



NJSP APPLICANT PHYSICAL EXAMINATION FORM

Name: _____

Date of Exam: _____

Date of Birth: _____ Gender: Male Female

(MUST be in the past six months and include office visit notes from this exam in requested records)

Diagnoses/Significant Health Conditions

History of concussion in the past 10 years? <input type="checkbox"/> Yes <input type="checkbox"/> No			History of Cardiac Disease? <input type="checkbox"/> Yes <input type="checkbox"/> No			History of asthma? <input type="checkbox"/> Yes <input type="checkbox"/> No		
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Current Medications *(Attach another page if necessary)*

Medication Name	Dose	Frequency	Diagnosis	Prescribing Physician Specialty	Date Medication Prescribed

Allergies/Sensitivities *(medicine & foods)*: _____

Immunizations

Tdap (tetanus/diphtheria/pertussis) <i>(Required every 10 years)</i>	Date: _____		
Meningococcal <i>(Required)</i>	Date: _____		
Tuberculosis (TB) Screening <i>(Required within the past 6 months) (PPD or Quanteferon Gold Test)</i>	Date Given: _____	Date Read: _____	Results: _____
Varicella (chickenpox) <i>(Recommended 2 shot series or titer)</i>	Date: _____	Date: _____	
MMR (measles/mumps/rubella) <i>(Recommended 2 shot series or titer)</i>	Date: _____	Date: _____	
Hepatitis B <i>(Recommended 3 shot series or titer or boost if series > 10 years prior)</i>	Date: _____	Date: _____	Date: _____
Influenza <i>(Recommended yearly)</i>	Date: _____		

Physical Exam

Blood Pressure: _____ Pulse: _____ Temp.: _____ Hgt.: _____ Wgt.: _____

System Name	Normal Findings?	Comments/Description
HEENT	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Pulmonary	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Cardiovascular	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Abdomen	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Extremities	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Skin	<input type="checkbox"/> Yes <input type="checkbox"/> No	
GI/GU	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Nervous System	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Laboratory Findings <i>(recommend CBC, CMP, UA, EKG minimum)</i>	<input type="checkbox"/> Yes <input type="checkbox"/> No	

Additional Comments: _____

Name of Physician - MD or DO (please print)

Physician's Signature

Date

Physician's Address & Telephone Number
S.P. 137A (Rev. 08/20)

Physician's Medical License No.

Applicant's Name: _____ Applicant's Number _____



***NEW JERSEY STATE POLICE
CRITICAL TASKS AND FITNESS STANDARDS FORM
FOR APPLICANTS***

All sworn members of the Division of State Police, regardless of rank or duty assignment, are required to be physically and medically capable of performing various law enforcement tasks, including but not limited to those set forth below. Also listed are mandatory physical standards measured by fitness testing on a yearly basis. Determinations regarding a sworn member's fitness for duty must consider the member's ability to perform any and all of the critical tasks in a safe and efficient manner without risk of harm to the member, other law enforcement personnel or the public.

Please review the following critical tasks required of all members of the New Jersey State Police, before you render an opinion on the applicant's ability to participate in the State Police Training Academy.

All members are required to perform each task listed below during all hours, in all weather conditions and in adverse and physically hazardous locations.

1. Forcible Arrest and Use of Force - When making an arrest, the manner in which a subject reacts ranges from cooperation to total resistance. There is no reliable predictor of how a person will respond when placed under arrest. Sworn members making arrests must be prepared to encounter the cooperative subject(s) as well as those who offer resistance. The trooper must determine, sometimes in a matter of seconds, the proper level of force necessary to subdue and apprehend a suspect.
 - a. Confronting subject prior to arrest.
 - 1.) Must be able to effectively communicate, sometimes in a commanding manner, to instruct a suspect or criminal.
 - b. Physically Restrain - Forcefully control a subject.
 - 1.) Level I: Must be able to employ passive restraint to hold a subject, sometimes for long periods of time, which minimally includes the use of upper body (arms, shoulders, abdominal) and lower body (leg) strength to passively restrain a subject. Additionally, the member must be able to escort (walking, agility, upper and lower body strength) and/or guard a prisoner.
 - 2.) Level II Force: May require a trooper to use force that escalates in relation to the amount of resistance encountered. This may require a trooper to subdue or restrain a subject(s) by utilizing various methods.
 - a.) Must be able to physically handcuff a subject(s) with force by bringing hands together (Upper body and arm strength).
 - b.) Must possess upper and lower body strength, leverage, ability and balance to overcome and actively counter pushes, kicks, bites, punches or assaults with weapons (*i.e.* knife, pipe, baseball bat).
 - c.) Must be able to push, pull, lift, possess agility, leverage and balance to attempt to counter an assault (*i.e.*, wrestling).
 - d.) Must possess the following abilities: lift, hold, carry, leverage, balance and endurance to move a resisting (fighting/dead weight) subject in and out of vehicles and throughout processing.
 - e.) Must possess stamina, strength, balance, endurance, leverage and upper/lower body strength to take actions in preventing a subject(s) from forcibly taking service weapon.
 - f.) Must possess the ability to be trained to utilize the PR-24 baton defensively or offensively (grip body strength, dexterity in wrist, hands and elbows).
 - g.) Must use chemical agents for defense without sustaining an incapacitating reaction.
 - 3.) Level III - Deadly Force: Means force which the sworn member is authorized to use for the purpose of causing or which the member knows to create a substantial risk of causing death or serious bodily harm.
 - a.) Must possess and carry a service weapon at all times.
 - b.) Must possess the ability to determine when deadly force shall and shall not be used.
 - c.) Must possess and maintain the minimum hand grip of 13 lbs. of pressure with handgun for prolonged periods of time.
 - d.) Possess the endurance to train a weapon on a subject for an extended period of time, (*i.e.*, during a hostage situation) minimally utilizing arm/shoulder strength and endurance as well as good balance in the standing, kneeling or prone firing positions.

