



P.O. Box 774  
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## Physical Ability Assessment - Medical Approval Form

### To be completed by a physician:

This is to certify that I have reviewed the attached four elements of the Connecticut Police Officer Standards and Training Council's Physical Ability 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. or D.O.): \_\_\_\_\_

Date: \_\_\_\_\_

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

A large, empty rectangular box with a black border, intended for the physician's name and address. A large right-facing curly bracket is positioned to the left of the box, spanning its vertical height, and is connected to the text "Physicians Name and Address (Type or imprint with office stamp)".

Medical approval forms backdated more than six months cannot be accepted.



## Connecticut Police Officer Standards and Training Councils Physical Ability Assessment Standards

The physical ability assessment includes the four stations described below. These standards are required by the Connecticut Police Officers Standards and Training Council.

|                      |                         |   |
|----------------------|-------------------------|---|
| <b>Sit-Ups</b>       | Muscular Endurance      | The score is the number of correct, full, bent-leg sit-ups performed in one minute. Your feet are held and your fingertips are tucked behind your ears.   |
| <b>Pushups</b>       | Muscular Endurance      | The score is the number of correct full-body push-ups performed in one minute: <ul style="list-style-type: none"> <li>Starting in the up position, hands placed slightly wider than shoulder width apart, fingers pointing forward with a straight back.</li> <li>Bend your elbows, lowering your body towards the floor and touch your chest to the measuring block (approximately four inches from floor) and return to the up position.</li> </ul> |
| <b>300 Meter Run</b> | Anaerobic Power         | The score is the time it takes to run at maximal effort for a distance of 300 meters.   |
| <b>1.5 Mile Run</b>  | Cardiovascular Capacity | The score is the time (minutes:seconds) it takes to run, jog, or walk 1.5 miles.  |

### Standards for Passing

| Age / Gender  | Sit-Ups | Pushups | 300 Meter Run | 1.5 Mile Run |
|---------------|---------|---------|---------------|--------------|
| Male, 20-29   | 38      | 29      | 59 seconds    | 12:38        |
| Male, 30-39   | 35      | 24      | 59 seconds    | 13:04        |
| Male, 40-49   | 29      | 18      | 72 seconds    | 13:49        |
| Male, 50-59   | 24      | 13      | 83 seconds    | 15:03        |
| Male, 60-69   | 19      | 10      | N/A           | 16:46        |
| Female, 20-29 | 32      | 15      | 71 seconds    | 14:50        |
| Female, 30-39 | 25      | 11      | 79 seconds    | 15:38        |
| Female, 40-49 | 20      | 9       | 94 seconds    | 16:21        |
| Female, 50-59 | 14      | 7       | N/A           | 18:07        |
| Female, 60-69 |         |         |               | 20:06        |