



P.O. Box 78  
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235-5865

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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 elements of the Physical Ability Assessment/Physical Fitness 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., D.O., N.P., P.A.): \_\_\_\_\_

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

Physicians Name and Address  
(Type or imprint with office



stamp)

Medical approval forms cannot be backdated more than six months, nor can Medical Notation be included on this form.



## Physical Ability Assessment Standards

The physical ability assessment includes the four events described below. Two additional events are listed and may be required by the hiring agency. The standards for passing vary by State and Agency.

**Individuals are expected to perform to the best of their ability on all events.**

<b>Sit-Ups</b>	One-Minute Sit-Up. <b>(maximal effort)</b>	The score is the number of correct, full, bent-leg sit-ups performed in one minute. Your feet are held by another individual and depending on the department that you are testing for, fingertips will be cupped over ears or laced behind the head.
<b>Pushups</b>	One Minute Push-Up <b>(maximal effort)</b>	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 <b>(maximal effort)</b>	The score is the time it takes to run at maximal effort for 300 meters.
<b>1.5 Mile Run</b>	Cardiovascular Capacity <b>(maximal effort)</b>	The score is the time (minutes:seconds) it takes to run, jog, or walk 1.5 miles.
<b>*Events listed below are not required unless specified by the hiring agency</b>		
<b>*Vertical Jump</b>	Vertical Jump (maximal effort)	Jumps as high as possible from a stationary position reaching upward with the hand. Measurement is in inches reached
<b>*Agility Run</b>	Agility Run (maximal effort)	The subject starts face down, with the head to the start line and hands by the shoulders. On go- subject rises to feet and runs through a series of cones and shuttle evolutions before crossing the finish line



The information below is a guide for training purposes. Individuals are encouraged to perform to the best of their ability on the day of the test.

**40% Cooper Norms – CT., ME., RI., NY., VT.**

**30% Cooper Norms -MA**

Maine doesn't require the 300-meter run. Vermont requires a bench press but not the 300-meter run. New York doesn't require the 300-meter run. (N.Y. 1.5 mile run times vary slightly from the standards listed below)

Age/Gender	Sit ups	Push-ups		300 meters	1.5-mile run
Age/Gender	Sit ups	Push ups		300 meters	1.5-mile run
20-29 Male	38	29		59	12:38
30-39 Male	35	24		59	13:04
40-49 Male	29	18		72	13:49
50-59 Male	24	13		83	15:03
60-69 Male	19	10		N/A	16:46
20-29 Female	32	15	*23	71	14:50
30-39 Female	25	11	*19	79	15:38
40-49 Female	20	9	*13	94	16:21
50-59 Female	14	7	*12	N/A	18:07
60-69 Female	6	N/A	*5	N/A	20:06

\*Female Modified Push-ups permitted in Massachusetts only

**Massachusetts MPTC Requires 30% Cooper Norms listed below**

Age/Gender	Sit ups	Push ups		300 meters	1.5-mile run
20-29 Male	35	26		62	13:16
30-39 Male	32	20		63	13:46
40-49 Male	27	15		77	14:34
50-59 Male	21	10		87	15:58
60-69 Male	17	8		N/A	17:38
20-29 Female	30	13	*20	75	15:52
30-39 Female	22	9	*15	82	16:38
40-49 Female	17	7	*10	106.7	17:22
50-59 Female	12	N/A	*9	N/A	18:59
60-69 Female	4	N/A	*3	N/A	21:20



\*Female Modified Push-ups permitted in Massachusetts only

**New Jersey PTC**

300 Meter	Push ups	Vertical Jump	Sit ups	1.5-mile run
70.1 seconds	24	15	28	15:55

**Alaska State Police**

Push ups	Sit ups	1.5-mile run
25	27	15:12

CHIP administers testing on a monthly basis. All departments are encouraged to accept C.H.I.P. results which makes it easier for applicant and less costly for the department. We encourage applicants to present their C.H.I.P. results to all departments they apply to. If the department you are applying to has a different testing standard let us know prior to the test and we will do our best to accommodate. Nearly 100 departments accept C.H.I.P. results. Help us grow – tell departments about our program