



MUNICIPAL POLICE OFFICERS' EDUCATION AND TRAINING COMMISSION

8002 Bretz Drive

Harrisburg, Pennsylvania 17112-9748

<http://www.psp.pa.gov/MPOETC>

PHYSICAL EXAMINATION

This form is to be used by both municipal police officer applicants and police academy cadet applicants.

NOTICE AND INSTRUCTIONS TO EXAMINING PHYSICIAN

THIS EXAMINATION MUST BE ADMINISTERED BY A LICENSED PHYSICIAN, PHYSICIAN'S ASSISTANT, OR CERTIFIED NURSE PRACTITIONER WHO IS LICENSED IN PENNSYLVANIA. THE APPLICANT IS APPLYING FOR TRAINING OR CERTIFICATION AS A POLICE OFFICER IN PENNSYLVANIA AND WILL BE EXPECTED TO BE PHYSICALLY CAPABLE OF PERFORMING THE VARIOUS TASKS ASSOCIATED WITH THIS PROFESSION. MORE INFORMATION ABOUT THE SPECIFIC JOB TASKS IS CONTAINED ON THE BACK OF THIS FORM.

LAST NAME		FIRST NAME		MIDDLE INITIAL
STREET ADDRESS		CITY/BORO	STATE	ZIP CODE
SOCIAL SECURITY NUMBER	DATE OF BIRTH	BIOLOGICAL SEX	GENDER IDENTITY (IF DIFFERENT)	DATE OF EXAM

OVERALL FITNESS

- A. Is the applicant's physical condition such that they can reasonably be expected to withstand significant cardiovascular stress required to perform the essential functions of a police officer or safely participate in required training? ☐ YES ☐ NO
- B. Is the applicant free from debilitating conditions such as tremor, incoordination, convulsion, fainting episodes, or other neurological conditions which would limit their ability to perform the essential functions of a police officer or safely participate in required training? ☐ YES ☐ NO
- C. Is the applicant free from any other significant physical limitations or disability which would, in the physician's opinion, impair their ability to perform the essential functions of a police officer or safely participate in required training? ☐ YES ☐ NO
- D. Is the applicant free from the use of medications which would impair their ability to perform the essential functions of a police officer or safely participate in required training? ☐ YES ☐ NO
- E. Does the applicant have all extremities, including digits, required to perform the essential functions of a police officer or safely participate in required training? ☐ YES ☐ NO

THE APPLICANT SHOULD BE MARKED "CAPABLE" ON THE BACK OF THE FORM ONLY IF ALL QUESTIONS ABOVE ARE MARKED "YES"

DRUG SCREENING: The applicant must be free from the excessive, addictive, or illegal use of controlled substances as determined using a five-panel drug screen. The results of the drug screen must be attached to this form and reviewed by the examining practitioner who may provide comments related to any positive results. The detection of illegal or unprescribed controlled substances renders the applicant "UNFIT" to participate in training or be employed as a police officer.

DATE TESTED _____

TEST RESULTS ATTACHED ☐ YES ☐ NO

THE APPLICANT SHOULD BE MARKED "CAPABLE" ON THE BACK OF THE FORM ONLY IF SUPPORTED BY THE RESULTS OF THE DRUG SCREEN

HEARING: The applicant must be able to distinguish a normal whisper at 15 feet. The test shall be independently conducted for each ear, with the tested ear facing away from the speaker and the other ear firmly covered with the palm of the hand. If the applicant fails the whisper test, they must take and pass a decibel audio test using an audiometer with an average loss not to exceed 25 or more decibels at the 500Hz, 1000Hz, 2000Hz, and 3000Hz levels in either ear, with no single frequency loss in excess of 40 decibels. The applicant is prohibited from using a hearing aid during the testing.

RIGHT EAR

☐ NORMAL
☐ ABNORMAL

LEFT EAR

☐ NORMAL
☐ ABNORMAL

THE APPLICANT SHOULD BE MARKED "CAPABLE" ON THE BACK OF THE FORM ONLY IF HEARING IS NORMAL IN BOTH EARS

VISION: The applicant must have vision of at least 20/70, uncorrected, in the stronger eye, correctable to 20/20; and at least 20/200, uncorrected, in the weaker eye, correctable to at least 20/40; have normal depth perception, normal color vision, and must be free of any significant visual abnormality. If this section is not completed during the physical, a separate vision exam must be completed using a Form MPO-211 (Vision Examination).

