LOWER PAXTON TOWNSHIP POLICE DEPARTMENT

Physician Statement Form

I, _____, as a physician or health

care professional for _____, a police applicant
wishing to participate in the LPPD Police Officer's Physical Fitness Assessment Test,
do hereby state that the aforementioned individual can safely perform the exercises as
described in the attached document, which I have reviewed.

_____   _____

Print/Type Name of Physician   Date

_____

Signature of Health Care Professional

LOWER PAXTON TOWNSHIP POLICE

PHYSICAL FITNESS TEST

Applicants for the position of Police Officer must demonstrate a fitness level which would allow them to perform the essential job functions of a police officer. Applicants must perform each of the following exercises in accordance with the indicated standards. Each exercise will be scored as PASS/FAIL. **If an applicant fails to start or attempt any event when advised or fails one event, they fail the entire test and will not advance to the written test.** The exercises must be performed in the following order:

1. **Vertical Jump**-Applicant will be provided three attempts to jump as high as possible from a standing position. The standard is **15"**.
   - *2 minute rest*

2. **1 Minute Sit-Ups**-Applicants will have 1 minute to complete **28 sit-ups**. This exercise shall consist of the applicant lying on the floor with the knees bent 90' and feet held in position. The applicant will interlock their fingers behind their head and touch their elbows to their knees without pulling on their neck or raising their hips off of the floor.
   - *5 minute rest*

3. **300 Meter Run**-Applicant will run 300 meters on a level surface within **70.1 seconds.**
   - *5-10 minute rest*

4. **Push-ups**-Applicant will place their hands on the ground, approx. shoulder width apart. Applicant's feet may be up to 12" apart. The body must be in a straight line from shoulders to ankles. **24 correct push-ups** must be preformed to pass this test.
   - *5 minute rest*

5. **1.5 Mile Run**-The applicant will run a level 1.5 mile course within **15 minutes and 55 seconds.**