

# Medical Approval Form for Physical Agility Exam

TO: City of New Haven Department of Police Service

FROM: \_\_\_\_\_  
Physician Name (M.D. or D.O) *Please Print*

## **To be filled in by physician:**

This is to certify that I have reviewed the four elements of the *Connecticut Police Officer Standards and Training Council's* Physical Ability Assessment printed on the back side of this form. After reviewing said document, it is my professional opinion that the candidate named below:

Candidate's Name: \_\_\_\_\_

Applying to: New Haven Department of Police Service for position of Police Officer

**CAN SAFELY PERFORM THE PHYSICAL ABILITY ASSESSMENT.**

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician's Name and  
Address (Type or Imprint  
With Office Stamp)



*(Medical approval forms back dated more than 6 months cannot be accepted)*

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City of New Haven Department of Human Resources  
200 Orange Street – Room #102  
New Haven, CT 06510

## **Candidate Emergency Contact:**

Name: \_\_\_\_\_ Tel#: \_\_\_\_\_ Relationship: \_\_\_\_\_

**DO NOT SUBMIT THIS FORM WITH YOUR APPLICATION! YOU MUST PRESENT THIS FORM AT CHECK-IN FOR THE PHYSICAL AGILITY EXAM.**

## ENTRY LEVEL PHYSICAL AGILITY STANDARDS

### PRE-EMPLOYMENT PHYSICAL AGILITY TEST BATTERY

SIT-UP	<i>MUSCULAR ENDURANCE</i> —The score is the number of bent-leg sit-ups performed in one minute.
FLEX	<i>FLEXIBILITY</i> —The “sit and reach” test measures the flexibility of the lower back and hamstrings and the candidate’s reach of motion. The test involves stretching out to touch the toes and beyond with extended arms from the sitting position. The score is in inches reached on a yardstick with the 15” mark being at the toes and the 36” mark being at the far end away from the toes.
BENCH	<i>ABSOLUTE STRENGTH</i> —One (1) repetition maximum bench press using Dynamic Variable Resistance (DVR) protocol. The score is a ratio of weight pressed divided by body weight.
1.5 MILE RUN	<i>CARDIOVASCULAR CAPACITY</i> —1.5 mile run. The score is in minutes:seconds.

#### PASSING SCORES BY AGE AND GENDER

	<u>SIT-UP</u>		<u>FLEX</u>		<u>BENCH</u>		<u>1.5 MILE RUN</u>	
	40%	35%	40%	35%	40%	35%	40%	35%
<b>MALE</b>								
21-29	38	37	16.50	16	.99	.96	12:25	13:06
30-39	35	33	15.50	15	.88	.86	12:51	13:53
40-49	29	28	14.25	14	.80	.78	13:46	14:47
50-59	24	22	13.25	13	.71	.70	14:54	15:53
<b>FEMALE</b>								
21-29	32	31	19.25	19	.59	.58	14:49	15:48
30-39	25	24	18.25	18	.53	.52	15:25	16:23
40-49	20	19	17.25	17	.50	.48	16:12	16:59
50-59	14	12	16.75	16	.44	.43	17:14	18:09

**The above table shows the passing scores at the 40<sup>th</sup> and 35<sup>th</sup> Percentiles of Fitness respectively. Candidates who participate in the Physical Agility testing must pass all components of testing at the 35% level. The State mandated Physical Agility test, which occurs within 30 days of the start of the academy, requires candidates to pass all components at the 40% level.**

For more information on Physical Agility testing and standards, you are encouraged to visit POST’s website at [www.post.state.ct.us](http://www.post.state.ct.us)