

**SWATARA TOWNSHIP POLICE DEPARTMENT  
PHYSICAL FITNESS REQUIREMENTS AND MEDICAL RELEASE**

This examination is to determine the physical fitness for the applicant to be certified as a police officer in Pennsylvania. The applicant, who you are about to examine, intends to apply to the Swatara Township Police Department, 599 Eisenhower Boulevard, Harrisburg, Pa 17111. When hired, he or she will be vested with a position of public trust, and may, at some future time, be required to exercise significant physical strength and undergo high emotional stress. A licensed physician must administer this examination.

**NOTE: This form must be printed in ink or typewritten. Photocopies will not be accepted.**

**Tests**

The following tests will be administered by the Swatara Township Police Department at a later date

1	300 Meter Run	Applicant will be required to complete a timed run of 300 meters on a level surface within 65.5 seconds.
2	Push-ups	Applicant will be required to perform a minimum of 21 push-ups.
3	Sit-ups	Applicant will be required to perform a minimum of 29 sit-ups in one (1) minute.
4	1.5 Mile Run	Applicant will be required to run a distance of 1.5 miles within 14:45.

**A licensed physician shall complete the following:**

		YES	NO
1	Is this applicant's physical condition such that the applicant can reasonably be expected to withstand significant cardiovascular stress?		
2	Is this applicant free from any debilitating conditions such as tremor, coordination, convulsion, fainting episodes or other neurological conditions, which may affect the applicant's ability to perform as a police officer?		
3	Is this applicant free from any other significant physical limitations or disabilities, which would, in the physician's opinion, impair the applicant's ability to perform the duties of a police officer or complete the required minimum training requirements?		
4	Is this applicant missing any extremities, including digits, which would prevent performance of required police duties or meeting minimum training requirements:		

Above questions 1-3 must be answered "YES" and question 4 must be answered "NO" for the applicant to be found fit.

<b>Blood Pressure:</b>	Systolic:	Diastolic:
<b>Heart:</b>	Normal <input type="checkbox"/>	Abnormal <input type="checkbox"/> (Please check one)
<b>Lungs:</b>	Normal <input type="checkbox"/>	Abnormal <input type="checkbox"/> (Please check one)

Continued on other side

