

Physician Statement Form

Cumberland County Police Testing Consortium

As a physician for _____ (Name of Applicant), a police applicant wishing to participate in the Police Officer's Physical Fitness Assessment Test sponsored by the Cumberland County Police Testing Consortium, do hereby state that the aforementioned individual can safely perform the exercises as described below, which I have reviewed.

Applicants for the position of "Police Officer" must demonstrate a fitness level which would allow them to perform the essential job functions of a police officer. Applicants must perform each of the following exercises in accordance with the indicated standards. Each exercise will be scored as PASS/FAIL. **If an applicant fails one event, they fail the entire test and will not advance to the written test.** The exercises must be performed in the following order:

1. **300 Meter Run** - Applicant will run 300 meters on a level surface within **70.1 seconds**.

5 minute rest

2. **Push-ups** - Applicant will place their hands on the ground, approx. shoulder width apart. Applicant's feet may be up to 12" apart. The body must be in a straight line from shoulders to ankles. **24 correct push-ups** must be performed to pass this test.

5 minute rest

3. **1 Minute Sit-Ups** - Applicants will have 1 minute to complete **28 sit-ups**. This exercise shall consist of the applicant lying on the floor with the knees bent 90' and feet held in position. The applicant will interlock their fingers behind their head and touch their elbows to their knees without pulling on their neck or raising their hips off of the floor.

5 minute rest

4. **1.5 Mile Run** - The applicant will run a level 1.5 mile course within **15 minutes and 55 seconds**.

Physician Printed Name

Medical License Number

Physician Signature

Date