

**CITY OF FORT DODGE
POLICE APPLICANT PHYSICAL STATEMENT**

IF YOU HAVE ANY DOUBT OF YOUR PHYSICAL CAPABILITIES TO PERFORM THE REQUIRED PHYSICAL QUALIFICATION TESTS TO BECOME A POLICE OFFICER IN IOWA, SUBMIT THIS STATEMENT SIGNED BY A MEDICAL PHYSICIAN.

PHYSICAL QUALIFICATION TESTS

Complete a battery of four physical qualification tests to demonstrate your ability to satisfactorily perform job related tasks.

1. Sit and Reach Test: This is a measure of the flexibility of the lower back and upper leg area. It is an important area of performing police tasks involving range of motion and is important in minimizing lower back problems. The test involves stretching out to touch the toes or beyond with extended arms from a sitting position. The score is in inches reached on a yard stick fastened to an apparatus with 15 inches being at the toes and the one inch mark closest to the body.

2. 1 Minute Sit-Up Test: This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems. The score is in number of bent leg sit-ups performed in 1 minute.

3. 1 Minute Push-Up Test: This test requires pushing one's own weight off the floor. This measures the amount of force the upper body can generate and is an important area of performing police tasks requiring upper body strength. The score is calculated by the number of push-ups performed in 1 minute. The body is supported by the hands and feet touching the ground, with legs straight and off the ground. The chest must come down and touch a fist placed under the individual's chest, then the arms must go to full extension to complete a push-up. Females in excess of 49 years of age may do push-ups on their knees. Normative data for these age groups have not been established.

4. 1.5 Mile Run: This is a timed run to measure the heart and vascular system's capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. The score is in minutes and seconds.

Please see the attached State of Iowa Facts about Iowa Law Enforcement Physical Standards for Pre-Employment Testing brochure for advice on how to prepare for this test.

Name of Applicant (printed): _____

Signature of Applicant: _____ Date: _____

Physician's Statement:

I hereby certify that the above named person was examined by me on (date) _____
and found physically able/unable of engaging in the battery of four physical qualification tests.

Name of Physician (printed): _____

Signature of Physician: _____ Date: _____