

**DOCTOR'S CERTIFICATION OF FITNESS TO
PERFORM ABILITY TEST**

I have reviewed the attached three (3) elements of the West Virginia Governor's Committee on Crime, Delinquency and Correction Physical Agility Test and find that the candidate identified below is physically capable of performing the elements of the test.

Candidate's Name: _____

Agency To Which
Application is Made: _____

Date of Examination: _____

Doctor's Signature: _____

**APPLICANT MUST PRESENT THIS FORM
ON SCHEDULED DATE OF TESTING**

Revised 12/05/2007

PAT RESULTS

Applicant: _____

DOB: _____ M ____ F ____

<p>_____ # Upper Body Strength (1 Minute Maximum # of Pushups)</p> <p>Must be able to complete 18 properly executed push-ups within one minute.</p>	<p>_____ # Muscular Endurance (1 Minute Maximum # of Sit-ups)</p> <p>Must be able to complete 27 properly executed sit-ups within one minute.</p>
<p>_____ Time Aerobic Power (1.5 Mile Run)</p> <p>Must be able to complete the 1.5 mile run within 15 minutes, 20 seconds.</p>	<p>_____ Time Swimming Test</p> <p>_____ Satisfactory</p> <p>_____ Unsatisfactory</p>

Administrator's Signature

REMARKS: