

**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 TRANSFER  
AND/OR COMPARITIVE CERTIFICATION (COOPER TEST)**

*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
- 300 Meter Anaerobic Power Sprint
- 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 PARTICIPATING IN THE POST FITNESS TEST (Cooper Test)

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

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

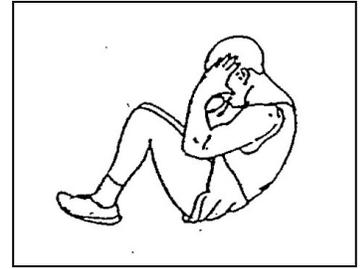
POSTC-61

**CALEA Internationally Accredited Public Safety Training Academy**  
285 Preston Avenue - Meriden, Connecticut 06450-4891  
*An Affirmative Action/Equal Opportunity Employer*

**BRING THIS FORM WITH YOU TO THE PHYSICAL PERFORMANCE EVALUATION**

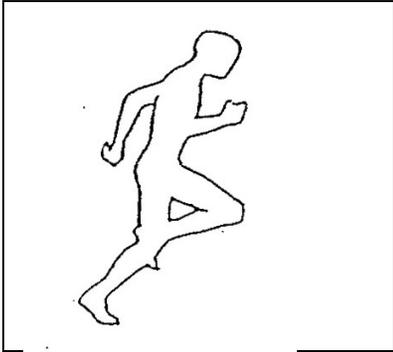
# HOW WILL PHYSICAL FITNESS BE MEASURED?

The physical fitness test battery consists of four basic tests. Each test is a scientifically valid test. The tests given are described as follows.



## 1. One (1) Minute Sit-Up Test

This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force. The score is in the number of bent leg sit-ups performed in one minute.

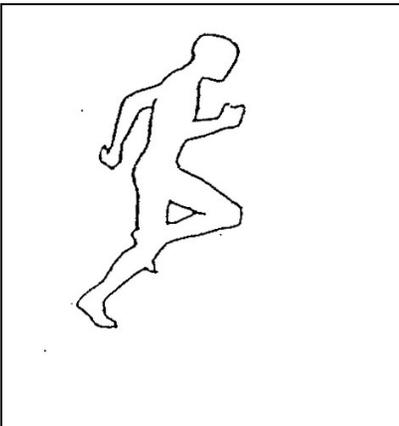
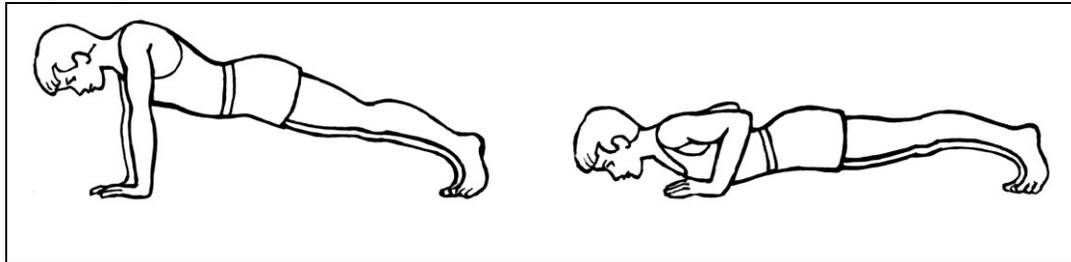


## 2. Anaerobic Power (Sprinting Ability) 300 Meter Run Test

This test is a measure of anaerobic power. Anaerobic power is having the ability to make short intense bursts of effort. This test is highly predictive of the important area for performing job tasks such as short sprint pursuit situations. This is a timed run, recorded in seconds, at maximal level of effort.

## 3. Push up test

This test measures muscular endurance of the upper body. The hands are placed slightly wider than Shoulder width apart, with fingers pointed forward. The candidate's head will be looking straight forward. The test starts from the Up position (elbows fully extended) and must keep their back straight and flat at all times. The candidate will lower their body to the floor until their chest touches the administrator's fist (or acceptable measuring tool) at a depth of no less than 4 inches from the floor. The candidate then returns to the Up position. This is ONE repetition. Resting should be done in the Up position. The total number of correct push-ups performed in One (1) minute is recorded as the score. The candidate's knees will not touch the floor. The "modified" push-up will NOT be used.



## 4. 1.5 Mile Run

This is a timed run to measure the heart and vascular systems capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance. The score is in minutes and seconds.

