PHYSICAL AGILITY TEST AUTHORIZATION FORM

Each candidate seeking employment as an Anne Arundel County Entry Police Officer will participate in the following physical agility tests:

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**:

Male/Age	Sit-ups	Push-ups	1.5 Mile Run/Walk
20-49	28	16	14:10
50 +	22	11	15:53

Female/Age	Sit-ups	Push-ups	1.5 Mile Run/Walk
20-49	19	8	17:38
50 +	12	5	19:43

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.

PHYSICIAN'S NAME: _____

PHYSICIAN'S ADDRESS: _____

PHYSICIAN'S TELEPHONE: _____

PHYSICIAN'S ORIGINAL SIGNATURE: _____

PLACE IMPRINT OF DOCTOR'S OFFICE STAMP HERE ⇨

This form is valid until April 1, 2025