



**WES MOORE**  
GOVERNOR

**ARUNA MILLER**  
LT. GOVERNOR

STATE OF MARYLAND  
**MARYLAND STATE POLICE**  
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PIKESVILLE, MARYLAND 21208-3899  
410-486-3101  
TOLL FREE: 1-800-525-5555  
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**COLONEL**  
**MICHAEL A. JACKSON**  
SUPERINTENDENT

Dear Prospective Applicant,

As a part of the application process, you are required to complete the Functional Fitness Assessment Test. On the day of your fitness test, you must present the original copy of the “Waiver of Liability” form at the check-in desk.

Please review the enclosed documents carefully. The “Waiver of Liability” form must be completed, signed and presented to gain admission into the testing site. Illegible or incomplete forms will not be accepted, and you will not be permitted to test. **Retain two (2) copies of the completed Waiver of Liability form for later use.**

**If you do not pass the Functional Fitness Assessment Test**, you will be rescheduled for a new testing date. **If you fail to attend your scheduled test, your application will be placed in inactive status until you request to be rescheduled.** All requests to retest or reschedule must be submitted by email to: [mssp.recruiting@maryland.gov](mailto:mssp.recruiting@maryland.gov).

Sincerely,

Maryland State Police  
Recruitment & Selection Unit  
Employment Services Section

**Maryland Department of State Police  
Functional Fitness Assessment Waiver**

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

**WAIVER OF LIABILITY**

In consideration of my being permitted to take the Pre-Employment Functional Fitness Assessment Test for Trooper/Cadet, the exercises of which I have been informed, I hereby release, remise and forever discharge the State of Maryland, the Maryland State Police and their agents and employees, as well as the owners of any public or private facility, building, or organization where the testing is held, including, but not limited to, the Public Safety Education and Training Center, Education and Training Division Gymnasium at 6852 4th Street or 905 Second Street, Sykesville, MD 21784, from any and all liability for any claims and causes of action, including, but not limited to actions for personal injury and property damage, which may result from my participation in the testing, or from the negligence of the released parties.

I acknowledge that I am here of my own choice and accept responsibility for any and all injuries or damages that may be incurred from this testing. I attest that I am physically fit and, to the best of my knowledge, have no physical condition that would endanger me or result in any harm to me if I participate in this testing.

Authorization for Medical Treatment: In the event of an injury or medical emergency occurring during the Event, I hereby authorize the State of Maryland, the Maryland State Police, or any of the Released Parties to seek and/or provide emergency medical treatment, including but not limited to first aid, CPR, or transportation to a medical facility. I understand and agree that I am solely responsible for any and all costs, fees, or expenses incurred for such medical care and transportation. I further release the Released Parties from any liability, claims, or damages of any kind arising out of or relating to the provision of, or the failure to provide, such emergency medical treatment

Signature: \_\_\_\_\_

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

Witness: \_\_\_\_\_

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

## PRE-EMPLOYMENT FUNCTIONAL FITNESS ASSESSMENT TEST

This test is a high intensity fitness evaluation. It is designed to test your aerobic and anaerobic fitness. For this reason, there are no rest breaks between the exercises.

Combined							
Level	Run Time (sec)	Run Time (min:sec)	Run Points	Sit-Ups	Sit-Up Points	Push-Ups	Push-Up Points
Elite	<720	<12:00	10	≥40	10	≥35	10
Strong	720–839	12:00–13:59	8	32–39	8	25–34	8
Average	840–960	14:00–16:00	6	27–31	6	18–24	6
Below Avg	961–1081	16:01–18:01	4	21–26	4	13–17	4
Poor	1082–1170	18:02–19:30	2	15–20	2	8–12	2
Very Poor	>1170	>19:30	0	<15	0	<8	0

### HOW TO PREPARE FOR THE FUNCTIONAL FITNESS ASSESSEMENT TEST:

1. **PUSH-UP TEST** - To increase muscular endurance, do as many standard push-ups as possible. At least three times per week, perform three sets of the total number of repetitions.
2. **SIT-UP TEST** - To increase your muscular endurance, do as many bent sit-ups (hands cupped behind the ears with someone holding your feet) as possible. At least three times per week, perform three sets of the total number of repetitions.
3. **FLEXIBILITY TEST** - Performing the following exercises daily will increase flexibility.
  - a. Sit and Reach - do five repetitions of the exercise. Sit on the ground with legs straight. Slowly bend forward at the waist and extend your fingertips toward your toes while keeping your legs straight. Hold for ten seconds.
  - a. Towel Stretch - Sit on the ground with your legs straight. Wrap a towel around your feet holding the ends of the towel extending your torso toward your toes. Hold for ten seconds.
2. **1.5 MILE RUN (Cardiovascular Capacity) TEST** - Below is a gradual schedule that would enable you to perform a maximum effort for the 1.5-mile run. If you can complete the distance in less time, you are encouraged to do so.

Week	Activity	Distance (Miles)	Times (Minutes)	Frequency (Per Week)
1	Walk	1	17-20	5
2	Walk	1.5	25-29	5
3	Walk	2	32-35	5
4	Walk	2	28-30	5
5	Walk/Jog	2	27	5
6	Walk/Jog	2	26	5
7	Walk/Jog	2	25	5
8	Walk/Jog	2	24	4
9	Jog	2	23	4
10	Jog	2	22	4
11	Jog	2	21	4
12	Jog	2	20	4

In addition, the below listed exercises are being provided to assist the applicant with the push-up and sit-up phase of the Functional Fitness Assessment Test. The applicant should consult with their personal physician prior to commencing any physical exercise routine.

1. Push-Ups: 3 Sets of 12 to 15 repetitions 4 to 5 times a week.
2. Decline Push-Ups: 2 Sets of 10 to 12 repetitions 4 to 5 times a week. Prop your feet on a step, box, stool, etc. approximately 12 inches high and complete the correct number of repetitions.
3. Tricep Extension: 3 Sets of 12 to 15 repetitions 4 to 5 times a week.
4. Bicep Curl: 3 Sets of 12 to 15 repetitions 4 to 5 times a week.
5. Sit-Ups: 3 Sets of 12 to 15 repetitions 4 to 5 times a week.
6. Decline Sit-Ups: 3 Sets of 12 to 15 repetitions 4 to 5 times a week.