



BETHEL POLICE DEPARTMENT

JEFFREY W. FINCH ♦ CHIEF OF POLICE

2015 Physical Ability Assessment

Medical Approval Form

To be filled in by physician:

This is to certify that I have reviewed the four elements described on the Physical Ability Assessment document and that it is my professional opinion that the candidate named below:

Candidate's Name: _____

MAY PARTICIPATE IN THE OUTLINED PHYSICAL ABILITY ASSESSMENT.

Physician's Signature: _____ Date: _____
(M.D. or D.O.)

Physician's Name and
Address Must Appear
In The Box To The
Right

(Please Type or Imprint
With Office Stamp)



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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 alongside of 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.



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

<i>Male</i>	<i>sit-ups</i>	<i>Flex</i>	<i>Push-Ups</i>	<i>Run</i>
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

<i>Female</i>	<i>sit-ups</i>	<i>Flex</i>	<i>Push-Ups</i>	<i>Run</i>
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

Additional information may be obtained at
http://www.ct.gov/post/lib/post/basic_training/medical_approval_form_revised_2014_attachments.pdf