



## Immigration Officer Selection

### Physical Fitness Test

As part of the selection you will still be required to pass a physical fitness test. The physical fitness is evaluated on a 6-point scale from 0 to 6 depending on how well you do in each of the test items.

<b>Fitness Test Item</b>	<b>Male/Female</b>
Sit Up	1 minute
Squat Thrust	1 minute
Shuttle Run	4 x 10m
Standing Long Jump	144.5 cm to 208 cm
800m Run	4 min 38 sec. to 3 min 4 sec.

You can visit the Immigration Department recruitment web site to check out how the tests are actually conducted:

<http://www.immd.gov.hk/en/recruitment/physical-test.html>

**If you pass Physical Fitness Test**—you will be asked to participate in Final Interview.

