



PHYSICAL ABILITY TEST AUTHORIZATION FORM



Each candidate seeking employment as a Howard County Cadet, Entry Level Police Officer, or Lateral Police Officer will participate in the following physical ability tests after a 5-10-minute warm-up period:

1. **Abdominal Muscular Endurance** - measured by the number of bent-leg **sit-ups** performed in one minute.
2. **Muscular Endurance of the Upper Body** - measured by the number of **push-ups** performed in one minute.
3. **Cardiovascular Endurance** - measured by a 1.5-mile **run/walk**.

The candidate must achieve the following minimum scores:

Sit-ups	Push-ups	1.5 Mile Run/Walk (time)
27	14	15:29

TO BE COMPLETED BY CANDIDATE

CANDIDATE'S NAME (PRINT CLEARLY): _____

SOCIAL SECURITY NUMBER: _____ DATE OF BIRTH: _____

TO BE COMPLETED BY PHYSICIAN

I certify that I have reviewed the above requirements and it is my opinion that the above-named candidate can perform the elements of this test without undue risk to himself/herself. Forms completed by Nurse Practitioners will be accepted.

PHYSICIAN'S NAME: _____

PHYSICIAN'S ADDRESS: _____

PHYSICIAN'S TELEPHONE: _____

PHYSICIAN'S ORIGINAL SIGNATURE: _____

PLACE IMPRINT OF DOCTOR'S OFFICE STAMP HERE ⇨



*DATE: _____ (*This form is valid for six (6) months from the date of physician's signature.)

PHYSICIANS/NURSES ONLY may contact 410-313-2255 with any questions regarding this test.