



NORTHWEST FLORIDA STATE COLLEGE CRIMINAL JUSTICE TRAINING CENTER

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 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.

The Workout Schedule

The physical fitness training plan will include something from each of the four basic fitness components described above. 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 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 is 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.





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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 walking, jogging, swimming, cycling, rope-jumping, rowing, cross-country skiing, and some continuous action 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 fitness level of group running; classes can be broken into different groups based on individual fitness level (i.e., beginning, advanced, etc.).*

Supplemental handouts for the Physical Fitness Training Plan are attached and listed below:

- PF Training Plan Handout #1: Warm Up & Stretching
- PF Training Plan Handout #2: The Importance of Hydration during Exercise
- PF Training Plan Handout #3: Beating the Heat during Summer Exercise
- PF Training Plan Handout #4: Common Forms of Heat Related Illnesses
- PF Training Plan Handout #5: Jogging Safely
- PF Training Plan Handout #6: 10 Basic Weight Training Exercises
- 2 Additional PF Training Plan Handouts are in development.



Note: This two page outline of the Physical Fitness Training Plan should be attached to the CJSTC Form #75B – Basic Recruit Student Physical Fitness and Chemical Agent Contamination to be viewed by the examining physician.