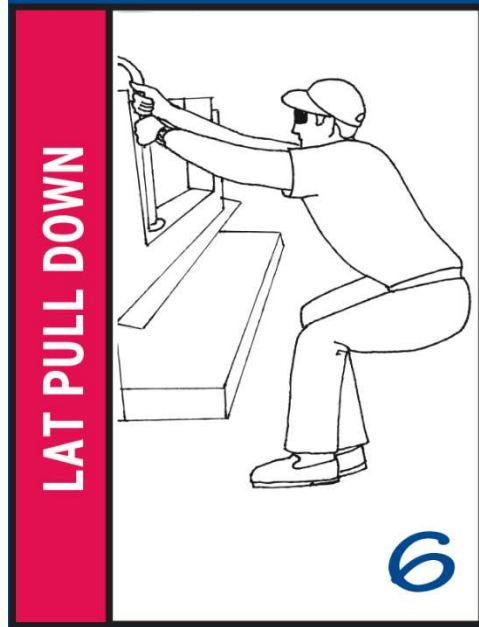
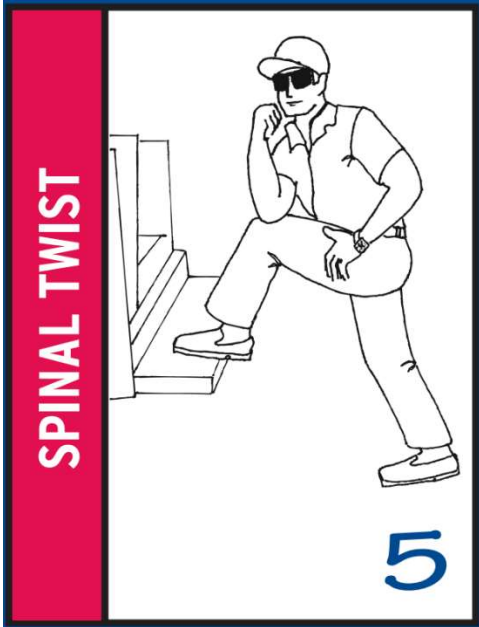
- Stretch to the point where you feel a **slight** discomfort. Hold and breathe.
- A comfortable stretch is more effective
- Hold each stretch for a slow count of 10
- Try to breathe slowly in and out through your nose
- Be **consistent** and **persistent!**
- Try to stretch deeply at least once a day – more is better. Stretch before work and periodically throughout the day.

DON'T:

- Don't strain yourself past the point of slight discomfort. If you experience sharp pain, you're trying too hard
- Stay within reasonable limits so your body can lengthen safely and slowly
- Don't bounce
- Don't hold your breath!
- **Don't give up!** Stretching is a winning proposition because no matter how tight you are when you begin – your flexibility will improve each time you stretch.

Example stretches include:





The Assessments: After the introduction and warm-up, you will begin the assessments. You will complete the five assessments in the order listed below. These assessments are further detailed and explained in the **Test Description** section of this manual. Prior to taking each assessment, you will be provided with instructions. The instructions will outline how to correctly complete each assessment, the time limits required to pass, and how you will be scored for each assessment. You will be given a minimum of a 5-minute rest break between each assessment.

Order of Assessments:

1. Climb Ladder on 69 kv Steel
2. Raise & Lower Disconnect
3. Pull Cable from Reel
4. Climb Across and Over a Truss
5. Lift & Carry

Guidelines: To ensure your safety, it is important to follow the test administrator's instructions exactly throughout the testing process. Do not hesitate to ask questions if something is unclear. Once you have entered the testing area, you will need to remain there for the duration of the test. Water and restrooms will be available on site. At no point during the testing process should you talk to any other applicants about the test or the selection procedures. Cellular phones, I-watches, PDA's, and other electronic devices are not allowed in the testing area. You must pass all five assessments to pass the test battery.

Note: For your safety, if the test administrator observes you experiencing nausea, dizziness, and/or shortness of breath they may stop you from completing the test. Additionally, if you sustain an injury, experience pain, or request to stop, the testing may end.

