

PHYSICIAN RELEASE – PHYSICAL FITNESS GRADED EXAMINATION

[PRINT, HAVE PHYSICIAN OR MEDICAL PROFESSIONAL COMPLETE, & RETURN]

APPLICANT:

Name [Last, First, Middle]	Date of Birth	Last 4 Digits of SSN
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APPLICANT PHYSICIAN:
The above listed applicant is currently participating in the selection process for “University Law Enforcement Officer.” As part of the selection process, applicants are required to participate in a graded physical fitness examination. Prior to participation; however, the applicant must have his/her physician provide a written recommendation as to whether or not the applicant should participate in the examination. A list of the graded exercises and minimum requirements for passing are listed as follows:

FITNESS CATEGORY	MINIMUM REQUIREMENT NEEDED FOR PASSING
Push-Ups (Unlimited)	22
Sit-Ups (Timed One Minute)	31
One Repetition Maximum Bench Press	.61 Ratio (body weight multiplied by .61)
300 Meter Run	64.7 Seconds
1.5 Mile Run	15:14 Minutes

PHYSICIAN REPORT:
Please complete one of the following recommendations:

INITIAL THE APPROPRIATE SELECTION	SELECTION
	I KNOW OF NO REASON WHY HE/SHE MAY NOT PARTICIPATE
	I BELIEVE HE/SHE COULD PARTICIPATE BUT URGE CAUTION [Denote Caution]:
	I RECOMMEND THAT HE/SHE NOT PARTICIPATE

X	
PHYSICIAN SIGNATURE	DATE

NOTE: THIS FORM MUST BE COMPLETED IN ORDER TO PARTICIPATE IN THE PHYSICAL FITNESS EXAMINATION. FAILURE TO HAVE THIS FORM COMPLETED WILL DISQUALIFY YOU FROM PARTICIPATING IN THE EXAMINATION