RIGHT EYE

UNCORRECTED 20/ _____

LEFT EYE

UNCORRECTED 20/ _____

CORRECTED 20/ _____

CORRECTED 20/ _____

Does the applicant have normal depth perception? (Stereopsis >48% or Arc Seconds <100)

☐ YES ☐ NO

Does the applicant have normal color perception? (Farnsworth or Ishihara)

☐ YES ☐ NO

Is the applicant free from any other significant visual abnormalities?

☐ YES ☐ NO

THE APPLICANT SHOULD BE MARKED "CAPABLE" ON THE BACK OF THE FORM ONLY IF VISION MEETS ALL STATED REQUIREMENTS

REMARKS

PROFESSIONAL OPINION

- ☐ **PHYSICALLY CAPABLE** - I have examined the applicant, and it is my professional opinion that this person is **PHYSICALLY CAPABLE** of performing the duties a certified police officer in Pennsylvania, including but not limited to:
- Standing, walking, and sitting for extended periods of time and while carrying assigned and/or required equipment.
 - Participating in firearms training, responding to active shooter situations, and firing a weapon in defense of self and others.
 - Operating an emergency law enforcement vehicle during daylight and at night, including at high speeds in congested areas.
 - Physically struggling with and subduing individuals who are resisting or actively attacking, including after being hit or kicked.
 - Maintaining concentration and making decisions regarding the appropriate use of force in noisy and high-stress situations.
- ☐ **PHYSICALLY UNFIT** - I have examined the applicant, and it is my professional opinion that this person is currently **PHYSICALLY UNFIT** to perform the duties of a certified police officer in Pennsylvania. If this option is selected, a copy of the completed form must be forwarded to the Municipal Police Officers' Education and Training Commission by email (mpocertification@pa.gov) or fax (717-346-7782).

I hereby certify that the information and statements contained in the tables above and in the attached examination report are true and correct, and that I am signing this document with the full understanding that any false information or statement will subject me to criminal penalties of Title 18, Crimes code, Section 4904, relating to unsworn falsification to authorities.

SIGNATURE - PENNSYLVANIA LICENSED EXAMINING PHYSICIAN/PA/CNP		DATE	
PHYSICIAN PRINTED NAME	LICENSE NO.	TELEPHONE NO.	
STREET ADDRESS	CITY/BORO	STATE	ZIP CODE

RELEASE OF PHYSICAL INFORMATION

Having applied for certification/training as a police officer in Pennsylvania and having subjected myself to a physical examination by a licensed physician, as required by the Act, I reserve the right to have the data and conclusions of the physician remain confidential except to those whom I designate. Accordingly, I hereby authorize the physician named above to release all information related to my physical examination to the Municipal Police Officers' Education and Training Commission (MPOETC) **AND** to any additional police departments and/or academies listed below, for purposes consistent with the application process pursuant to this Act. No other release of this information, explicit or implied, is granted at this time.

Criminal Justice Training Center, Indiana University of Pennsylvania

NAME OF MUNICIPAL POLICE DEPARTMENT AND/OR CERTIFIED ACT 120 ACADEMY (Print)

650 South 13th Street	Indiana	PA	15705	724-357-3989	dkarcher@iup.edu
ADDRESS	CITY	STATE	ZIP CODE	FAX	EMAIL

SIGNATURE - APPLICANT	DATE
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POLICE OFFICER

ESSENTIAL JOB FUNCTIONS

1. Effect an arrest, forcibly if necessary, using handcuffs and other restraints; subdue resisting suspects using maneuvers and weapons and resort to the use of hands and feet and other approved weapons in self-defense.
2. Prepare and write investigative and other reports, including sketches, using appropriate grammar, symbols and mathematical computations.
3. Exercise independent judgment in determining when there is reasonable suspicion to detain, when probable cause exists to search and arrest and when force may be used and to what degree.
4. Operate a law enforcement vehicle during both the day and night; in emergency situations involving speeds in excess of posted limits, in congested traffic and in hazardous road conditions caused by factors such as fog, smoke, rain, ice and snow.
5. Communicate effectively and coherently over law enforcement radio channels while initiating and responding to radio communications, while operating a vehicle or communications desk.
6. Gather and interpret information in various investigations which may include interviewing and obtaining the statements of victims, witnesses, suspects and confidential informers.
7. Pursue fleeing suspects on foot and perform rescue operations which may involve quickly entering and exiting law enforcement vehicles; lifting, carrying and dragging heavy objects; climbing over and pulling up oneself over obstacles; jumping down from elevated surfaces; climbing through openings; jumping over obstacles, ditches and streams; crawling in confined areas; balancing on uneven or narrow surfaces and using body force to gain entrance through barriers.
8. Load, unload, aim and fire using each hand from a variety of body positions handguns, shotguns and other agency firearms under conditions of stress that justify the use of deadly force and at levels of proficiency prescribed in certification standards.
9. Perform searches of people, vehicles, buildings and large outdoor areas which may involve feeling and detecting objects, walking for long periods of time, detaining people and stopping suspicious vehicles and persons.

