

## Medical Approval Form for Physical Agility Examination

**TO:** City of Hartford Police Department

**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 Agility 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: \_\_\_\_\_

Address: \_\_\_\_\_

Applying to: Hartford Police Department for the position of Police Officer

**CAN SAFELY PERFORM THE PHYSICAL AGILITY 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 Hartford Department of Human Resources  
550 Main Street, Ground Floor, Room 3  
Hartford, CT 06103

**Candidate Emergency Contact:**

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

***YOU MUST PRESENT THIS FORM AT CHECK-IN FOR THE PHYSICAL AGILITY EXAMINATION.***

## CONNECTICUT POLICE OFFICER STANDARDS AND TRAINING COUNCILS PHYSICAL AGILITY ASSESSMENT STANDARDS

The physical agility assessment includes the four stations described below. These standards are required by the Connecticut Police Officer Standards and Training Council (POSTC).

Sit-ups	Muscular Endurance	This is a measure of the muscular endurance of the abdominal muscles and core area. Sit ups are done with bent legs and hands alongside the ears. The score is the number of correctly performed sit ups in one minute.
300 Meter Run	Anaerobic Power	This is a measure of anaerobic power. The candidate runs 300 meters on a suitable running area. (i.e.: 3/4 of 1 lap on a 400 meter track) The score is the minutes and seconds necessary to complete the 300 meter distance.
Push Up	Absolute Strength	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 approximately 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.
1.5 Mile Run	Cardiovascular Capacity	This is a measure of the cardiovascular capability of the runner. The test is conducted on a suitable running area. 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 40% Cooper Standards:

Age/Gender	Sit-Up	300 Meter Run	Push-Up	1.5 Mile Run
<b>Male</b>	<b>Pass</b>	<b>Pass</b>	<b>Pass</b>	<b>Pass</b>
<b>20-29</b>	38	59 seconds	29	12:38
<b>30-39</b>	35	59 seconds	24	12:58
<b>40-49</b>	29	72 seconds	18	13:50
<b>50-59</b>	24	83 seconds	13	15:06
<b>60-69</b>	19	N/A	10	16:46
<b>Female</b>	<b>Pass</b>	<b>Pass</b>	<b>Pass</b>	<b>Pass</b>
<b>20-29</b>	32	71 seconds	15	14:50
<b>30-39</b>	25	79 seconds	11	15:43
<b>40-49</b>	20	94 seconds	9	16:31
<b>50-59</b>	14	109 seconds	7	18:18