STUDENT NAME ________________________________________________

TO THE PHYSICIAN: Your patient will be entering a Law Enforcement Training School where he/she will be tested at a sub-maximal level for physical fitness competencies as they relate to a Law Enforcement Officer. After determining his/her physical capabilities this patient will engage in physical exercise 3 times per week at his/her own pace. These exercises are supervised by a trained physical fitness expert. If after examining the patient, you see no contradictions for participation, please indicate below. If contradictions are present, indicate the nature of these and to what extent this patient may participate. Thank you.

Listed below are activities that may be included in the Physical Activities section:

AEROBIC ACTIVITIES: Designed to increase energy levels, decrease stress, stabilize appetite, decrease body fat, and condition the heart and lungs.
* Jogging 2030 minutes up to 1.5 mile

FLEXIBILITY EXERCISES: Designed to increase a participant’s range of motion within the upper and lower body.

ABSOLUTE STRENGTH PROGRAMS: Involves the use of weight equipment. Participants are pretested to determine his/her maximum strength levels per one exercise at each station on the universal equipment. Exercises are designed to use 40-60% of maximum strength.
* Bench Press of Chest
* Overhead Shoulder Press
* Hyperextension of Lower Back
* Leg Raises for Abdominals
* Arm Curl for Biceps
* Machine Pulldowns for Upper Back
* Leg Press for Upper Thighs
* Leg Extensions for Frontal Quadriceps
* Leg Curls for Hamstrings
* Situps for Abdominals

DYNAMIC STRENGTH PROGRAMS: Involves floor exercises and calistenic-type activity. Pretesting to determine the maximum number of repetitions per minute of given exercise. Increase of one set per week up to a maximum of 4 sets.
Calisthenic exercises most often used:
* Situps
* Pushups
* Knee Bends
* Heal Raises
* Jumping Jacks

ANAEROBIC ACTIVITIES: Designed to increase the participants explosive speed.
* Sprints 50 to 100 yard
* 550 Yard
* 200 yard run – twice during course
* Pull 150 pound person out of car/drag 50 feet
* Carry 150 pound person 50 feet

POPAT COURSE: Designed to stimulate obstacles that may be encountered in a police duty situation.
* Run up and down five step staircase – nine times total during course
* Crawl through a darkened 40 ft. culvert
* Push open an obstructed metal door
* 200 yard run – twice during course
* Pull 150 pound person out of car/drag 50 feet
* Carry 150 pound person 50 feet

TEAM ACTIVITIES: Designed to promote teamwork and eye to hand coordination as well as skill development
* Softball
* Basketball
* Volleyball
* Other team activities deemed appropriate

ACCEPTABLE TO PARTICIPATE: ___________________________ _______________________
Physician’s Signature Date

UNACCEPTABLE TO PARTICIPATE: ___________________________ _______________________
Physician’s Signature Date

COMMENTS: You may use the back of this form.