

HIGHLIGHTED AREAS MUST BE COMPLETED BEFORE TESTING.

**THIS COMPLETED PAGE MUST BE PRESENTED AT THE
PRE-EMPLOYMENT PREPARATION PROGRAM (PEPP)**

NEW JERSEY STATE POLICE

Applicant PEPP Medical Certificate

Dear Physician:

The following named individual has submitted an application to become a New Jersey State Trooper:

Name & Address must be completed by Applicant

Name*: _____

Address*: _____

As part of the applicant selection process, the New Jersey State Police requires applicants to participate in a Pre-Employment Preparation Program (PEPP). Attached is a description of the activities an applicant will be required to participate in during a physical training, swim and self-defense portion of a PEPP training session.

Before an applicant is permitted to participate, he/she must obtain a statement from a licensed physician indicating that the applicant can safely perform the PEPP training exercises. Accordingly, we ask that you review the attached description of the physical training, swim and self-defense portions of a PEPP training session and respond to the following question:

Can the above named applicant safely perform in a Pre-Employment Preparation Program training session?

Physician's Statement* (Please check one box)

I have reviewed the attached description of the New Jersey State Police PEPP and find the above named applicant **can** safely perform the exercises.

I have reviewed the attached description of the New Jersey State Police PEPP and find the above named applicant **cannot** safely perform the exercises.

A medical examination of the above-named applicant consistent with the 12-Element AHA Recommendations must have been conducted within 12 months of testing.

Date Examined by Physician*: _____

Physician's Signature *

Date

Please type or print (All information required):

Physician's Name*: _____ Telephone*: _____

Address*: _____

Physician's License Number and State*: _____

This form is valid for one year from the date of Physician's Examination.

Applicants incurring any injury will be required to submit an updated Medical Certificate.

Questions of a medical nature may be directed to the Medical Services Bureau at (609) 882-2000, ext. 2540.

* Denotes Mandatory Field

ANY MISREPRESENTATION OF INFORMATION SUPPLIED WILL RESULT IN APPLICANT'S DISQUALIFICATION

The 12-Element AHA Recommendations for Preparticipation Cardiovascular Screening of Competitive Athletes

Medical history*

Personal history

1. Exertional chest pain/discomfort
2. Unexplained syncope/near-syncope†
3. Excessive exertional and unexplained dyspnea/fatigue, associated with exercise
4. Prior recognition of a heart murmur
5. Elevated systemic blood pressure

Family history

6. Premature death (sudden and unexpected, or otherwise) before age 50 years due to heart disease, in ≥ 1 relative
7. Disability from heart disease in a close relative <50 years of age
8. Specific knowledge of certain cardiac conditions in family members: hypertrophic or dilated cardiomyopathy, long-QT syndrome or other ion channelopathies, Marfan syndrome, or clinically important arrhythmias

Physical examination

9. Heart murmur‡
10. Femoral pulses to exclude aortic coarctation
11. Physical stigmata of Marfan syndrome
12. Brachial artery blood pressure (sitting position)§

*Parental verification is recommended for high school and middle school athletes.

†Judged not to be neurocardiogenic (vasovagal); of particular concern when related to exertion.

‡Auscultation should be performed in both supine and standing positions (or with Valsalva maneuver), specifically to identify murmurs of dynamic left ventricular outflow tract obstruction.

§Preferably taken in both arms.³⁷



NEW JERSEY STATE POLICE PRE-EMPLOYMENT PARTICIPATION PROGRAM

Physical Training Portion

During the physical training portion of a PEPP session, applicants will participate in all aspects of the recruit physical training program. This includes but is not limited to: moderate runs of approximately 1 ½ to 2 miles in length along with body weight calisthenics (i.e. push-ups, sit-ups, mountain climbers, body weight squats...).

Swim Portion

During the swim portion of a PEPP session, applicants will be required to perform a basic swim assessment which consists of a 50 yard swim immediately followed by treading water continuously for 5 minutes.

Self-Defense Portion

During an active counter measure (ACM) PEPP session, applicants will start with self-defense specific drills to warm up their shoulders and legs to prepare them for physical activity. The applicants will be taught proper stance, footwork, movement, hand positioning and two basic punches, the jab and cross punch. The applicants will practice these techniques in an effort to become comfortable with the drills prior to entering the academy and starting the Active Counter Measures Program. The applicants are required to wear mouthpieces, head gear and boxing gloves to simulate an actual ACM training session while in the academy.

***There will be no physical contact between the applicants during the self-defense portion PEPP training sessions.**