

Appendix 1

Physician's Referral Form

Wharton Borough Police Health/Fitness Assessment and Evaluation

\_\_\_\_\_ may participate in a health/fitness pre-employment test for the police department.

The assessment/evaluation will consist of the vigorous exercises listed below.

Please evaluate the exercise and indicate whether the candidate may participate by checking yes or no.

Yes	No	
_____	_____	Vertical Jump Test: To measure the explosive power of an individual for pursuit tasks such as jumping and vaulting.
_____	_____	1 Repetition Maximum Bench Press: To measure the amount of force the upper body can generate.
_____	_____	1 Minute Sit-ups: To measure the muscular endurance of the abdominal muscles.
_____	_____	1 Minute Push-ups: To measure the muscular endurance of the upper body muscles in the shoulders, chest and back of the upper arms.
_____	_____	1.5 Mile Run: To measure cardiovascular endurance.
_____	_____	300 Meter Run: To measure anaerobic capacity.

Is the candidate on any medications where participation in the required vigorous exercises would cause any health problems or reactions?

\_\_\_\_\_ No \_\_\_\_\_ Yes (If yes, please explain)

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Does the candidate have any prior existing medical condition or injury that could be aggravated by this testing?

\_\_\_\_\_ No \_\_\_\_\_ Yes (If yes, please explain)

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I certify that this individual is fit to participate in the aforementioned health/fitness test events.

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

Referring Physician (Signature): \_\_\_\_\_

Printed Name:

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Address:

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Office Number:

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