

Delaware State Police

Recruitment Section

PO Box 430
Dover DE 19903
302-739-5980

Dear Applicant:

Thank you for your interest in applying for the position of Delaware State Trooper. This packet contains the information and forms needed for the physical fitness portion of the DSP Selection Process.

Included are:

- Physical Fitness Assessment Information
- Physician Authorization Form

The **Physician Authorization Form** is required to be completed and signed by a physician in order to participate in the Physical Fitness Test.

If you have any questions, please contact the Delaware State Police Recruitment Office at (302) 739-5980 or 739-7846.

(Revised 08-29-02)

PHYSICAL FITNESS ASSESSMENT

To participate in the physical fitness test, the attached **PHYSICIAN AUTHORIZATION FORM** must be completed and signed by your physician, and dated within one year of the test. *Only those applicants who have been released by a certified medical physician to participate without risk to them will be permitted to perform.* The purpose of the physical fitness assessment is to evaluate an individual's physical fitness. Each applicant's performance will be evaluated according to national fitness standards.

Applicants will be evaluated on the following:

AEROBIC CAPACITY: 1.5 Mile Run

Applicant is timed for 1.5 mile run on a running track or flat, measured surface. Applicants who display physical difficulties through the duration of the timed run will be removed from the exercise.

STRENGTH: Push-ups (As many push-ups as possible in one minute)

Males -- Hands placed shoulder width apart, elbows fully extended and back straight at all times. The applicant must reach full extension to complete one repetition. Pausing in the up position is permitted.

Females -- Will use the modified version with knees on the ground and feet in the air. Again, back must be kept in a straight line; arms fully extended and hands placed shoulder-width apart, slightly ahead of the shoulders. Applicant must come to full extension to complete one repetition. Pausing in the up position is permitted.

ENDURANCE: Sit-ups (As many sit-ups as possible in one minute)

The applicant will begin by lying on his/her back with heels flat on the floor. He/she will bend knees and rise to a sit-up position with his/her arms crossed on his/her chest. A partner may secure the applicant's feet. A sit-up will be executed by raising the upper body until it is perpendicular to the floor, and lowering the upper back down until the small of the applicant's back touches the floor. The applicant will do many sit-ups as he/she can in one minute.

The Physician Authorization Form must be completed by a doctor and dated within one year of the date you take the physical assessment test. No one will be allowed to take the physical test without a completed Physician Authorization Form.

**Delaware State Police
PHYSICIAN AUTHORIZATION FORM**

Applicant Name: _____

SSN: _____

The DSP Physical Fitness Test consists of:

1.5 Mile Run
Sit-Ups
Push-Ups

I have reviewed medical information, and conducted a physical examination, of the aforementioned applicant, and I am rendering the following professional opinion:

I find the above applicant to be in proper physical condition to engage in all of the physical exercises of the Delaware State Police Physical Fitness Assessment

Date _____

Physician' Signature _____

Physician's Name (Print) _____

Physician's Medical Degree _____

Physician's Specialty _____

Address _____

City, State, Zip _____

Phone Number _____