Essential Job Functions (Cont.)

10. Conduct visual and audio surveillance for extended periods of time.
11. Engage in law enforcement patrol functions that include such things as working rotating shifts, walking on foot patrol and making physical checks of cars, homes, buildings, etc.
12. Effectively communicate with people, including juveniles, by giving information and directions, mediating disputes and advising of rights and processes.
13. Demonstrate effective communication skills and use proper demeanor in court and other formal settings.
14. Detect and collect evidence and substances which provide the basis of criminal offenses or infractions; and/or indicate the presence of dangerous conditions.
15. Endure verbal and mental abuse when confronted with the hostile views and opinions of suspects and other people encountered in an antagonistic environment.
16. Perform rescue functions at accidents, emergencies, civil disorders and disasters to include directing traffic for long periods of time, administering emergency medical aid, extinguishing small fires, lifting, dragging and carrying people away from dangerous situations and securing and evacuating people from particular areas.
17. Process (photograph, fingerprint) and transport arrested suspects, prisoners and committed mental patients using handcuffs and other appropriate restraints.
18. Put on and operate emergency equipment such as fire extinguisher, helmet, gas mask, etc. in situations as required.
19. Read and comprehend legal and non-legal documents, including the preparation and processing of such documents as citations, affidavits and warrants.



MUNICIPAL POLICE OFFICERS' EDUCATION AND TRAINING COMMISSION

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Harrisburg, Pennsylvania 17112-9748
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VISION EXAMINATION

This form is to be used by both municipal police officer applicants and police academy cadet applicants.

THIS EXAMINATION MUST BE ADMINISTERED by a licensed optometrist or ophthalmologist who is licensed in Pennsylvania. This examination is to determine the physical fitness, specifically related to specific vision standards, of the applicant to be certified as a police officer in Pennsylvania. The applicant who you are about to examine is applying for certification and will be vested with a position of public trust.

LAST NAME		FIRST NAME		MIDDLE INITIAL
STREET ADDRESS		CITY/BORO	STATE	ZIP CODE
SOCIAL SECURITY NUMBER	DATE OF BIRTH	GENDER	DATE OF EXAM	

VISION: The applicant must have vision of at least 20/70, uncorrected, in the stronger eye, correctable to 20/20; and at least 20/200, uncorrected, in the weaker eye, correctable to at least 20/40; have normal depth perception and color vision, and must be free of any significant visual abnormality.

RIGHT EYE UNCORRECTED 20/ ____

LEFT EYE UNCORRECTED 20/ ____

CORRECTED 20/ ____

CORRECTED 20/ ____

Does the applicant have normal depth perception? (Stereopsis >48% or Arc Seconds <100)

☐ YES ☐ NO

Does the applicant have normal color perception? (Farnsworth or Ishihara)

☐ YES ☐ NO

Is the applicant free from any other significant visual abnormalities?

☐ YES ☐ NO

THE APPLICANT SHOULD BE MARKED "CAPABLE" IN THE BLOCK BELOW ONLY IF VISION MEETS ALL STATED REQUIREMENTS

PROFESSIONAL OPINION

- ☐ **PHYSICALLY CAPABLE (VISION)** - I have examined the applicant, and it is my professional opinion that the person named above meets the vision standards which are described above and required to perform the duties a certified police officer in Pennsylvania.
- ☐ **PHYSICALLY UNFIT (VISION)** - I have examined the applicant, and it is my professional opinion that the person named above **does not** meet the vision standards which are described above and required to perform the duties a certified police officer in Pennsylvania.

I hereby certify that the information and statements contained in the tables above and in the attached examination report are true and correct, and that I am signing this document with the full understanding that any false information or statement will subject me to criminal penalties of Title 18, Crimes code, Section 4904, relating to unsworn falsification to authorities.

This examination form must be forwarded to the employing police department, certified Act 120 police academy, or MPOETC by the optometrist or ophthalmologist within 15 days of the date of examination, **even if the applicant is found physically unfit**, pursuant to 37 Pa. Code § 21.11(4)(iv).

