



SPORTSMED
PHYSICAL THERAPY

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**PHYSICIAN'S REFERRAL FORM
HEALTH AND PERFORMANCE EVALUATION AND ASSESSMENT
FOR LAW ENFORCEMENT**

Dear Doctor:

Your patient _____ is scheduled to participate in a health and motor fitness evaluation and assessment at Bergen County Law and Public Safety Institute. The tests are designed to evaluate the individual's health and state of physical readiness prior to entering the **Academy's Basic Training Program**.

The assessment is separated into two test batteries. The first test is referred to as the **Health Fitness Test Battery**. Health fitness is a concept that includes those fitness components that can prevent disease and promote health. The requirements will include testing to determine general cardiovascular-respiratory endurance, muscle strength and endurance of the abdominal and lower back musculature, flexibility of the upper and lower back and hamstring musculature and body composition (the ratio of lean body weight to fat weight).

The second test battery will be administered to determine the individual's performance or "Motor Fitness" as it specifically related to the law enforcement officers job function, the motor fitness requirements will include testing specific upper and lower body musculature strength, speed, endurance and balance.

Please identify whether or not this individual is fit to participate in each test event by checking off **YES OR NO** on the attached sheet.

NOTE: The assessment will **NOT** be performed on this individual if this form is not filled out by you and returned to me as soon as possible.

Sincerely,

Michael W. Golz, D.C.

PHYSICAL FITNESS EXAMINATION RELEASE

I understand that the selection process for the appointment to the position of Police Officer includes participation in a physical fitness examination that may involve physical exertion. I acknowledge that in allowing my participation, Michael W. Golz, D.C., will rely upon my physician's representation that I am fit for such participation. I further acknowledge that Dr. Golz and the Town have no other information available to them from which to determine my fitness or the accuracy of my physician's representation. I accept full responsibility for any injury that I may sustain during the physical fitness test. In consideration of being allowed to participate in the test, I hereby release Dr. Golz and his employees and agents and agree to indemnify and hold them harmless from any and all claims for damages because of bodily injury, death, or property loss arising out of or related in any way to my participation in the examination.

Date

Candidate's Name (Print)

Witness

Candidate's Signature

PATIENT'S NAME _____ DEPT. _____

TEST EVENTS

YES

NO

- ___ ___ TWELVE MINUTE COOPER RUN - to determine cardiovascular/ respiratory endurance.
- ___ ___ SKINFOLD CALIPER ASSESSMENT - to determine percent of body fat.
- ___ ___ BENT KNEE SIT-UPS - to determine back stability and abdominal endurance.
- ___ ___ TRUNK FLEXION (Sit and Reach) - to determine lower back/ hamstring flexibility.
- ___ ___ PUSH-UPS - to determine upper body muscular endurance.
- ___ ___ PULL-UPS - to determine over-all upper body muscular strength.
- ___ ___ STANDING BROAD JUMP - to determine explosive power.

A. Does this individual have any pre-existing medical condition requiring continued or long-term medical treatment or follow-up? ___NO ___YES (Please explain): _____

B. Are you aware of any medical condition that this individual may have that could be aggravated by this testing? ___NO ___YES (Please explain): _____

C. Please list any currently prescribed medication (s): _____

I certify that this individual is fit to participate in the preceding health-fitness and motor-fitness test events.

Date: _____ REFERRING PHYSICIAN (Signature) _____

Printed Name: _____

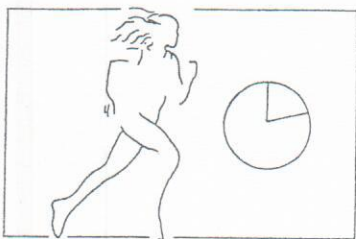
Address: _____

_____ Zip _____

Office Telephone _____

The test requirements have been developed to test two inter-related components within the concept of "total fitness". Health fitness is a concept that includes only those fitness components that can prevent disease and promote health. The "health fitness" requirements will include testing to determine general cardiovascular/respiratory endurance (heart and lung efficiency), muscular strength and endurance of the abdominal and lower back musculature, flexibility of the upper and lower back/hamstring musculature and body composition (the ratio of lean body weight to fat weight). The following test events comprise the health fitness test battery:

12 Minute Cooper Run



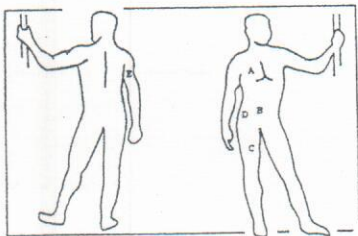
The cardiovascular/respiratory system is a miraculous combination of the heart, lungs and blood vessels. One of the most cost-effective and practical methods to determine the efficiency of this system is the 12 minute run devised by Dr. Kenneth Cooper. Participants are instructed to cover as much distance as possible by running or walking in a 12 minute time period. Their distance is then compared to the minimum standards.

