

CHESHIRE POLICE DEPARTMENT

Neil Dryfe, Chief of Police
500 Highland Avenue, Cheshire, Connecticut 06410-2296
(203) 271-5500, 24 Hour Fax: (203) 271-5515.
Chief's Office Fax: (203) 271-5563
www.cheshirect.org/police-services



MEDICAL APPROVAL FORM FOR ENTRY LEVEL PHYSICAL FITNESS ASSESSMENT (COOPER TEST)

PHYSICIAN'S CERTIFICATION OF ABILITY TO PARTICIPATE IN THE DESCRIBED ENTRY LEVEL PHYSICAL FITNESS ASSESSMENT

This is to certify that I have reviewed the following submitted material describing the four components of the entry level physical fitness assessment (Cooper Test) as approved and required by the Police Officer Standards and Training Council.

After reviewing said material, it is my professional opinion that the candidate named below:

Candidate's Name: _____

Date of this Physician's Exam: _____

(Approval only valid for 60 days from date of exam)

IS MEDICALLY CAPABLE OF PARTICIPATING IN THIS ENTRY LEVEL PHYSICAL FITNESS ASSESSMENT..

Physician's Signature: _____

Physician's Name (Typed or Imprinted with Office Stamp)

Patrol Operations
203-271-5500

Traffic Division
203-271-5540

Investigative Division
203-271-5530

Youth Detective
203-271-5532

Deaf/TIY
203-271-5508

Records/Permits
203-271-5510

Drug Tips
203-271-5534

Training Officer
203-271-5560

SPECIFICATIONS AND STANDARDS FOR FITNESS TESTING (COOPER TEST)

The Cooper Fitness Test is a scientifically valid test, consisting of four separate test components, conducted during a one to two hour window of time.

Test 1. The One-Minute Sit-Up Test. This is a measure of the muscular endurance of the abdominal muscles and core area. Sit ups are done with bent legs and hands alongside the ears. The score is the number of correctly performed sit -ups in one minute.

Test 2. The 300-Meter Run. This is a measure of the anaerobic power and sprinting ability. The test is conducted on a suitable running surface/ track. The score is measured in the number of seconds necessary to complete the 300-meter distance.

Test 3. The One-Minute Push-up Test. This is a measure of absolute strength of the muscles of the upper body. Pushups start in the up position (flat back and arms fully extended). The candidate lowers their body to approximately four inches from the ground without touching/bending their knees.

Without touching knees, the candidate then fully extends arms into the up position. The score is the number of correctly performed pushups in one minute.

Test 4. The 1.5-Mile Run. This is a measure of the cardiovascular capability of the runner. The test is conducted on a suitable oval running track. The score is the minutes and seconds necessary to complete the 1.5-mile distance.

Minimum Scores for Employment as a Police Officer using the 40th percentile of the Cooper Standards.

MALE	Sit-ups	300 Meter Run	Push-Ups	1.5 Mile Run
20-29	38	59s	29	12:38
30-39	35	59s	24	13:04
40-49	29	72s	18	13:49
50-59	24	83s	13	15:03
60-69	19	N/A	10	16:46

FEMALE	Sit-Ups	300 Meter Run	Push-Ups	1.5 Mile Run
20-29	32	71s	15	14:50
30-39	25	79s	11	15:38
40-49	20	94s	9	16:21
50-59	14	N/A	7	18:07
60-69	6	N/A	N/A	20:06