2. Walk, sometimes for long periods of time for long distances.
3. Run, sometimes sprinting at a high rate of speed for short distances.
4. Run long distances.
5. Ascend or descend stairs
6. Ascend or descend ladders.
7. Climb over, jump over obstacles in emergency situations *i.e.* fence, guardrail.
8. Jump down from elevated surfaces.
9. Crawl under obstructions or into confined areas.
10. Balance on uneven or narrow surfaces.
11. Push objects, vehicles, or persons.
12. Pull/drag objects or persons.
13. Bend, lift, carry, balance objects or persons.
14. Sit for extended periods of time.
15. Stand for extended periods of time.
16. Good eye-hand coordinations (motor skills).
17. Observe, record, recall and report incidents and information on police matters.
18. Work rotating shifts.
19. Maintain high mental alertness and readiness to act even during extended periods of calm and inactivity.
20. Understand and follow orders, policies and procedures.
21. Withstand and deal appropriately with high levels of stress inherent in police work without presenting any risk to oneself or others.
22. Be able to analyze, evaluate and prioritize situations and make decisions under extreme stress.
23. Must have good visual acuity (peripheral, depth and distance during daylight hours and during hours of darkness).
24. Conduct Criminal Investigations -
 - a. Must have the ability to organize and remember critical facts concerning the investigation.
 - b. Must be capable of managing people in distress.
 - c. Must be able to effectively interview/communicate with victims, suspects, witnesses and informants.
 - d. Must be able to search for suspects and or evidence.
 - e. Must be able to conduct surveillance in adverse surroundings for long periods of time.
25. Must physically be able to carry various equipment for long periods of time and for long distances, (*i.e.*, shotgun, radio, first aid kit, riot gear, etc.)
26. Must be physically able to escort or carry a subject back to safety (upper body strength to bend, lift-balance and carry victim).
27. Operation of Motor Vehicle
 - a. Must be able to enter and exit a vehicle numerous times daily minimally requiring bending, pulling, twisting, use of upper and lower body strength, endurance, and balance.

- b. While entering and exiting must continually be alert to oncoming traffic (jump, dodge, run, bend, twist).
 - c. Must be able to operate motor vehicle for lengthy periods of time, in all types of weather conditions, in all types of traffic conditions, in various types of terrain. (sitting endurance in a motor vehicle, continuous turning of head to observe and identify events requiring police action).
 - d. Must be capable of operating other equipment while operating a police vehicle (reaching, bending, twisting, lifting, pulling, pushing) which minimally includes the operation of the radio, radar unit, PA system, siren, computer, shotgun mount, lojack, and mobile video recorder (MVR):
 - e. Must be able to operate motor vehicle during emergencies.
 - 1.) Temperamentally able to operate a motor vehicle at high rates of speed including responding to any type of emergency, (*i.e.* first aid call, alarms, MV accidents.) and high speed pursuits.
 - 2.) Physically able to operate a motor vehicle at high rates of speed including responding to any type of emergency, (*i.e.* first aid call, alarms, MV accidents.) and high speed pursuits.
28. Rescue and render first aid to protect and save lives.
- a. Must be able to engage in Water Rescue Efforts in adverse conditions for long periods of time. This minimally includes the following; the ability to expeditiously enter water (jump or dive); swim, tread water, and hold breath for extended periods of time; physically suited to employ water lifesaving techniques; and suited to endure various water and air temperatures.
 - b. Must be physically suited to employ CPR and other first aid (lift, carry, bend, chest compressions, breathing applications, pulling, pushing).
29. Good Communications/Writing skills
- a. Communication skills to verbally direct and control victims, crowds, and other emergency response personnel in any crisis to ensure the safety and preservation of life and property (loud and soft tones of voice).
 - b. Writing Skills to depict events of a police investigation.
30. Traffic Enforcement
- a. Must be able to investigate motor vehicle accidents which minimally includes the setting of flare patterns (bending, lifting, carrying, walking, running, kneeling), directing traffic around accident scene (standing for extended periods of time, arm and shoulder strength for employing hand signals), and taking all necessary measurements at an accident scene (utilize mathematical formulas to calculate findings).
 - b. Must be able to assist disabled motorist which minimally includes changing a flat tire (bend, lift, carry, kneel, upper body strength to operate jack and loosen lugs.), push a disabled vehicle (lower and upper body strength).
 - c. Must be able to conduct vehicle inspections which minimally includes bending, kneeling, crawling, climbing, lifting, standing, balancing on or around vehicle and lifting, carrying portable scales (50 - 100 lbs. each).
 - d. Must be able to conduct sobriety checkpoints which minimally includes setting and breaking down advisory signs (bending, lifting, reaching, carrying, walking, running), setting up and breaking down cone patterns, and conducting various field sobriety balance tests to DWI suspects (balance, standing, endurance, good motor skills).
31. Emergency Scenes - All members are required to manage emergencies in order to insure the safety of the public and other emergency responders. Such examples include, but are not limited to civil disorders, storms, flood, hazardous spills and fires.
32. Utilize fire extinguisher (upper body strength to remove from trunk).

