



Dear Physician:

The individual you are examining has been requested to obtain a Medical Clearance to participate in the Physical Conditioning Program at the **Yuba College Basic or Modular Format Police Academy**. The Physical Conditioning Program consists of certain physical performance tests and a program of vigorous physical conditioning. Physical conditioning occurs 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.

PHYSICAL PERFORMANCE TESTS

1.5 Mile Run: The individual runs 1.5 miles as fast as possible. Measures cardiorespiratory endurance.

Abdominal Curls (in 1 Minute): The individual performs as many abdominal curls as possible in 1 minute. Measures 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. Measures arm 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 cardiorespiratory endurance (aerobics), 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.

OVERVIEW OF CONDITIONING ACTIVITIES

<u>Conditioning Objective</u>	<u>Formats</u>	<u>Type of Activities</u>
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 Weights	A combination of conventional calisthenics and jogging and sprinting for a specified period of time requiring a specific number of repetitions.
Cardiovascular Endurance	Continuous Running	Conventional jog-run for distance and pace(15-45 minute duration)

Please complete the attached "Medical Clearance" form following your examination.

Thank you.

MEDICAL CLEARANCE

Medical clearance to participate in the physical conditioning program for the
Basic (daytime - intensive) or Modular Format (night time) Academy

(Print Name of Individual)

Having reviewed the above named individual's PAR Q /Health History Statement for his/her medical history and having read the description of the physical performance tests and the physical performances required for the above named course and having personally examined the above named individual, it is my professional opinion that:

_____ The above named individual may participate in the physical conditioning program which is unlikely to pose a significant medical risk to the above named individual.

_____ The above named individual should not participate in the physical conditioning program.

Physician's Signature

Date

Physician's Printed Name

Address

Phone Number

Physicians' Stamp