STATE OF CONNECTICUT

DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION

Police Officer Standards and Training Council
Connecticut Police Academy

MEDICAL APPROVAL FORM FOR BASIC TRAINING, LATERAL TRANSFERS AND/OR COMPARATIVE CERTIFICATION

PHYSICIAN'S CERTIFICATION OF ABILITY TO PARTICIPATE IN THE POLICE OFFICER STANDARDS & TRAINING COUNCIL'S PHYSICAL FITNESS TEST

This is to certify that I have reviewed the below listed activities conducted by the POST Council during physical fitness testing.

The "Fitness Test" will include the following physical fitness activities:

- One minute of sit ups
- Flexibility / sit and reach
- One minute of push ups
- Run of one and one-half miles (1.5)

It is my professional opinion that the candidate named below:

Candidate's Name:_____

Candidate's Employing Agency:_____

Date of this Physician's Exam:_____

IS MEDICALLY CAPABLE OF PARTIPATING IN THE POST FITNESS TEST.

Physician's Signature:_____

Physician's Name (Typed or Imprinted with Office Stamp)

(Rev. 3/12)

Specifications and Standards for Fitness Testing

The POSTC Fitness Test is a scientifically valid test, consisting of four separate test components, conducted during a one to two hour window of time.

Test 1. The One Minute Sit Up Test. This is a measure of the muscular endurance of the abdominal muscles and core area. Sit ups are done with bent legs and hands along side the ears. The score is the number of correctly performed sit ups in one minute.

Test 2. The Sit and Reach Flexibility Test. This is a measure of the flexibility of the lower back and upper legs. From a sitting position, with legs extended straight, the candidate will stretch forward with both arms fully extended. The score is the distance stretched.

Test 3. The One Minute Push Up Test. This is a measure of absolute strength of the muscles of the upper body. Push ups start in the up position (flat back and arms fully extended). The candidate lowers their body to approx. four inches from the ground without touching/bending their knees. Without touching knees the candidate then fully extends arms into the up position. The score is the number of correctly performed push ups in one minute.

Test 4. The 1.5 Mile Run. This is a measure of the cardiovascular capability of the runner. The test is conducted on a suitable oval running track. The score is the minutes and seconds necessary to complete the 1.5 mile distance.

Minimum Scores for Employment as a Police Officer using the 40th percentile of the Cooper Standards as of May 1, 2012.

MALE	SIT UPS	FLEX	PUSH UPS	RUN
20-29	38	16 ½	29	12:38
30-39	35	15 ½	24	12:58
40-49	29	14 ¼	18	13:50
50-59	24	13 ¼	13	15:06
FEMALE				
20-29	32	19 ¼	15	14:50
30-39	25	18 ¼	11	15:43
40-49	20	17 ¼	9	16:31
50-59	14	16 ¾	7	18:18