



## Physical Fitness Assessments

Physical Fitness Assessment - PCP & ACP Application Procedure - The Need for Fitness as a Paramedic

To work safely and effectively as a paramedic you will require a healthy level of:

- aerobic fitness (e.g., climbing stairs with equipment when elevator not accessible)
- muscular endurance (e.g., performing prolonged CPR on a patient)
- muscular strength (e.g., lifting and carrying patients)
- flexibility (e.g., treating patients on the floor or in difficult to reach situations)

A high proportion of job-related injuries to paramedics occur when lifting patients. Physical fitness is critical to maintaining the wellness of paramedics, and fitness must be incorporated into the overall philosophy of the occupation.

Maintaining a high level of fitness throughout your career will help to reduce the risk of injuries that are prevalent among paramedics.

### Wellness

Wellness is a term used to describe a holistic view of health. Wellness is comprised of medical, physical and emotional fitness. Medical fitness refers to the absence or presence of disease in an individual. Physical fitness involves the physical capability of an individual to perform different tasks. Emotional fitness involves psychological factors and the ability to deal with stress. To tolerate the physical and psychological stress associated with pre-hospital care work, you will require a high level of physical and emotional fitness.

### Completing the Physical Fitness Assessment

As part of the application package you will need to complete a physical fitness assessment entitled the Canadian Physical Appraisal of Fitness and Lifestyle Approach (CPAFLA) - 3rd Edition. This is a national standardized test of fitness designed by the [Canadian Society for Exercise Physiologists \(CSEP\)](http://www.csep.ca) - <http://www.csep.ca>, and is administered only by professionals with a minimum certification level of Certified Fitness Consultants (CFC), as determined by CSEP.



## Steps to Completing the CPAFLA-3rd Edition

1. Familiarize yourself with the elements of fitness that will be assessed in the CPAFLA 3rd Edition. Please consult a fitness professional (e.g., CFC or PFLC) if you need assistance preparing for the CPAFLA assessment. The CPAFLA includes the following assessments:
  - Baseline Measurements
  - Resting Heart Rate
  - Resting Blood Pressure
  - Anthropometric Measurements
  - Height & Weight
  - BMI - Body Mass Index
  - SO5S - Sum of 5 Skinfolks
  - WC - Waist Circumference
  - Step-test (submaximal test of aerobic fitness)
  - Push-ups (muscular endurance)
  - Partial Curl-ups (muscular endurance)
  - Vertical Jump (peak leg power)
  - Back Extension (lower back strength and muscular endurance)
  - Grip Strength (muscular strength)
  - Sit and Reach (lower back / hamstring flexibility)
2. Review the Physical Activity Readiness Questionnaire (PAR-Q & You: <http://www.csep.ca/CMFiles/publications/parq/par-q.pdf>). At the time of your CPAFLA assessment, the PAR-Q & YOU will need to be completed and signed in the presence of the fitness professional.
3. Contact a Certified Fitness Consultant (CFC) in your region to schedule and complete the CPAFLA. The fee for completing this assessment may vary between fitness professionals.
  - British Columbia: [http://www.csephealthfitnessbc.ca/service\\_providers.htm](http://www.csephealthfitnessbc.ca/service_providers.htm)
  - The rest of Canada via your provincial CSEP contact: <http://www.csepmembers.ca/english/search.asp>
  - If you are having trouble contacting a CFC in your province, please contact the CSEP National Office in Ottawa for assistance: <http://www.csep.ca/english/view.asp?x=597>
4. Print the Paramedic Academy Physical Fitness Assessment Sign-off Form (on the following page).

This form will need to be signed by the fitness professional at the completion of the CPAFLA and needs to be submitted with your application package.
5. Complete the CPAFLA and have all the following forms completed to include with your application package:
  - CPAFLA Client Information Sheet (obtained from fitness professional)
  - CPAFLA Personal Health Benefit Ratings Summary (obtained from the fitness professional)
  - Paramedic Academy Physical Fitness Assessment Sign-off Form



## Physical Fitness Assessment Sign-off Form

### Applicant

Name:

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Address:

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Phone:

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Email:

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### Fitness Professional

Name:

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CSEP

certification level:

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Address:

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Phone:

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Email:

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The Canadian Physical Appraisal of Fitness and Lifestyle Approach (CPAFLA) – 3<sup>rd</sup> Edition has been completed according to all published procedures and protocols and the information contained on the **Client Information Sheet** and **Personal Health Benefit Ratings Summary** is accurate and valid for the above named applicant.

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Signature of Fitness Professional

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Date

Distribution:

Candidate – keeps original for submission with application package

Fitness Professional – please take a photocopy for your records