SIGNATURE - PENNSYLVANIA LICENSED OPTOMETRIST/OPHTHALMOLOGIST		DATE	
OPTOMETRIST/OPHTHALMOLOGIST NAME (PRINTED)	LICENSE NO.	TELEPHONE NO.	
STREET ADDRESS	CITY/BORO	STATE	ZIP CODE

RELEASE OF PHYSICAL INFORMATION

Having applied for certification/training as a police officer in Pennsylvania and having subjected myself to a vision examination by a licensed optometrist or ophthalmologist, as required by the Act, I reserve the right to have the data and conclusions of the physician remain confidential except to those whom I designate. Accordingly, I hereby authorize the optometrist or ophthalmologist named above to release all information related to my vision examination to the Municipal Police Officer's Education and Training Commission (MPOETC) **AND** to any additional police departments and/or academies listed below, for purposes consistent with the application process pursuant to this Act. No other release of this information, explicit or implied, is granted at this time.

NAME OF MUNICIPAL POLICE DEPARTMENT AND/OR CERTIFIED ACT 120 ACADEMY (Print)

ADDRESS CITY STATE ZIP CODE FAX EMAIL

SIGNATURE - APPLICANT

DATE



POLICE OFFICER

ESSENTIAL JOB FUNCTIONS

1. Effect an arrest, forcibly if necessary, using handcuffs and other restraints; subdue resisting suspects using maneuvers and weapons and resort to the use of hands and feet and other approved weapons in self-defense.
2. Prepare and write investigative and other reports, including sketches, using appropriate grammar, symbols and mathematical computations.
3. Exercise independent judgment in determining when there is reasonable suspicion to detain, when probable cause exists to search and arrest and when force may be used and to what degree.
4. Operate a law enforcement vehicle during both the day and night; in emergency situations involving speeds in excess of posted limits, in congested traffic and in hazardous road conditions caused by factors such as fog, smoke, rain, ice and snow.
5. Communicate effectively and coherently over law enforcement radio channels while initiating and responding to radio communications, while operating a vehicle or communications desk.
6. Gather and interpret information in various investigations which may include interviewing and obtaining the statements of victims, witnesses, suspects and confidential informers.
7. Pursue fleeing suspects on foot and perform rescue operations which may involve quickly entering and exiting law enforcement vehicles; lifting, carrying and dragging heavy objects; climbing over and pulling up oneself over obstacles; jumping down from elevated surfaces; climbing through openings; jumping over obstacles, ditches and streams; crawling in confined areas; balancing on uneven or narrow surfaces and using body force to gain entrance through barriers.
8. Load, unload, aim and fire using each hand from a variety of body positions handguns, shotguns and other agency firearms under conditions of stress that justify the use of deadly force and at levels of proficiency prescribed in certification standards.
9. Perform searches of people, vehicles, buildings and large outdoor areas which may involve feeling and detecting objects, walking for long periods of time, detaining people and stopping suspicious vehicles and persons.

Essential Job Functions (Cont.)

10. Conduct visual and audio surveillance for extended periods of time.
11. Engage in law enforcement patrol functions that include such things as working rotating shifts, walking on foot patrol and making physical checks of cars, homes, buildings, etc.
12. Effectively communicate with people, including juveniles, by giving information and directions, mediating disputes and advising of rights and processes.
13. Demonstrate effective communication skills and use proper demeanor in court and other formal settings.
14. Detect and collect evidence and substances which provide the basis of criminal offenses or infractions; and/or indicate the presence of dangerous conditions.
15. Endure verbal and mental abuse when confronted with the hostile views and opinions of suspects and other people encountered in an antagonistic environment.
16. Perform rescue functions at accidents, emergencies, civil disorders and disasters to include directing traffic for long periods of time, administering emergency medical aid, extinguishing small fires, lifting, dragging and carrying people away from dangerous situations and securing and evacuating people from particular areas.
17. Process (photograph, fingerprint) and transport arrested suspects, prisoners and committed mental patients using handcuffs and other appropriate restraints.
18. Put on and operate emergency equipment such as fire extinguisher, helmet, gas mask, etc. in situations as required.
19. Read and comprehend legal and non-legal documents, including the preparation and processing of such documents as citations, affidavits and warrants.