33. Must be capable of withstanding exposure to extreme weather conditions (hot and cold) without an incapacitating reaction.
34. Must be capable of going without food or drink for long periods of time without the ability to eat at a fixed time or on a set schedule.
35. Minimum physical fitness requirements. - Member shall keep physically fit and be subject to duty at all times. All sworn members shall participate in the Division's Physical Test. For this review, clarify whether this member can safely take each component of this test without risk of harm.
 - a. 1.5 mile timed run, must be completed within 13 minutes.
 - b. Timed Push-ups, must complete 32 repetitions within 2 minutes.
 - c. Timed Sit-ups, must complete 34 repetitions within 2 minutes.
 - d. Flexibility assessment (trunk flexion test - seated on floor with legs extended, reaching forward).



AMERICAN HEART ASSOCIATION 14-ELEMENT SCREENING

(Maron BJ *Circulation* 2014)

Medical History

Personal History

1. Exertional chest pain/discomfort
2. Exertional syncope or near-syncope
3. Excessive exertional and unexplained fatigue/fatigue associated with exercise
4. Prior recognition of a heart murmur
5. Elevated systemic blood pressure
6. Prior restriction from participation in sports
7. Prior testing for the heart ordered by a physician

Family History

8. Premature death-sudden and unexpected before age 50 yr due to heart disease, in one or more relatives
9. Disability from heart disease in a close relative < 50 yo
10. Specific knowledge of certain cardiac conditions in family members: hypertrophic or dilated cardiomyopathy, long-QT syndrome or other ion channelopathies, Marfan syndrome, or clinically important arrhythmias

Physical Exam

11. Heart Murmur-exam supine and standing or with valsalva, specifically to identify murmurs of dynamic L ventricular outflow tract obstruction
12. Femoral pulses to exclude aortic stenosis
13. Physical stigmata of Marfan syndrome
14. Brachial artery blood pressure (sitting, preferably taken in both arms)

◆ Positive/abnormal screen warrants further evaluation and 12-lead EKG

THE NEW JERSEY STATE POLICE ACADEMY

The following is a brief description of the New Jersey State Police Academy training requirements:

The Academy consists of approximately 121 training days. The training is residential in that the candidate resides at the Academy from Monday through Friday. The training day begins at 6:00 a.m. and concludes with lights out at 10:00 p.m. The candidate must be able to perform vigorous physical training in a paramilitary type environment. The physical fitness program primarily consists of a cardiovascular endurance component and a muscular endurance component. The cardiovascular endurance component includes interval training, sprinting and distance running (running up to 5 miles at an 8 minute mile pace). The muscular endurance component includes calisthenics and various dynamic strength exercises performed to muscle fatigue. This conditioning regimen helps prepare the candidate for the self-defense program and various practical exercises. In the self-defense program the candidate will box, learn self-defense techniques both armed and unarmed. The candidate will have to participate in a "subduing a suspect practical" that matches the candidate against an opponent who will violently resist arrest. The candidate will be instructed in the use of the issued handgun and shotgun and must qualify with both of these weapons. There is a water safety survival course in which the candidate must be able to demonstrate a minimum proficiency in the water. There are college-level courses taught generally in the morning with the afternoon occupied with practical exercises. The candidates eat institutional-type meals and are not permitted to leave the training base except by special permission. All of the training and living conditions are modeled after a military training environment. The training program is very demanding. It is imperative that each candidate be physically and mentally prepared to enter the State Police Academy.

*** Examination shall be consistent with the 2014 14-Element AHA Recommendations.**

Do you feel that applicant: _____ is physically qualified to endure training at the New Jersey State Police Academy?

Yes No *If no, please explain:*

Physician's Signature _____ Date _____
(MUST BE M.D. OR D.O.)

(PLEASE TYPE OR PRINT)

Physician's Name _____

Address _____

Phone Number () _____