



**U.S. Department of Justice**  
Federal Bureau of Investigation

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Washington, D. C. 20535-0001

## **Special Agent Applicant Certificate of Wellness**

Dear Doctor:

Your patient, \_\_\_\_\_, (print name of applicant) is applying for a physically challenging law enforcement position with the Federal Bureau of Investigation (FBI). Your patient requests that you certify him/her to be physically fit to safely complete a physical fitness test consisting of the following five events:

- 1) Maximum sit-ups for 1 minute (Minimum qualifying repetitions for male is 38 and for females is 35.)
- 2) A 300 meter sprint (Minimum qualifying time for males is 52.4 seconds and for females is 64.9 seconds.)
- 3) Maximum push-ups (Minimum qualifying repetitions for males is 30 and for females is 14.)
- 4) A 1.5 mile run (Minimum qualifying time for males is 12 minutes, 24 seconds and for females is 13 minutes, 59 seconds.)
- 5) Maximum pull-ups (No minimum qualifying repetitions for this event.)

The primary purposes of this test is to measure general physical fitness and to serve as an indicator of your patient's ability to safely complete a vigorous physical training program, should the position be ultimately offered. If you agree to certify, please sign below and return the form to your patient for submission to the FBI.

Your cooperation is appreciated.

**Physician Statement:**

In my opinion, as a licensed physician, my patient is physically fit to safely complete the above described physical fitness test. I understand that these events will be administered according to the exercise protocols described on Attachment A.

\_\_\_\_\_  
(Signature of Physician) (Date)

\_\_\_\_\_  
(Printed Name of Physician)

\_\_\_\_\_  
(Street Address)

\_\_\_\_\_  
(City and State)

Phone Number (\_\_\_\_\_) \_\_\_\_\_

State License # \_\_\_\_\_

## ATTACHMENT A

### 1. **Sit-ups: Men and Women**

Trainee lies on back with tops of shoulder blades touching the floor; hands behind the head with fingers interlaced. The knees are bent at a ninety degree angle with the feet placed flat on the floor (feet are held in place by a partner with partner's hands at the tongue of the trainee's shoes and knees on the trainee's toes). Trainee raises upper body until the base of the neck is in line with the base of the spine (back is perpendicular to the floor); trainee then returns to the starting position (i.e. the tops of both shoulder blades must touch the floor). This is a timed one(1) minute continuous motion exercise.

### 2. **300 Meter Sprint:**

The event takes place on a 1/4 mile oval track. Trainee will start from a standing position and run 300 meters (3/4 of one lap).

### 3. **Push-ups: Men and Women**

Trainee begins in front leaning rest position (i.e. hands on the floor one to two hand widths beyond the shoulders and elbows must be away from the body, arms fully extended, body held straight with the feet no more than 3" apart and the toes touching the floor). As the arms are flexed, the body is lowered toward the floor until the upper arms are parallel to the floor (straight line from center axis of elbow to center axis of shoulder). Trainee completes the exercise after returning to the starting position. This is a continuous motion exercise.

### 4. **1.5 Mile Run: Men and Women**

The event takes place on a 1/4 mile oval track. Trainee runs six (6) laps around the track.

### 5. **Pull-ups: Men and Women**

Trainee hangs from a horizontal bar, hands at least shoulder width apart (but no more than 23 inches apart as measured from the outsides of the hands) with palms turned away from face and arms fully extended. As the arms are flexed, trainee's body is pulled upward until trainee's chin is higher than the bar. Trainee may not swing or jerk the body or use the legs in an effort to propel the body upward. Trainee's body is then lowered back to the hanging position with the arms fully extended. This is a continuous motion exercise.