For safety reasons, SDG&E will cancel test sessions during inclement weather conditions (e.g., rain, wind), including wet-bulb globe temperatures (WBGT) that exceed 90 degrees.

Test Descriptions

The physical abilities test for the Electrician Assistant position is composed of five assessments including Climb Ladder; Raise & Lower Disconnect; Pull Cable from Reel; Climb Across and Over a Truss; Lift & Carry. Each of these assessments are explained in detail below.

Safety: To ensure your safety, you will be provided with the necessary Personal Protective Equipment (PPE) throughout the testing process. The safety equipment varies for each assessment but includes:

- ANSI approved gauntlet gloves
- Hardhat with chin strap
- Safety glasses
- Full body harness
- 33' retractable lifeline
- Body belt and positioning strap

NOTE: In order to ensure your safety throughout the testing process it is required that you wear the provided PPE and appropriate apparel as detailed above (i.e., long sleeved shirt, long pants, and boots or hard-soled shoes that have a heel height of at least ½ an inch).

About Physical Ability Assessments

Physical ability assessments are used by SDG&E to help ensure that employees will be able to successfully and safely perform the physical tasks associated with physically demanding jobs. Physical ability testing allows for skills and abilities to be tested in real-world scenarios that are directly applicable to the job for which you are applying. Physical ability testing differs depending on the situation, but often involves several components aimed at assessing ones' strength, endurance, and/or agility. While the test itself may differ slightly from the work of an Electrician Assistant, the physical abilities being assessed are consistent with those that are required for success in this job.

Additionally, physical ability testing also provides candidates with a realistic job preview, which can help individuals determine if the job is a good fit for them.

Climb Ladder on 69kv Steel

Overview: Much of an Electrician Assistant's work occurs at the top of substation steel structures. After extensive training, all Electrician Assistants must be able to ascend and descend multiple types of ladders of various lengths. In this assessment, you will demonstrate that you can safely ascend and descend an extension ladder. You will be equipped with a fall arrest system for safety precautions.

Task: You will be required to climb up an extension ladder to a height of 27 ft. When you reach the top of the ladder (at eye level with the top rung) you will call out to the instructor "top rung" prior to descending. Instructor will provide confirmation and only thereafter you will begin to descend. It is **not** expected that you will be a professional climber at the time of taking this test. Therefore, you will use a modified free climbing technique in which you will use hand-foot coordination always maintaining three points of contact and keeping hands on the outside rails of the ladder. Keeping the hands on the outside rails of the ladder allows the climber to lean back into a safe climbing position and always maintaining both hands as two-points of contact.

This is a timed assessment; you will have 1 minutes and 15 seconds to complete the ladder climb. This time limit has been shown to provide adequate time to complete this assessment – do not jeopardize your safety or control to finish faster. You can rest at any time, but the stopwatch will not be stopped for resting.

Prior to Test:

1. You will receive detailed instructions for how to complete the assessment.
2. You will put on PPE including gloves, a hardhat with chin strap, and safety glasses in addition to a harness. You will be attached to the fall arrest life-line system.

Ascent:

1. On the command GO, you will ascend the ladder to a height of 27 ft.
2. You will stand on the steps at the top of the ladder (eye level with the top rung), and you will call out to the instructor "top rung" prior to descending. Instructor will provide confirmation and only thereafter you will begin to descend.

Descent:

1. Descend ladder.
2. When one foot touches the ground, the assessment is complete.

Ladder Climbing Score: Your score on the Climb Ladder assessment will be determined by the following:

1. Your total time to complete the assessment (to pass, you must complete the ladder climb in 1 minutes and 15 seconds or less)
2. Committing the following error:
 1. Maintaining 3-points of contact
 2. Skipped rungs
 3. Not ascending to the correct height

To pass, you must complete the pole climb in 1 minutes and 15 seconds or less and not commit an error. If you do not stand on the top of the ladder (eye level with the top rung) and call out to the instructor “top rung”, and wait for instructor to provide confirmation prior to descending, the assessment will be stopped. You will be given **one** retest opportunity if you commit this error and/or do not finish in 1 minutes and 15 seconds or less. The retest will occur after you complete the first trial of all five assessments.

