

PENNSYLVANIA HIGHLANDS COMMUNITY COLLEGE

JOHNSTOWN REGIONAL POLICE ACADEMY

**Municipal Police Officers' Basic Training Program (Act 120)
Physical Fitness Evaluation Individual Informed Consent Release**

The fitness pre-test as well as the mandatory MPOETC Basic Physical Fitness Program, both test for:

1. Cardio-Respiratory Fitness
2. Muscular Strength and Endurance

Cardio-Respiratory Fitness is tested by evaluating the time required to run a distance of 1.5 miles and a 300 meter dash.

Muscular Strength and Endurance is determined by evaluating the number of sit-ups an applicant can successfully complete in a prescribed time period and by using the push-up method.

Note: All MPOETC fitness testing procedures are age and gender adjusted, as per the Cooper Institute of Aerobic Research.

Historically, the most physically demanding portion of the fitness test is the cardio-respiratory evaluation, the purpose of which is to examine the participant's heart rate response to exercise and recovery periods.

Occasionally, complications can occur during the mandatory fitness testing. If the applicant/cadet is not tolerating the task well, i.e; experiencing shortness of breath, pains in the chest area, etc. it is the applicant's/cadet's responsibility to cease all physical activity and notify the test monitor of his/her condition.

In signing this Consent and Release Form, you acknowledge that you completely understand the test and that any questions you have are answered to your satisfaction. You also understand that every reasonable effort has been taken to ensure your health and safety, that you enter into the tests willingly, and that you hereby do release and hold the Johnstown Regional Police Academy and/or the Pennsylvania Highlands Community College harmless from and against any and all loss, cost, damage, injury to you, the participant, or damage to or loss of property during the course of such tests. Furthermore, I agree to look to my physician for any medical care.

Signature of Participant

Date

Print Name