

DHS Fitness Tests

Step 1: The Right Test	Step 2: The Right Equipment	Step 3: The Right Components
<p>Border Patrol Agent</p> <p>Exam types: BPAFIT</p> <p>*All three components must be attempted</p>	<p>1. Audio File - https://facility.chsmedical.com/dhscbpfitness</p> <p>2. Mat or carpeted area for push-ups and sit-ups</p> <p>3. 5" yoga block (5'9" or taller)/ 4" block (less than 5'9")</p> <p>4. 14 inch Step Height</p> <p>5. Stopwatch</p>	<p>Component 1: SIT-UPS 25 proper form sit-ups in 1 minute</p> <p>Component 2: PUSH-UPS 20 proper form push-ups in 1 minute</p> <p>Component 3: STEP TEST 5 minute duration at 14 inch step height 120 steps per minute</p>
<p>Customs and Border Protection Officer</p> <p>Exam types: CBPOFIT</p> <p>*All three components must be attempted</p>	<p>1. Audio File - https://facility.chsmedical.com/dhscbpfitness</p> <p>2. Mat or carpeted area for push-ups and sit-ups</p> <p>3. 5" yoga block (5'9" or taller)/ 4" block (less than 5'9")</p> <p>4. 12 inch Step Height</p> <p>5. Stopwatch</p>	<p>Component 1: SIT-UPS 20 proper form sit-ups in 1 minute</p> <p>Component 1: PUSH-UPS 12 proper form push-ups in 1 minute</p> <p>Component 5: STEP TEST 5 minute duration at 12 inch step height 120 steps per minute</p>
<p>Air Interdiction Agt./Marine Interdiction Agt.</p> <p>Exam Types: AEAFIT, AIAFIT, MIAFIT</p> <p>* All three components must be attempted</p>	<p>1. Audio File - https://facility.chsmedical.com/dhscbpfitness</p> <p>2. Mat or carpeted area for push-ups and sit-ups</p> <p>3. 5" yoga block (5'9" or taller)/ 4" block (less than 5'9")</p> <p>4. 12 inch Step Height</p> <p>5. Stopwatch</p>	<p>Component 1: SIT-UPS 20 proper form sit-ups in 1 minute</p> <p>Component 1: PUSH-UPS 12 proper form push-ups in 1 minute</p> <p>Component 5: STEP TEST 5 minute duration at 12 inch step height 120 steps per minute</p>
<p>Immigration Enforcement Agent</p> <p>Exam Types: IEAMF, IEAF, IEAF No Drug</p> <p>*Stop all testing if a component is failed</p>	<p>1. Audio CD - Black-colored</p> <p>2. Mat or carpeted area for push-ups</p> <p>3. 5" yoga block (5'9" or taller)/ 4" block (less than 5'9")</p> <p>4. 16 inch Step Height</p> <p>5. Stopwatch</p>	<p>Component 1: KNEEL/STAND 10 changes in 25 seconds plus 2 minute kneel</p> <p>Component 2: PUSH-UPS 15 proper form push-ups in 2 minutes</p> <p>Component 3: STEP TEST 5 minute duration at 16 inch step height 96 steps per minute</p>

REMINDERS:

- ✓ Always review the authorization to determine the type of fitness test to be administered.
- ✓ Always use the appropriate audio file, which can be found at <https://facility.chsmedical.com/dhscbpfitness> for every test.
- ✓ Demonstrate proper form to the applicant to include the step sequence, especially at the beginning of the step test.
- ✓ Refer to the complete Fitness Test Protocol within each exam packet.
- ✓ The fitness test results should be sent to CHS via email (Mailroom@chsmedical.com) or faxed (703.760.0890), immediately following the exam.
- ✓ Verify the signatures are completed by the test administrator and candidate.
- ✓ **The DHS CBP fitness website, <https://facility.chsmedical.com/dhscbpfitness> is available 24/7 for information and demonstrations.**
- ✓ If you have questions, please contact the CHS-DHS Fitness Assurance Specialist, Jill Bond at 321.482.6730