



## 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:

<b>SIT-UPS</b>	<b>PUSH-UPS</b>	<b>1.5 MILE RUN</b>
<b>27</b>	<b>18</b>	<b>15 min. 20 sec.</b>

**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: \_\_\_\_\_