Other Considerations

Safety is critical! If your hardhat falls off while ascending, you will stop immediately and descend to retrieve your hat. You will put your hat back on and begin climbing again. If this occurs, the stopwatch will be stopped while you descend the pole and put on the hardhat. The stopwatch will be restarted when you begin to climb again. If you drop your hardhat while descending, continue to descend.

Images of the **Climb Ladder on 69 kv Steel** assessment:



Raise and Lower Disconnect

Overview: To be successful in this position, you must demonstrate great physical strength. One common task of the Electrician Assistant is groundwork, including hoisting tools and materials up to Substation Electricians. During this assessment, you will be required to use a hand line to raise, hold, and lower a disconnect to a height of 10-ft.

Task: You will be required to use the hand line to smoothly raise the disconnect weighing 80 lb. using a hand-over-hand motion. Once the disconnect has reached the top, you will be required to hold it there for 10 seconds. Finally, you will lower the disconnect to the ground using a hand-over-hand motion while ensuring control over the rate of descent.

This is a timed assessment; you will have 1 minutes to complete the raise and lower disconnect assessment. This time limit has been shown to provide adequate time to complete this assessment – do not jeopardize your control over the disconnect to finish faster. You can rest at any time, but the stopwatch will not be stopped.

Prior to Test:

1. You will receive detailed instructions for how to complete the assessment and you will don necessary PPE including gloves, a hardhat with chin strap, and safety glasses.
2. You will stand outside of the hazard zone (3 ft away from the rope) and inside the safety zone (anywhere behind the line).
3. The test administrator will show the hand line and will give the hand line to you (if needed, the instructor will wet your gloves to improve grip).

During the Test:

1. On the command GO, you will use a hand-over-hand motion to raise the disconnect to 10-ft, the maximum height permitted by the rope.
2. Hold the disconnect at this height for 10 seconds.
3. After 10 seconds the instructor will tell you to lower the disconnect to the ground using a hand-over-hand motion.
4. Once the disconnect touches the ground, the assessment is over.

Raise & Lower Disconnect Score: Your score on the Raise & Lower Disconnect assessment will be based on the following:

1. Your total time to complete the assessment (to pass, you must complete the disconnect raise in 1:00 minutes or less)
2. Committing any one of the following errors:
 1. losing control of the disconnect
 2. dropping the disconnect
 3. holding the disconnect at the height of 10-ft for less than 10 seconds
 4. stepping inside the drop zone
 5. stepping/standing on the rope
 6. using anything other than your hands to hold the rope (e.g., under arm, between legs)
 7. wrapping rope around hand
 8. Rope slipping through hands

To pass, you must complete this assessment in 1 minutes or less and not commit any errors. If you commit any of the above errors, the assessment will be stopped, and you will be informed of the error. You will be given **one** retest opportunity if you do not finish in 1 minutes or less and/or commit any of the errors listed above during testing. The retest will occur after you complete the first trial of all five assessments.

Images of the **Raise and Lower a Disconnect** assessment:



Pull Cable from Reel

Overview: All electrician workers must be able to perform groundwork. Groundwork requires pulling various sizes and lengths of cable prior and during several job sites. During this assessment, you will demonstrate your ability to perform groundwork by pulling cable from a reel.

Task: You will be required to pull 100-ft of 14/8 cable from a reel. You will stand in front of the cable reel and when instructed, you will grasp the cable with both hands and pull to gain momentum to spin the reel. Participants will then continue pulling the cable over their shoulder and walk for a total of 100-ft. Upon pulling the cable for 100-ft, the participant can drop the cable to the ground, and the assessment has ended. You will be instructed to NOT run/jog as this may cause the participant to slip.

This is a timed assessment; you will have 1 minutes and 15 seconds to complete the cable pull. This time limit has been shown to provide adequate time to complete this assessment – do not jeopardize your safety or control to finish faster. You can rest at any time, but the stopwatch will not be stopped.

