



THE CITY OF  
**RALEIGH, NORTH CAROLINA**

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**RALEIGH POLICE PRE-EMPLOYMENT PHYSICIAN STATEMENT**

I, \_\_\_\_\_, as a physician for  
**(Physician)**

\_\_\_\_\_, a police applicant  
wishing to  
**(Applicant)**

participate in the Pre-Employment Physical Fitness Assessment and Polygraph Examination, sponsored by the City of Raleigh, do hereby state that the aforementioned individual can safely perform these procedures. I have reviewed the attached physical fitness requirements, and I understand that the polygraph examination may result in an increased level of physiological stress to the applicant.

\_\_\_\_\_  
Print/Type Name of Physician

\_\_\_\_\_  
Signature of Physician

\_\_\_\_\_  
Date

## **Raleigh Police Department Pre-Employment Physical Fitness Assessment**

All applicants that are approved to proceed in the application process beyond the initial interview will be required to participate in a physical fitness assessment. This physical fitness evaluation is designed by The Cooper Institute. The assessment will be administered by Raleigh Police Department Specialized Physical Fitness Instructor(s). All events will be completed in the order shown below. All events will be clearly described and or demonstrated by a physical fitness instructor before the event is performed by the applicant.

- **Body composition testing – skin fold measurements**

Skin fold testing is used to determine the total body fat percentage. Skin fold calipers are utilized for this measurement.

- **Height and weight measurement**

- **Flexibility testing – sit and reach**

The applicant is given time to warm up. The applicant will remove their shoes and sit on the floor or mat with their legs extended at right angles from the hip joints and their knees down. The heels of the applicant will be pressed flat against a box and 8 inches apart. A yardstick will be taped to the top of the box with the 15 inch mark on the edge of the box.

The applicant will slowly reach forward with both hands (overlapped and even) and reach down the yardstick and hold the position momentarily. The best of three attempts is considered the final flexibility score.

- **Absolute strength testing – 1 maximum repetition bench press**

The applicant will be given time to warm up with light weight to prevent muscle injury. The weights will be loaded based on the following criteria, one half the estimated maximum weight or 2/3 the body weight for males and ½ the body weight for females. Weight will be added to the weight bar based on the ease or difficulty of the lifts. The maximum lift will be attempted on the 5<sup>th</sup> or 6<sup>th</sup> lift or when the applicant feels he/she is ready for the maximum attempt.

- **One minute sit up test**

The applicant will perform as many sit ups as possible in a 60 second time frame. The applicant must maintain the proper position of lying flat on their back, knees bent at a 90 degree angle and arms crossed at the chest. The repetition will not be counted unless the applicant touches their knees with their elbows.

- **One minute push-up test**

Each applicant will complete as many push-ups as possible without breaking form in a one minute time period. A push up repetition is successful when the applicant lowers their body down to where their chin touches an instructor's fist that is placed on the floor under the chin.

- **Vertical jump test**

Each applicant will stand with one side towards a flat wall. The applicant will reach as high as possible with their feet remaining on the floor and touch a slap stick device to mark his/her standard reach. The applicant will then jump as high as possible and touch the slap stick device as high as possible above the standard reach. One foot must remain stationary on the floor while preparing to jump. No running starts will be allowed.

- **Aerobic power testing – 1.5 mile test**

Each applicant will complete a 1.5 mile test. Applicants must complete this task by either running or walking. The course for this event will include 6 laps around a 440 yard track or the equivalent.

All applicants should be prepared to complete all tests in the physical fitness assessment to the best of their ability. The assessment is not a pass/fail evaluation, but rather a fitness profile as compared to data compiled by The Cooper Institute from a national test group based on similar age and same gender.