PHYSICIAN’S PHYSICAL ACTIVITY APPROVAL FORM

Throughout the 700 hour academy, cadets will be required to perform vigorous physical exertion activities on a daily basis. These activities include, but are not limited to the following:

1. Running up to one mile daily
2. Push-ups
3. Sit-ups
4. Mountain climbers
5. Chin-up
6. Leg raises
7. Jumping jacks
8. Hand-to-hand fighting
9. Baton training
10. Firearms training
11. Any other physical exercise the coordinator or instructors feel is necessary to prepare the cadet for a law enforcement career.

These activities may take place outside during varied temperature and weather conditions based on the time of day/year. Some of these activities may also take place in temperature controlled environments.

PHYSICIAN STATEMENT:

_________________________________________ (Name of Applicant) is determined to be physically and mentally capable of participating in the physical activities of the Lone Star College Law Enforcement Academy.

Physician’s Printed Name
Office/Clinic Phone Number

Mailing Address       City       State       Zip Code

Physician Signature     Date of Examination