

POLICE DEPARTMENT

Administration
Lt. Frank M. Nucera III
(Officer-In-Charge)

Operations
Lt. Christopher Burns



Township of Bordentown
1 Municipal Drive
Bordentown, New Jersey 08505
(609) 298-4300
Fax (609) 298-1061

Physical Ability Assessment - Medical Approval Form

To be completed by a physician:

This is to certify that I have reviewed the attached elements of the Physical Ability Assessment/Physical Fitness Assessment. After reviewing said document, it is my professional opinion that the candidate named below:

Candidate's Name: _____

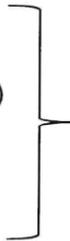
Department Applying to: _____

CAN safely perform the Physical Ability Assessment.

Physicians Signature (M.D., D.O., N.P., P.A.): _____

Date: _____

Physicians Name and Address
(Type or imprint with office stamp)



Medical approval forms cannot be backdated more than six months, nor can Medical Notation be included on this form.

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Physical Ability Assessment Standards

The physical ability assessment includes the four events described below. An additional test is listed and may be required by the hiring agency. The standards for passing are set by the NJ Police Training Commission.

Individuals are expected to perform to the best of their ability on all events.

Sit-Ups	One-Minute Sit Up. (maximal effort)	The score is the number of correct, full, bent-leg sit-ups performed in one minute. Your feet are held by another individual and depending on the department that you are testing for, fingertips will be cupped over ears or laced behind the head
Pushups	One Minute Push-Up (maximal effort)	The score is the number of correct full-body push-ups performed in one minute: <ul style="list-style-type: none"> Starting in the up position, hands placed slightly wider than shoulder width apart, fingers pointing forward with a straight back. Bend your elbows, lowering your body towards the floor and lower your chest to approximately four inches from the floor and return to the up position
300 Meter Run	Anaerobic Power (maximal effort)	The score is the time it takes to run at maximal effort for 300 meters.
1.5 Mile Run	Vertical Jump (maximal effort)	The score is the time (minutes : seconds) it takes to run, jog, or walk 1.5 miles.
Events listed below are not required unless specified by the hiring agency		
*Vertical Jump	Vertical Jump (maximal effort)	Jumps as high as possible from a stationary position reaching upward with the hand. Measurement is in inches reached.

New Jersey PTC Minimum Passing Standards

300 Meter: 84 seconds or less	Push Ups: 19	Vertical Jump: 12.5 inches	Sit-Ups: 22	1.5 Mile Run: 19:00 minutes or less
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