



Hagerstown Police Department Physical Qualification Test



Applicant: _____

Age: _____

SIT-UPS: Used to measure MUSCULAR ENDURANCE. The applicant is to perform as many bent-leg-sit-ups as possible in a minute. Acceptable minimum score is shown below

PUSH-UPS: Used to measure DYNAMIC STRENGTH. The applicant is to perform as many push-ups as possible in a minute. Acceptable minimum score is shown below.

RUN: Used to measure CARDIOVASCULAR CAPACITY. The maximum acceptable times for the **one and a half (1.5) mile run** is shown below in minutes and seconds.

This test is the Cooper Institute Absolute Standard Test

This test is on a **PASS / FAIL** Basis. The minimum standards required to pass the test are as follows:

SIT-UPS	PUSH-UPS	1.5 MILE RUN
27	18	15 min. 20 sec.

Test Results:

SIT-UPS: _____	<input type="checkbox"/>	PASS	<input type="checkbox"/>	FAIL
PUSH-UPS: _____	<input type="checkbox"/>	PASS	<input type="checkbox"/>	FAIL
1.5 MILE RUN: _____	<input type="checkbox"/>	PASS	<input type="checkbox"/>	FAIL

Evaluator: _____

Date & Time: _____

Physician's Verification

I have reviewed the above elements of the Hagerstown Police Department's Physical Qualification Test and certify that the identified applicant may safely perform this test.

Physician's Signature: _____ Date: _____

Physician's Printed Name: _____

Physician's Address: _____

Physician's Phone Number: _____

Applicant returns the original form to the Hagerstown Police Department, a copy may be maintained by physician