

Chief of Police
Brian V. Pesce

Captain of Police
Shawn R. Mount

Administration
Lt. Nathan A. Roohr

Operations
Lt. Frank M. Nucera III

POLICE DEPARTMENT



Township of Bordentown
1 Municipal Drive
Bordentown, New Jersey 08505
(609)-298-4300
Fax (609) 298-1061

Physical Ability Assessment - Medical Approval Form

To be completed by a physician:

This is to certify that I have reviewed the attached elements of the Physical Ability Assessment/Physical Fitness Assessment. After reviewing said document, it is my professional opinion that the candidate named below:

Candidate's Name: _____

Department Applying to: _____

CAN safely perform the Physical Ability Assessment.

Physicians Signature (M.D., D.O., N.P., P.A.): _____

Date: _____

Physicians Name and Address
(Type or imprint with office stamp)

Medical approval forms cannot be backdated more than six months, nor can Medical Notation be included on this form.

Chief of Police
Brian V. Pesce

Captain of Police
Shawn R. Mount

Administration
Lt. Nathan A. Roohr

Operations
Lt. Frank M. Nucera III



Township of Bordentown
1 Municipal Drive
Bordentown, New Jersey 08505
(609)-298-4300
Fax (609) 298-1061

Physical Ability Assessment Standards

The physical ability assessment includes the four events described below. Two additional events are listed and may be required by the hiring agency. The standards for passing vary by State and Agency.

Individuals are expected to perform to the best of their ability on all events.

Sit-Ups	One-Minute Sit-Up. (maximal effort)	The score is the number of correct, full, bent-leg sit-ups performed in one minute. Your feet are held by another individual and depending on the department that you are testing for, fingertips will be cupped over ears or laced behind the head
Pushups	One Minute Push-Up (maximal effort)	The score is the number of correct full-body push-ups performed in one minute: <ul style="list-style-type: none"> • Starting in the up position, hands placed slightly wider than shoulder width apart, fingers pointing forward with a straight back. • Bend your elbows, lowering your body towards the floor and touch your chest to the measuring block (approximately four inches from floor) and return to the up position.
300 Meter Run	Anaerobic Power (maximal effort)	The score is the time it takes to run at maximal effort for 300 meters.
1.5 Mile Run	Cardiovascular Capacity (maximal effort)	The score is the time (minutes: seconds) it takes to run, jog, or walk 1.5 miles.
*Events listed below are not required unless specified by the hiring agency		
*Vertical Jump	Vertical Jump (maximal effort)	Jumps as high as possible from a stationary position reaching upward with the hand. Measurement is in inches reached.
*Agility Run	Agility Run (maximal effort)	The subject starts face down, with the head to the start line and hands by the shoulders. On go- subject rises to feet and runs through a series of cones and shuttle evolutions before crossing the finish line

New Jersey PTC

300 Meter: 70.1(s)	Push Ups: 24	Vertical Jump: 15	Sit-Ups: 28	1.5 Mile Run: 15:55
---------------------------	---------------------	--------------------------	--------------------	----------------------------