Standard-Male (Miles Covered)

<u>Under 30</u>	<u>30 - 39</u>	<u>Over 40</u>
1.45	1.39	1.33

Standard-Female (Miles Covered)

<u>Under 30</u>	<u>30 - 39</u>	<u>Over 40</u>
1.25	1.21	1.13



Skinfold Assessment of Percent of Body Fat

A cost-effective method for determining percentage of body fat is the skinfold technique. This involves measuring selected skinfolds on the body with a skinfold caliper.

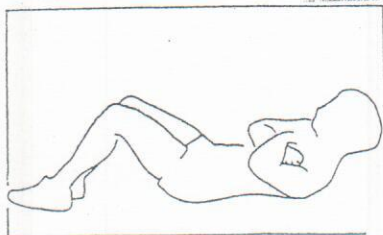
Percent Body Fat Standard-Male

<u>Under 30</u>	<u>30 - 39</u>	<u>40 - 49</u>	<u>Over 50</u>
17.4	20.5	22.5	24.1

Standard-Female

<u>Under 30</u>	<u>30 - 39</u>	<u>40 - 49</u>	<u>Over 50</u>
23.7	24.9	28.1	31.6

Bent Knee Sit-ups



The sit-up has long been recognized as a practical method of testing abdominal muscular endurance. In the sit-up test the individual starts by lying on his/her back, knees bent and held flat on the floor. The arms should be crossed in front of the chest with hands on the opposite shoulders. The feet are held down by a partner or the exercise technician. A full sit-up is counted when the individual curls up until the elbows come in contact with the knees, and then back down until the shoulder blades touch the floor. As many sit-ups as possible are to be completed within a one minute time limit.

Sit-up Standard-Male

<u>Under 20</u>	<u>20 - 29</u>	<u>30 - 39</u>	<u>Over 40</u>
41	38	35	29

Sit-up Standard-Female

<u>Under 20</u>	<u>20 - 29</u>	<u>30 - 39</u>	<u>Over 40</u>
32	32	25	20

Trunk Flexion



No general flexibility test measures the flexibility of all joints; however, the trunk flexion or the sit and reach test serve as an important measure of hip and back flexibility.

In the trunk flexion (sit and reach) test, the individual, while seated on the floor, bends forward from the waist and sees how far he/she can stretch, without straining, noting the distance on a measuring stick. Draw or tape a line on the floor and place a measuring stick across it so that the line is even with the 15 inch mark. Sit on the floor so that your heels are on the line and your feet are about five inches apart. With your legs straight, bend forward as far as you can, and touch the marking stick. The mark you reach is your score.

Trunk Flexion Standard
Male (Inches Reached)

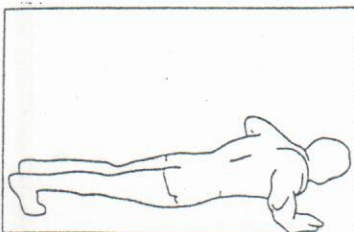
<u>Under 30</u>	<u>30 - 39</u>	<u>Over 40</u>
16.5	15.5	14.5

Trunk Flexion Standard
Female (Inches Reached)

<u>Under 30</u>	<u>30 - 39</u>	<u>Over 40</u>
19.3	18.3	17.3

The "motor fitness" requirements will include testing to determine power, upper body muscular endurance and upper body muscular strength. The following events comprise the "motor fitness" test battery:

Push-up



The push-up is a popular test used by a majority of fitness authorities to measure upper body muscular endurance. To perform the push-up properly, the individual begins by lying face down on the floor with hands placed palm down and shoulder width apart. The individual will start the event in the up position with arms almost completely extended. The person must keep his/her back straight at all times, and from the up position, lower him/herself to the floor until his/her chest touches the ground and then pushes to the up position again. Females will perform this event with knees in contact with the floor.

Push-up Standard-Male
(One minute time limit)