

Central Shenandoah Criminal Justice Training Academy

3045 Lee Highway Weyers Cave, VA. 24486

540-234-9191 FAX: 540-234-8211

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

AGENCY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

AGE: \_\_\_­­­­\_\_

PHYSICAL ASSESSMENT

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Weight | Push-ups  (to failure) | Sit-Ups  (1 min) | Sit and Reach  (centimeters) | 1.5 Mile Run | Work Performance  Test |
| Date: |  |  |  |  |  |  |
| Date: |  |  |  |  |  |  |
| Date: |  |  |  |  |  |  |