

# APPENDIX Y: OPFA SCORE SHEET



Name: _____		Date: _____	
Badge #: _____		Age: _____	
Police Service: _____		Gender: M or F (circle)	
Unit/Branch: _____		Pin Year: _____	
Pre-test Screening:		Body Composition	
PAR Q+	Informed Consent	_____ Kg _____ lbs	
Resting Heart Rate (bpm):	Resting Blood Pressure (mmHg):	_____ Cm _____ Ft/in.	
		_____ WC _____ BMI	
Test item		Results	Score
Push ups (# of reps)			/ 20
Trunk forward flexion (cm)			/ 10
Core Endurance Test (min:sec)			/ 20
mCAFT (final stage & predicted MVO <sub>2</sub> )			/ 50
2.4 km run (time)			
20 metre shuttle run (final stage)			
YMCA bike test (final stage & predicted MVO <sub>2</sub> )			
Ebbeling treadmill test (predicted MVO <sub>2</sub> )			
Rockport 1 mile walk test (predicted MVO <sub>2</sub> )			
<i>A score of 75% or greater is required to meet the requirements of the Ontario Police Fitness Award.</i>			<b>Total:</b> / 100
Post-test results: Recovery Heart Rate (bpm):		Recovery Blood Pressure(s) (mmHg):	
Observations:			
Color: red, white, blue	Feeling: nauseous, dizzy, nervous, tired, hot, light headed	Breathing: wheezing, persistent cough, frequency not diminishing	Coordination: stumbling, loss of coordination, poor balance

Appraiser's Name: \_\_\_\_\_ Appraiser's Signature: \_\_\_\_\_