UNIT 7

MEDICAL RELEASE FORM

This candidate is required to obtain a physician's release before proceeding with the physical tests. If you feel it is inappropriate to authorize a full release given the candidate's condition, simply mark the box indicating this. If further information is needed, please contact our office at (916) 263-3624 between the hours of 8:00 a.m. to 4:30 p.m. Monday-Friday.

I, _____ have examined _____
        (PRINT PHYSICIANS NAME)   (PRINT EXAMINEES NAME)

SSN _____ and find him/her:

    ( )   to be free of any medical problems which would restrict participation in the physical test and therefore give an unrestricted medical release to continue with the physical testing.

    ( )   to have medical problems which indicate potential risk in continuing with the physical testing at this time.

I understand the testing will be administered with a registered nurse or emergency medical technician present and without a physician, in a non-medical facility.

_____   _____
Physician Signature   Address

Date _____   Phone Number (____) ____ - _____

PHYSICAL AGILITY TESTS

1. Three minute step test-recovery: to measure heart rate in a recovery period following three minutes of stepping; and

2. Flexibility and sit and reach test: to measure hip and back flexibility

    OR

    Sit-ups and;

3. Vertical jump test: a measure of power determined by measuring distance between highest reach and highest jump; and

4. Illinois agility run test: to determine candidate's ability to run and change directions quickly.

PHYSICIAN, PLEASE NOTE THE DETAILED TEST DESCRIPTIONS ON THE
REVERSE SIDE OF THIS FORM

UNIT 7
AGILITY TEST INFORMATION

The test consists of two parts: a medical screening and the agility test.

Medical Screening - You will be asked to fill out a form which summarizes your:

- Smoking habits
- Exercise habits
- Family medical history
- Age

You will then be weighed, measured, and have your percent body fat estimated. Your resting pulse and resting blood pressure will be measured.

With the exception of percent body fat, each of these items is scored. (Data on body fat are being collected for statistical purposes.) If your score is high enough, you will be permitted to take the agility test. If your score is slightly under the standard, a medical professional will make a judgment whether you can continue to the agility test without risking injury to yourself. A physician's release will permit you to take the test regardless of your medical screening score. (ONLY THE FORM ON THE REVERSE OF THIS PAGE WILL BE ACCEPTED.)

Agility Test - There are four parts to the test. All four parts of the test must be passed in order to pass the exam. The tests will be administered in the following order:

1. **Three-minute step test and recovery** - Candidate will step on and off a twelve-inch high platform at a cadence of 96 beats per minute (24 complete cycles per minute) for three minutes. A 60 second pulse rate starting sixty seconds after the stepping is counted. The 60 second pulse rate must be within specified levels.

2. **Vertical Jump** - Dust fingertips with chalk, reach as high as possible. Jump, touch the wall again. The better of the two attempts is recorded. Standards are the same for all ages: 15" for men and 12" for women.

3. **Either situps or sit and reach** - You must select one or the other. You cannot attempt both.

   A. Sit-ups - Bent knees, heels 10" from buttocks, feet held to the ground by partner. Hands on opposite shoulders. Arms must touch thighs on rise. Sit-up is complete when back returns to the ground. Continue for one minute. Only one attempt is allowed.

   B. Sit and Reach - With shoes off and feet resting against a platform, bend forward from the waist as far as possible. The better of the two attempts is recorded.

4. **Agility Run** - Sprint from prone position 30 feet in one direction, and 30 feet back, run in a figure-eight pattern around a line of traffic cones and sprint 30 feet up and back to starting line. After a five minute rest, the test may be repeated. The better of the two attempts is recorded.

SEE REVERSE SIDE FOR PHYSICAL RELEASE FORM
NO OTHER FORM WILL BE ACCEPTED AT THE TEST SITE