



POLICE DEPARTMENT • TOWN OF HOPKINTON

406 Woodville Road Hopkinton, RI 02833 • 401-377-7750 FAX 401-377-7755



David S. Palmer, Chief of Police

FITNESS TEST MEDICAL CERTIFICATE

Dear Physician:

The following named individual has submitted an application to become a Police Officer with the Hopkinton Police Department.

Candidate Name: _____

Date of Birth: _____

Address: _____ Town/City: _____ State: _____

The Hopkinton Police Department and the Rhode Island Department of Public Safety/Municipal Police Training Academy (RIDPS/MPTA) requires each candidate to bring a completed Physical Fitness Test Certificate to the Physical Fitness Test before he/she will be allowed to participate in the test. A statement must be obtained from a licensed physician that the candidate is of sufficient physical conditioning to undergo a Physical Fitness test. The Fitness Test Medical Certificate must be completed within six (6) months of the Physical Fitness testing date.

Attached to this form is a listing of the minimum physical fitness standards a candidate must attain. We ask that your evaluation is based upon these criteria. Thank you for your assistance.

PHYSICIAN'S STATEMENT

I have examined the above-named individual on _____.
(DATE)

After reviewing each of the four (4) events, I find him/her to be of sufficient physical conditioning to allow the candidate to participate in the Hopkinton Police Department and RIDPS/MPTA Physical Fitness Test.

Comments (if any): _____

Physician's Signature _____

(Please type or print below :)

Physician's Name: _____

Address: _____ Phone: _____

How Will Physical Fitness Be Measured?

The Physical Fitness Test battery consists of the 4 following basic tests.

1. 1 Minute Push-Up
2. 1.5 Mile Run – Aerobic Power
3. 1 Minute Sit-Up Test
4. 300 Meter Run

Applicants must pass all of the above tests.

The actual performance standard for each test is based upon norms for a national population sample.

The performance entrance requirement for the Rhode Island Municipal Police Academy is based on the 40th percentile, and the graduation requirement is based on the 50th percentile for each age and sex group.

Please refer to the tables to your right to determine the applicable minimum qualifications by age and gender at the 40th percentile.

Minimum Physical Fitness Entrance Standards

Effective January 1, 2013

Physical Fitness Assessment 40th Percentile					
1 Minute Push-Up					
	Age<20	20-29	30-39	40-49	50-59
Male	29.0	29.0	24.0	18.0	13.0
Female	15.0	15.0	11.0	9.0	n/d
1.5 Mile Run-Aerobic Power					
	Age<20	20-29	30-39	40-49	50-59
Male	12:38	12:38	12:58	13:50	15:06
Female	14:50	14:50	15:43	16:31	18:18
1 Minute Sit-up test					
	Age<20	20-29	30-39	40-49	50-59
Male	41.0	38.0	35.0	29.0	24.0
Female	32.0	32.0	25.0	20.0	14.0
300 Meter Run					
	Age<20	20-29	30-39	40-49	50-59
Male	59.0	59.0	58.9	72.0	83.2
Female	71.0	71.0	79.0	94.0	n/d

DAR Jan 2012