

LAW ENFORCEMENT ACADEMY PHYSICAL FITNESS STANDARDS

Five physical fitness components will be measured at the beginning and at the end of the Basic Recruit Training Program. It is imperative recruits understand the importance of physical fitness in the law enforcement and corrections career fields.

- 1. Vertical Jump:**
This component measures leg power and consists of measuring how high a person jumps.
- 2. One Minute Sit-Ups:**
These exercises measure abdominal or trunk muscular endurance. While students lie on their backs, they will be given one minute to do as many bent leg sit-ups as possible.
- 3. 300 Meter Run:**
This exercise measures anaerobic power, or the ability to make an intense burst of effort for a short time period or distance. This component requires students to sprint 300 meters.
- 4. Maximum Push-Ups:**
This component measures the muscular endurance of the upper body and consists of doing as many push-ups as possible until muscular fatigue develops.
- 5. 1.5 Mile Run:**
This exercise measures aerobic power or cardiovascular endurance (stamina over time). To complete this component, the student must run or walk, as fast as possible, for a distance of 1.5 miles.

While there are no entry physical fitness or wellness standards at this time mandated by the Criminal Justice Standards and Training Commission, a trainee should enter the Basic Recruit Training Program at a fitness level which will provide him or her with the potential to successfully complete all of the physical fitness goals by the last two weeks of training.

Applicants must come prepared to participate in all components of the assessment during the first week of training.

Trainees who are injured during basic training and unable to complete testing upon exiting must successfully complete the training and testing at a later date when approved by their respective physicians. A student cannot earn a graduation certificate until completing all of the required training and testing.

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PHYSICAL FITNESS TRAINING PLAN

Physical fitness is most easily understood by examining its components or “parts.”

There is widespread agreement that these four components are basic.

1. Cardiorespiratory Endurance: the ability to deliver oxygen and nutrients to tissues, and to remove wastes, over sustained periods of time. Long runs and swims are among the methods employed in measuring this component.

2. Muscular Strength: the ability of a muscle to exert force for a brief period of time. Upper-body strength, for example, can be measured by various weight-lifting exercises.

3. Muscular Endurance: the ability of a muscle, or a group of muscles, to sustain repeated contractions or to continue applying force against a fixed object. Push-ups are often used to test the endurance of arm and shoulder muscles.

4. Flexibility: the ability to move joints and use muscles through their full range of motion. The sit-and-reach test is a good measure of flexibility of the lower back and backs of the upper legs.

Workout Schedule

The physical fitness training plan will include something from each of the four basic fitness components described in the Physical Fitness Training Plan. Each workout will begin with a warm-up and end with a cool down. As a general rule, the workouts will be spaced throughout the week and avoid consecutive days of hard exercise. Approximately three (3) hours each week, throughout the duration of the basic recruit training academy, will be dedicated to physical fitness training.

Here are the amounts of activity necessary for the average, healthy academy cadet to maintain and/or increase his or her overall level of fitness. Included are some of the popular exercises we will be using in each category.

Warm-Up: five to ten minutes of exercises such as walking, slow jogging, knee lifts, arm circles or trunk rotations. Low-intensity movements that stimulate movements to be used in the activity can also be included in the warm-up.

Muscular Strength: approximately two 20 minute sessions per week that include exercises for all the major muscle groups. Lifting weights are the most effective way to increase strength. The use of fitness cords and bands can be used to

reduce the risk of injury and to keep equipment costs at a minimum.

Muscular Endurance: approximately three 30 minute sessions each week that include exercises such as calisthenics, push-ups, sit-ups, pull-ups, and weight training for all the major muscle groups. The use of fitness cords and bands can be used to reduce the risk of injury and to keep equipment costs at a minimum.

Cardiorespiratory Endurance: approximately three 20 minute bouts of continuous aerobic (activity requiring oxygen) rhythmic exercise each week. Popular aerobic conditioning activities include brisk games like racquetball and handball.

Flexibility: ten to twelve minutes of stretching exercises performed slowly without a bouncing motion. This can be included after a warm-up or during a cool down.

Cool Down: approximately five to ten minutes of slow walking, low-level exercise, combined with stretching.

Sample One (1) Hour Workout:

- 1. Warm Ups: Trunk Rotations, Arm Circles, Lunges, Stretching - 10 Minutes**
- 2. Muscular Endurance: Push Ups, Sit Ups, Pull Ups - 10 Minutes**
- 3. Cardiorespiratory Endurance:
*30 Minute Class Run - 30 Minutes**
- 4. Flexibility/Cool Down: Slow Walk, Stretching - 10 Minutes**

*Pace will vary based on the fitness level of group running; classes can be broken into different groups based on individual fitness level (i.e., beginning, advanced, etc.).

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