During the Test:

1. You will receive detailed instructions on how to complete the assessment and you will don proper PPE including gloves, a hardhat with chin strap, and safety glasses.
2. You will stand in front of the cable reel, and on the command GO, you will grasp the cable with both hands and pull to gain momentum to spin the reel.
3. You will then continue pulling the cable over your shoulder and walk for a total of 100-ft.
4. Upon pulling the cable for 100-ft, you can drop the cable to the ground, at this point the assessment has ended.

After Completion:

1. Once the assessment has ended, you may walk back to your resting location and test administrators will oversee pulling the cable back into the reel.

Pull Cable from Reel Score: Your score on the Cable Pull assessment will be based on the following:

1. Your total time to complete the assessment (to pass, you must complete the cable pull in 1 minutes and 15 seconds or less)
2. Your ability to properly pull the cable from reel by not committing any of the following errors:
 1. Running or jogging

To pass, you must complete this assessment in 1 minutes and 15 seconds or less. If pulling the cable from reel is being performed incorrectly during the assessment, the test administrator will explain to you what is incorrect. You will be given **one** retest opportunity if you do not properly pull the cable from reel and/or do not finish in 1 minutes and 15 seconds or less. The retest will occur after you complete the first trial of all five assessments.

Images of the **Pull Cable from Reel** assessment:



Climb Across and Over a Truss

Overview: It is very common for Electrician Assistants to work on substation steel structures.

This type of work requires significant upper body strength. In this assessment, you will be positioned on a steel truss will be tasked climbing across and over a truss from substation steel structure.

Task: The objective is to climb and cross over a truss (30 feet of truss, 4 feet high), prior to climbing over the truss. You will be required to climb up 4-ft high from ground level for this task. First you will begin on the most northern end i-beam cement base and step onto the truss. After you have successfully climb up, you will use a hand over hand, step by step body movements transitioning to the east-west truss, always staying on the bottom of the truss. Upon arriving to the east-west truss, you will climb over to the opposite side until you reach the most western i-beam. Lastly, you will then step off the truss onto the I-beam cement base and onto the ground. You will complete this task using your entire body always maintaining 3-points of contact.

This is a timed assessment; you will have 5 minutes to complete the removing and replacing pin and insulator assessment. This time limit has been shown to provide adequate time to complete this assessment – do not jeopardize your safety or control to finish faster. You can rest at any time, but the stopwatch will not be stopped.

Prior to Test:

1. You will receive detailed instructions on how to complete the assessment.
2. You will don the PPE including gloves, a hardhat with chin strap, and safety glasses.
3. You will stand in front of the substation steel structure (truss).

During the Test:

1. On the command GO, you will be required to climb up 4-ft high from ground level and begin on the most northern end i-beam cement base.
2. You have step onto the truss and will use a hand over hand, step by step body movement transitioning to the east-west truss, always staying on the bottom of the truss.
3. Upon arriving to the east-west truss, you will climb over to the opposite side until you reach the most western i-beam.
4. Lastly, you will then step off the truss onto the I-beam cement base and onto the ground – at this point, the assessment is over.

Climb Across and Over a Truss Score: Your score on this assessment will be based on the following:

1. Your total time to complete the assessment (to pass, you must complete the assessment in 1 minutes and 40 seconds or less)
2. Your ability to climb across and over a truss correctly by not committing any of the following errors:
 1. Maintaining 3-points of contact at all
 2. Not reaching the end of the truss
 3. Vaulting over the truss
 4. Not placing both feet on the steel after crossing over the truss prior to stepping onto the ground

To pass, you must complete this assessment in 5 minutes or less, install the pin and insulator correctly, and not commit any errors. If you commit any of these errors listed above, the assessment will be stopped, and you will be informed of the error. You will be given **one** retest opportunity if you do not finish in 5 minutes or less, and/or commit any of the errors listed above during testing. The retest will occur after you complete the first trial of all five assessments.

Images of the **Climb Across and Over a Truss** assessment:



Lift and Carry

Overview: One important component of the Electrician Assistant position is carrying materials and hardware to and from the trucks and worksite. In this assessment you will be required to lift and carry four different cartons and place them on platforms of various heights. The weights of the cartons and the heights of the platforms were determined based on actual scenarios you may encounter in the Electrician Assistant position.

