

What to expect from the Pre-Placement Medical Screening Examination at Denver Health Medical Center for State Police Academy Cadet

Be sure to bring your completed medical history form and the OSHA respirator medical evaluation questionnaire.

Medical Examination:

- Height, weight, BMI is calculated based on height and weight, blood pressure and pulse
- Hearing test (an audiogram in a hearing booth)
- Vision test (distance and near vision – with and without correction – bring glasses or wear contacts if you need correction for distance and/or near vision – color vision and peripheral vision)
- A breathing test (Spirometry)
- Blood work and urine test. You will need to fast for at least 12 hours for the blood work. Since you will be fasting until blood samples are taken bring a light snack to eat after your blood is taken. This will prepare you to participate in a physical agility test at the end of your medical evaluation
- A complete physical including range of motion testing

Agility Testing:

Wear comfortable work-out apparel including shoes such as running shoes. If you have been fasting bring a light snack to eat after your blood is taken. This will prepare you to participate in a physical agility test at the end of your medical evaluation.

This test is very rigorous and requires good core strength as well as endurance.

Agility/Physical testing for all work categories may involve any/all of the following:

1. Minimum repetitive lift requirement of the job classification:
 - Resistance in lifting as high as 90 pounds floor to waist levels and 60 pounds waist to overhead levels.
2. Cardiovascular Endurance
 - High Stepping to an 18" high surface at 3 minutes sustained (fast pace)
 - Wall ball cross fit exercise (reaching from the floor to an overhead surface at 3 minutes sustained with a weighted ball. (Fast pace)
3. Agility
 - Hopping on one foot at 30 yards at 2 cycles
 - Braiding with a medicine ball at 30 yards 2 cycles (at a fast pace)
4. Sit-up repetitions at a minimum of 40 knees bent without support to feet knees or ankles
5. Push-up repetitions at a minimum of 30
6. Lift/ Carry/ Push/ Pull common objects used at each job site with resistance up to 120 pound.

The medical examination will take about 1 – 1 ½ hours to complete. The physical agility test that will be conducted after all medical examinations are completed will take about 30 – 45 minutes to complete.