



THE ACADEMY

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MUST BE COMPLETED WITHIN 30 DAYS OF THE ACADEMY START DATE

MEDICAL EXAMINATION REPORT

Dear Physician:

The individual you are examining has been requested to obtain a Medical Clearance to participate in the Physical Conditioning Program at the **South Bay Regional Public Safety Training Consortium** Basic Academy. The Physical Conditioning Program consists of certain physical performance tests and a program of vigorous physical conditioning. Physical conditioning is conducted a minimum of 1 hour per day, 3 days per week, for at least 12 weeks. Listed below are descriptions of both the physical performance tests, and the content of the physical conditioning program.

In order to successfully complete the police academy, and in addition to the Physical Conditioning Program, a police academy recruit must be able to **FULLY PARTICIPATE** in other physical demanding activities.

Please complete the attached Physician's Physical Clearance & Limitation Form by checking all activities the recruit is APPROVED to fully participate.

PHYSICAL PERFORMANCE TESTS:

1.5 Mile Run:

The individual runs 1.5 miles as fast as possible. Measures cardio respiratory endurance (aerobic capacity).

Abdominal Curls (in 1 minute):

The individual performs as many abdominal curls as possible in 1 minute. Measure dynamic muscular endurance of the trunk.

Sit and Reach Test:

The individual performs a test that measures range of motion of the lower back and abdominal girth.

500-Yard Run:

The individual runs 500-yards in as little time as possible. Simulates a police work task.

Fence Climb:

The individual runs 5 yards, climbs a 6-foot wood and/or chain link fence, and then continues running 25 yards in the least amount of time possible. Simulates a police work task.

Push-Ups:

The individual performs as many push-ups as possible. Measure arm, upper body, and core strength/endurance.

Body Drag Test:

The individual partially lifts and drags a 165-lb. Life-like dummy 32 feet as quickly as possible. Simulates a police work task.

PHYSICAL CONDITIONING:

The program of physical conditioning involves exercise focusing on cardio respiratory endurance (aerobics), flexibility, muscular strength and endurance. The intensity of the various exercises is individualized to the extent possible and is gradually increased throughout the course of the conditioning program. Each exercise session lasts 60 minutes and consists of an 8-10 minute warm-up period, a 30-45 minute conditioning bout focusing on a primary training objective, and a 3-5 minute cool-down period. A description of the conditioning objectives and activities appear below.

CONDITIONING OBJECTIVE	FORMATS	TYPE OF ACTIVITIES
Flexibility	Walk/Jog, Floor Calisthenics	Begins with walk/jog to warm muscles and is followed by slow stretching exercises for major muscle groups and joints.
Muscular Strength/ Cardiovascular Endurance	Circuit Training with Weights	A combination of conventional Universal Gym training exercises and jogging in place for a specified period of time.
Muscular Strength/ Cardiovascular Endurance	Circuit Training with Calisthenics	A combination of conventional Calisthenics and jogging and sprinting for a specific period of time requiring a specific number of repetitions
Cardiovascular Endurance	Continuous Running	Conventional jog/run for distance and pace (15-45 minute duration)