Task: You will be required to carry four cartons of various weights (20-50 lb.) from one side of the room to the other, a distance of 20ft, and place them on their respective platform. The platforms will range in heights from 31"-55". Once all four cartons are on the correct platforms, you will lift and carry the cartons back to their starting positions. This will complete one full cycle; you will be tasked with completing four cycles in total.

This is a timed assessment; you will have 6 minutes and 30 seconds to complete the lift and carry assessment. This time limit has been shown to provide adequate time to complete this assessment – do not jeopardize your safety or control to finish faster. You can rest at any time, but the stopwatch will not be stopped.

During the Test:

1. You will receive detailed instructions on how to complete the test and you will don proper PPE including gloves, a hardhat with chin strap, and safety glasses
2. On the command GO, you will lift Carton 1 (20lb), carry it 20 ft, and place it on Platform 1 (55")
3. Lift Carton 2 (30lb), carry it 20 ft, and place it on Platform 2 (47")
4. Lift Carton 3 (40lb), carry it 20 ft, and place it on Platform 3 (35")
5. Lift Carton 4 (50lb), carry it 20 ft, and place it on Platform 4 (31")
6. Beginning with Carton 1, lift and carry the four cartons back to their starting locations
7. This completes one cycle – you will complete four cycles total

Lift & Carry Score: Your score on the Lift and Carry assessment will be based on the following:

1. Your total time to complete the assessment (to pass, you must complete all four cycles of the lift and carry in 6 minutes and 30 seconds or less)
2. Committing any of the following errors (to pass, you must commit less than 2 of the errors listed below):
 1. running (you can walk quickly)
 2. lifting the wrong carton
 3. putting a carton in the wrong place
 4. throwing or dropping a carton
 5. lifting more than one carton at a time

To pass this assessment, you must complete the test in 6 minutes and 30 seconds or less and commit less than two errors. You will be given **one** retest opportunity. In the occurrence of a first error, you will be corrected. In the occurrence of a second error and/or you do not finish in 6 minutes and 30 seconds or less, the assessment will be stopped, and you will be given the retest opportunity. The retest will occur after you complete the first trial of all five assessments.

Images of the **Lift and Carry** assessment:



Test Taking Strategies

The following section includes tips for taking a wide variety of tests in addition to specific strategies for success on the Electrician Assistant Physical Abilities Assessment.

Strength and endurance training is beneficial for your health regardless of whether you are taking the physical abilities test. If you are not currently involved in strength training and/or you are not currently working in a physically demanding job, it may be helpful to consider these tips and suggestions.

Note: You should always check with your doctor before engaging in any physical training program.

Before the Test

Prepare! One of the best ways to succeed during the physical abilities assessments is to prepare both physically and mentally. Being an Electrician Assistant requires physical strength, endurance, and flexibility. Working out, lifting weights, and stretching prior to testing may aid in your success (see Further Resources section for suggestions on how to improve your physical abilities).

Be consistent. Being consistent is important when building strength and endurance. Take time off to rest, when necessary, but a consistent routine can help you stay on track.

Rest and eat right. Make sure you get plenty of rest and eat healthy while you are training, especially the days leading up to the test and the day of the test.

When You Begin

Be positive! These assessments are not designed to trick you or be unnecessarily difficult. Start with a positive attitude and don't give up! While this type of testing may be new to you, remember that you are not expected to be an expert Electrician Assistant when taking this test.

Pay close attention to all test instructions! Make sure to follow all directions provided. To ensure that you perform at your best and do not get injured, pay attention to all test instructions. Make sure to assume the correct body positioning and perform the assessments as instructed.

Get ready. Take part in the warm-up and stretching exercises prior to testing.

Relax. Ways to reduce feelings of stress include not talking with others who are stressed about the test immediately beforehand, making sure you understand the directions, and reviewing this guide. See the following section for resources on relieving test-related stress.

During the Test

Make good choices. If you do not feel well or have reason to believe you cannot safely perform the assessments (e.g., illness, injuries, etc.), reschedule your testing session. There will be other opportunities. Your health and safety are of utmost importance.

