

MEMORANDUM

TO: Physician

FROM: Robert Kehoe
School Director
Basic Law Enforcement Training
Sandhills Community College

SUBJECT: Physician's Certification of Fitness

RE: _____
Cadet Name

This certification is being presented to you by an applicant for the Basic Law Enforcement Training (BLET) program at Sandhills Community College. By requesting that you complete this certificate, the applicant is expressing a desire to participate and complete the physical fitness block and the Police Officers Physical Abilities Test (POPAT) course as a part of the BLET program. The class/course involves a combination of a lecture concerning wellness, lifestyle modifications, techniques and specific activities to improve physical fitness.

The applicant, as a student in the training program, will be given a physical assessment designed by the Institute of Aerobic Research, Dallas, Texas, and administered by a certified physical fitness instructor. The testing includes:

- Blood pressure
- Weight
- Vertical Leap
- Bench press
- 1minute pushup
- 1 minute sit up
- 300 meter run
- 1.5 mile run

Students will also be required to participate in workout session three times per week that last approximately 60 minutes. Activities include, but are not limited to walking, calisthenics, jogging, running, stretching, cycling, circuit training, weight lifting, and step aerobics.

POPAT course consist of a chase/apprehension phase and a rescue phase.

Scenario # 1: Chase/Apprehension

1. Chair to Cone 1(40ft.) and back (around chair) 2 times
2. Chair to Cone 2 (60ft.) while successfully completing each obstacle before moving to the next:
 ___broad jump___fence climb___crawl
3. Cone 2 to mat and perform Roll Drill
4. Roll Drill, 2 repetitions (a-d equals one repetition)
 - a. Start on top of the 100 lb. heavy bag with left knee on mat
 - b. Roll to the right until bag is over body
 - c. Continue roll in same direction until back on top of heavy bag (complete when right knee touches mat)
 - d. Perform complete turn to left until left knee touches mat
5. Perform 10 push-ups
6. Roll Drill, 2 repetitions
7. Return to Cone 2 while successfully completing each obstacle before moving to the next:
 ___broad jump___fence climb___crawl
8. Cone 2 to step box and perform 15 Steps (up and down) on step box
9. Roll Drill, 2 repetitions
10. Perform 10 pushups
11. Roll Drill, 2 repetitions

Scenario #2: Rescue

1. Run from Cone 1to Cone 2 (SO ft.) and back 2 times
2. Perform 15 Steps (up and down) on step box
3. Run from Cone 1to Cone 2 (SO ft.) and back 2 times
4. Drag 175 lb. dummy from Cone 3 to Cone 4 (25ft.) and back to Cone 3 {past line adjacent to cone each way)

Your completion of this form will imply that you are not aware of any conditions, i.e., physical, mental, or emotional, that would restrict or hinder the applicant from participating and completing this class/course requirement. Your signature also implies that you do not have any reservations about this applicant's ability to physically participate in this program.

If you need further information or have any questions or concerns, please contact me at Sandhills Community College, 910-693-2666.

Please sign below indicating your recommendation for the above named applicant.

(Physician's Signature)

(Date)

Name and address of Physician
Please print or type/stamp

