



SOUTHERN ILLINOIS CRIMINAL JUSTICE TRAINING PROGRAM
Mobile Team Unit 15
Part-Time Basic Law Enforcement Academy

MEDICAL CERTIFICATE

Must be completed within 60 days of the start of the Academy

Officer Name		Name of Department	
Age	Height	Weight	Gender
			M F

To examining physician:

The Southern Illinois Criminal Justice Training Program, Part-Time Police Officer Training Academy, under the auspices of the Illinois Law Enforcement Training and Standards Board, conducts part-time police officer training over a 9-month period. In conjunction with the overall program the part-time officer will be required to complete a Physical Fitness Assessment (Peace Officer Wellness Evaluation Report - *POWER Test*) and subject Control Techniques (including physical arrest scenarios).

The POWER Test includes:

- A sit-and-reach test to measure flexibility
- A one-minute, sit-up test to measure dynamic strength
- One repetition maximum bench press to measure absolute strength
- 1.5-mile run/walk to measure cardiorespiratory endurance

Should there be any questions concerning this program feel free to contact the Academy Director Chuck Doan at 618-536-1515.

Physician's Statement

The examinee listed above is qualified to participate in the above described physical testing and training.

Examining Physician's Name (<i>print</i>)		Physician Signature	
Physician's Address	City	State	ZIP
Physician's Phone #	Date of Exam		