



STATE OF NORTH CAROLINA  
DEPARTMENT OF TRANSPORTATION  
DIVISION OF MOTOR VEHICLES

ROY COOPER  
GOVERNOR

JAMES H. TROGDON, III  
SECRETARY

**CERTIFICATION TO PARTICIPATE IN THE PHYSICAL ABILITIES TEST**

Name: \_\_\_\_\_ has applied for employment as a Law Enforcement Inspector with the North Carolina Division of Motor Vehicles, License and Theft Bureau. They intend to participate in (4) four physical ability tests developed by The Cooper Institute on \_\_\_\_/\_\_\_\_/\_\_\_\_.

The successful completion of the Physical Abilities Test (PAT) is required of all License & Theft Bureau applicants and must be done in accordance with standards provided by The Cooper Institute. The above applicant must obtain a certification from a physician licensed to practice medicine in North Carolina before he/she can participate further in the process. This certification states that in the opinion of the undersigned physician the above applicant can safely participate in the following physical fitness test:

**300 Meter Run Test**

As with all physical tests, warm up and stretching should precede testing. If using a 400-meter track, participant runs  $\frac{3}{4}$  of 1 lap (inside lane) at maximal level of effort. Time used to complete distance is recorded in seconds. Participants should walk for 3-5 minutes immediately following test to cool down. This is an important safety consideration.

**Push-Up Test**

The Push-up Test measures the muscular endurance of the upper body and is conducted as follows: The hands are placed slightly wider than shoulder width apart, with fingers pointing forward. The administrator places one fist on the floor below the participant's chest. Starting from the up position (elbow extended), the participant must keep straight at all times and lower the body to the floor until the chest touches the administrator's fist. The participant then returns to the up position. This is one repetition. Resting should be done in the up position. Participants should perform as many correct push-ups during their one-minute period. Normal breathing should be encouraged. Breath holding (Valsalva maneuver) during the test will be strongly discouraged.

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*Mailing Address:*  
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DMV HEADQUARTERS BUILDING  
1100 NEW BERN AVENUE  
RALEIGH, NC

*Website:* [www.ncdot.gov/dmv](http://www.ncdot.gov/dmv)

**Sit-Up Test**

The sit-up test measures abdominal muscular endurance and is conducted as follows: The participant starts by lying on the back, knees bent, heels flat on the floor, with the fingers laced and held behind the head. The buttocks must remain on the floor with no thrusting of the hips. A partner holds the feet down firmly. The participant performs as many correct sit-ups as possible in one minute. In the up position, the participant should touch his/her elbows to his knees and then return until the shoulder blades touch the floor. Score in the total number of sit-ups. Any resting should be done in the up position. Breathing should be as normal as possible, making sure the applicant does not hold their breath as in the Valsalva maneuver. Neck remains in the neutral position. The participant must not pull on the head or neck.

**1.5 Mile Run**

Participants should not eat a heavy meal or smoke for at least 2 - 3 hours prior to the test. Participants should warm up and stretch thoroughly prior to the test. If possible, each participant should have experienced some practice in pacing prior to the test. Often subjects will attempt to run too fast early in the run and become fatigued prematurely. Participants run 1.5 miles as fast as possible. If a 440 yard Track is used, 6 laps must be completed using the inside lane (lane 1). If using a 400-meter track, an additional 15 yards must be run after the 6 laps are completed. During the administration of the test, the participants can be informed of their lap time. Upon test completion, a mandatory cool down period is enforced. The participants should walk slowly for 5 minutes immediately after the run to prevent venous pooling (i.e. pooling of the blood in lower extremities which reduces the return of blood to the heart and may cause cardiac arrhythmias).

According to the “The Cooper Institute” if testing is conducted in a field setting a cutoff of 160/100 mmHg for resting blood pressure is recommended. Individuals exceeding this cutoff value should not undergo fitness assessment until their resting blood pressure is brought under control.

The applicant is in good physical condition and professes to have no known ailments, injuries, or other medical problems which would preclude the above-mentioned applicant from participation in all of the Physical Abilities Test.

**I certify that I have examined the above referenced applicant and determined that they are of sufficient health to safely participate in the above Physical Abilities Test.**

Date: \_\_\_\_\_

Signature of Qualified Medical Professional: \_\_\_\_\_

Printed Name of Qualified Medical Professional: \_\_\_\_\_

Medical License #: \_\_\_\_\_

Address: \_\_\_\_\_