employer authorization form

ME
MedExpress

Employee Information			
Employee name:		DOB:	Last 4 SSN#:
Employer Information			
Athena account #: 627881		eScreen account # (if applicable):	
Company name: OC-IUP Criminal Justice Training Center			
Company address:		City:	State: Zip:
Services scheduled date/time:		Services exp date/time:	
Name and title of person authorizing treatment (please print):			
Signature:		Phone:	
Preferred communication (please check all that apply): <input type="checkbox"/> phone <input type="checkbox"/> fax (secure) <input type="checkbox"/> e-mail (secure) <input type="checkbox"/> mail			
After-hours contact:			
DER Information			
DER/Company contact for results and/or physician call: Dolores			
DER email:		DER fax: 724-357-3989	
Bill Services To			
<input type="checkbox"/> Employer <input checked="" type="checkbox"/> Employee <input type="checkbox"/> TPA <input type="checkbox"/> PATOS			
Billing Address/ TPA (only if different than above):			
Name:			
Address:		City:	State: Zip:
Phone: Ext:		Fax:	
Internal Use Only:			
<input checked="" type="checkbox"/> Employee did not arrive by the expiration date <input type="checkbox"/> Notified/called DER (no show only) <input type="checkbox"/> FOA Initials:			

employer **authorization form (con't)**



Employee Information

Employee name:

DOB:

Step One (if applicable)

Check the following:

- ☒ Using MedExpress Lab & MRO
☐ Using Company Provided Lab & MRO

Step Two (UDS and BAT only)

Reason for testing:

- ☒ Pre-Employment
☐ Post-Accident
☐ Random
☐ Reasonable Suspicion
- ☐ Return to Duty
☐ Follow up
 (DOT Return to Duty & Follow up Testing must be observed)

Step Three

Please select all services to be performed.

DOT Drug/Alcohol testing:

- ☐ DOT Urine Drug Screen (5-Panel only)
☐ DOT Breath Alcohol Test

Select the modality:

- ☐ FMSCA ☐ FTA ☐ FRA ☐ FAA ☐ PHMSA ☐ USCG

Non-DOT Drug/Alcohol testing:

- ☒ Rapid Urine Drug Testing ☐ Send out Urine Drug Screen
☒ 5-Panel ☐ 10-Panel ☐ Custom Panel #

- ☐ Breath Alcohol Test
☐ Hair Collection
☐ 5-Panel or ☐ 5-Panel w/exp Opiates
☐ Blood Alcohol (state specific)

Physical Examinations:

- ☐ DOT
☐ New certification ☐ Re-certification
☐ Interstate ☐ Intrastate
☐ School bus driver physical (if applicable)
☒ Standard Pre-Employment (non-DOT)
☐ eScreen ePhysical non-DOT look-alike
☐ Special Company Form
 (Requires approval- contact your Account Executive)
☒ Other

Other Services:

- ☐ TB Skin Test
☐ 1 Step or ☐ 2 Step
☐ QuantIFERON[®] -TB Gold Plus
☐ TD ☐ Tdap
☐ Hep B Vaccine
☐ 1st ☐ 2nd ☐ 3rd
☐ Flu Shot
☐ Point of care lipid panel + glucose
☐ OSHA Audiogram
☐ Baseline ☐ Annual ☐ Exit

Labs:

- ☐ Blood Draw- Collection Only
☐ Hep C Titer ☐ Hep B Titer
☐ MMR Titer ☐ CMP ☐ CBC ☐ Other

Additional Services: (Please call the Outcome Assurance Team to verify 304-985-6324)

- ☐ Resp. Fit Test (Quantitative)
☐ Pulmonary Function test
☐ Hep A Vaccine

Special Instructions:

Student/Applicant will PATOS for services. See profile for pricing and instructions.
 Perform Audiogram if whisper test is failed.



Commonwealth of Pennsylvania
Municipal Police Officers' Education and Training Commission (MPOETC)

**MPOETC's Physical Fitness Assessment Standards
Entrance and Retention in the Act 120 Police Academy**

30% Standards	Male Standards by Age					Female Standards by Age				
Age Range	18-29	30-39	40-49	50-59	60+	18-29	30-39	40-49	50-59	60+
Sit Ups (1 min rep)	35	32	27	21	17	30	22	17	12	4
300-meter Run (time)	62.1	63	77	87	87	75	82	106.7	106.7	106.7
Push Ups (1 min rep)	26	20	15	10	8	13	9	7	7	7
1.5-mile Run (time)	13:16	13:46	14:34	15:58	17:38	15:52	16:38	17:22	18:59	21:20

This is a cumulative test. All events must be completed within two (2) hours.

Testing Order:

1. Sit Ups
2. 300-meter Run
3. Push Ups
4. 1.5-mile Run

All Applicants:

- Afforded a minimum rest time of five (5) minutes between events.
- Required to pass the Entrance Fitness Test with a score at the 30th percentile (chart above) in each event based on their biological (birth) gender and age at the time of testing.
- Accepted into the police academy as enrolled cadets must maintain the 30th percentile physical fitness assessment standard throughout the academy until completion.

If an Applicant:

- Does not fall into one of the listed age categories, special authorization must be obtained from MPOETC before testing can be accomplished.