Listen to your body. If you experience any unexpected pain during stretching or testing, stop!

Utilize given materials. Be sure to carefully review this guide. In addition to this guide, you will be provided with information regarding the five assessments on the day of your test session. Use the information discussed in this guide and on-site when taking the test. Asking questions for clarification is encouraged!

FURTHER RESOURCES:

Note: You should always check with your doctor before engaging in any physical training program.

The following resources contain information that may be helpful when developing your strength and endurance. If you choose to perform the following exercises, make sure you understand the proper techniques and form. If you do not perform them the correct way, you may not see improvement – worse yet, you risk getting injured.

SDG&E is in no way affiliated with any of these resources, they are simply listed as suggestions.

Testing Strategies: Physical Abilities Assessment

The Electrician Assistant Physical Abilities Assessment measures muscular strength, endurance, and flexibility. Listed below are strategies that may help to improve your success.

Muscular Strength Training:

- **Upper Body Strength Training:** The physical abilities test requires upper arm strength. Some basic exercises that focus on these muscle groups include wrist curls, concentration curls, hammer curls, and chin-ups.
 - Suggested Resource: *20 Minute Upper Body Home Workout* from Asphalt Green: <https://www.asphaltgreen.org/blog/20-minute-upper-body-home-workout>
- **Abdominal Strength Training:** The physical abilities test requires abdominal strength. Ways to increase your core strength include workouts such as planks, crunches, sit-ups, and bridges.
 - Suggested Resource: *Slide Show: Exercises to Improve Your Core Strength* from Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/core-strength/sls-20076575?s=1>
- **Trunk/Lower Back Strength Training:** The physical abilities test requires lower body strength. Some basic exercises that focus on these muscle groups include workouts such as squats, calf raises, dumbbell rows, back extensions, and stiff legged dead lifts.
 - Suggested Resource: *10 Lower Body Workouts Anyone Can Try at Home* by Sergio Pedemonte for Lifehack: <https://www.lifehack.org/833817/lower-body-workout>

Endurance Training:

- The physical abilities test requires endurance. Some basic exercises to increase your endurance include walking, jogging, swimming, and biking.
 - Suggested Resource: *Best Exercises to Improve Stamina* by Naveed Saleh for MDLinx: <https://www.mdlinx.com/article/best-exercises-to-improve-stamina/lfc-4133>

Flexibility Training:

- Ways to increase your flexibility include practicing yoga and stretching. Some common stretches include hamstring stretches, hip flexor stretches, cross-body shoulder stretches, and touching your toes.
 - Suggested Resource: *12 Stretching Exercises to Increase Your Flexibility* by Adam Evans for Lifehack: <https://www.lifehack.org/877492/how-to-become-flexible>

Additional Resources:

- Very Well Fit: Strength Training Exercises & Workouts
 - <https://www.verywellfit.com/strength-weight-training-4157132>
- Shape Fit: Strength Training Benefits – Lift Weights for Overall Wellness
 - <https://www.shapefit.com/exercise/strength-training.html>
- Wikipedia: List of Weight Training Exercises
 - https://en.wikipedia.org/wiki/List_of_weight_training_exercises

Additional Test Taking Strategies:

General test taking strategies that may be particularly useful and relevant to this test include reducing test-related anxiety and attention to detail.

- **Test Anxiety:** *10 Tips to Overcome Test Anxiety*: An article from University of St. Augustine for Health Sciences explaining the signs of test anxiety and suggestions on how to best manage it.
 - **Web address:** <https://www.usa.edu/blog/how-to-overcome-test-anxiety/>
- **Stress Tolerance:** *Best Ways to Manage Stress*: An article from Harvard Health Publishing for Harvard Medical School explaining the stress response, how to recognize it, and how to manage it.
 - **Web address:** <https://www.health.harvard.edu/mind-and-mood/best-ways-to-manage-stress>

- **Attention to Detail:** *6 Tips and 4 Exercises to Improve Your Attention to Details:* An article from New Health Advisor providing tips to improve attention to detail.
 - **Web address:** <https://www.newhealthadvisor.org/how-to-improve-attention-to-detail.html>