



EAST BRUNSWICK POLICE DEPARTMENT

2023 RECRUITMENT DRIVE

PHYSICIAN CERTIFICATION

Applicant's Name (Print)

Applicant's Signature

Dear Doctor,

The above listed individual is participating in the police officer recruitment examination for the East Brunswick Police Department. The physical agility test will be held on **Sunday, October 22, 2023**. East Brunswick Township is requiring each participant to receive certification from a physician, licensed in the State of New Jersey, stating that the applicant is physically fit and able to engage in strenuous exercise. All exercises are job related for the position of police officer.

The following exercises will be administered during the physical agility examination. Please check if the applicant can or cannot participate in the listed exercise. **Please be advised that the applicant must be able to participate in all four exercises in order to continue in the testing procedure!**

<u>Exercise</u>	<u>Scores Needed</u>		<u>Able to Participate?</u>	
300-Meter Run	Minimum: 71 sec.	Maximum: 56 sec.	Yes _____	No _____
Push-Ups (1 minute)	Minimum: 21	Maximum: 35	Yes _____	No _____
Sit-Ups (1 minute)	Minimum: 30	Maximum: 38	Yes _____	No _____
1.5 Mile Run	Minimum: 14:31	Maximum: 13:35	Yes _____	No _____

Comments or restrictions: _____

The applicant was given a handout entitled "Physical Agility Study Guide", and he was instructed to show this to the certifying physician. If you have any further questions concerning the physical agility examination, please refer to this handout for a complete description of the physical agility test.

Physician's Name (Please Print)

Physician's Address

Physician's Signature

Physician's Telephone #

Date