



# Physician's Certification

Dear Examining Physician,

\_\_\_\_\_ is a candidate for entry into the Ulster County Law Enforcement Training Group (UCLETG) Police Academy Program. As part of the process, the candidate will have to pass a Physical Agility Test. Before the test can be administered, the candidate must be examined by a physician, for a determination that the candidate's fitness level is sufficient to safely attempt the test. The format of the test is outlined below:

- Sit-Ups**                      Muscular Endurance (Core Body) – The score indicated below is the number of bent leg sit-ups performed in one minute.
- Pushups**                    Muscular Endurance (Upper Body) – The score indicated below is the maximum number of full body repetitions that a candidate must complete without breaks.
- 1.5 Mile Run**              Cardiovascular Capacity – The score indicated below is calculated in minutes: seconds.

### Age/Sex 40%

Male	Sit-Ups	Pushups	1.5 mile Run
20-29	38	29	12:38
30-39	35	24	12:58
40-49	29	18	13:50
50-59	24	13	15:06
60-69	19	10	16:46
70-79	19	10	18:38

Female	Sit-Ups	Pushups	1.5 mile Run
20-29	32	15	14:50
30-39	25	11	15:43
40-49	20	9	16:31
50-59	14	N/A	18:18
60-69	6	N/A	20:16
70-79	6	N/A	21:31

After reviewing the test and examining the candidate, please complete the Physician's Certification and return it to the candidate, for presentation at the time of the Physical Agility Test.

### Physician's Certification

I, \_\_\_\_\_, have examined UCLETG Police Academy Candidate,

**Name of Physician**

\_\_\_\_\_, and believe that he can safely participate in the UCLETG

**Name of Candidate**

Police Academy Police Physical Agility Test outlined above.

\_\_\_\_\_  
**Physician's Signature**

\_\_\_\_\_  
**Date**