

## TREDYFFRIN TWP. POLICE DEPARTMENT

### Physician Statement Form

I, \_\_\_\_\_, as a physician for

\_\_\_\_\_, a police applicant wishing to participate in the Police Officer's Physical Fitness Assessment Test sponsored by the Tredyffrin Township Police Department, do hereby state that the aforementioned individual can safely perform the exercises as described on the reverse side of this form, which I have reviewed.

\_\_\_\_\_  
Print/Type Name of Physician

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

## PHYSICAL FITNESS TEST

Applicants for the position of "Police Officer" must demonstrate a fitness level that would allow them to perform the essential job functions of a police officer. Applicants must perform each of the following exercises in accordance the indicated standards. Each exercise will be scored as a PASS/FAIL. **If an application 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. **3 Minute Warm-up**
2. **300 Meter Run-** Applicant will run 300 meters on a level surface within **70.1 seconds.**
  - 5-10 minute rest
3. **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
4. **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.
5. **1.5 Mile Run-** The applicant will run a level 1.5 mile course within **15 minutes and 55 seconds.**