

Broward College Institute of Public Safety Law Enforcement and Corrections Academy Physical Fitness Preparation Guide



The Criminal Justice field is both challenging and fulfilling, and will require an individual to exercise a myriad of skills. To be a well-balanced officer, this profession requires you to be physically and mentally fit. In addition to serving your community, you will also be required at times to successfully apprehend a suspect or have the ability to control a violent inmate.

The Law Enforcement and Corrections professions can be very rewarding, and a physical fitness/wellness training program can help you enjoy your career, defend yourself should the need arise, and enable you to continue to benefit from good health after you retire. These professions are very demanding. YOU owe it to your coworkers, your family members, and most importantly to ourselves to achieve and maintain peak physical fitness for a well-balanced career.

INTRODUCTION:

This guide is a resource for those individuals preparing to attend the Broward College Institute of Public Safety basic training programs. Active personnel within the criminal justice profession who wish to improve their personal level of physical fitness can also use this guide.

Individuals should consult with a medical or health professional before beginning any new exercise, nutrition, or supplementation program or if any personal health questions arise after reviewing the contents of this guide.

BC/IPS provides basic law enforcement and corrections officer training for a number of criminal justice agencies throughout the State of Florida. The IPS training and command staff encourage pre-applicants and individuals who have been selected to attend BC/IPS be provided a copy of this guide.

What WE do:

BC/IPS provides recruits with a basic foundation for fitness that includes stretching, exercise techniques and suggestions for improving cardiovascular endurance. Cadets participate in a moderately strenuous physical conditioning program to prepare for both the FDLE Physical Fitness Assessment and to pass the BC/IPS physical agility profile tests.

What is physical fitness?

Physical fitness is the ability to perform physical activities, such as job tasks, with enough reserve for emergency situations and to enjoy normal activities when off duty.

Major areas of fitness:

Major areas of physical fitness include:

- ♦ **Flexibility** – the ability to move joints and use muscles through their full range of motion.
- ♦ **Cardio Endurance** – the ability to deliver oxygen and nutrients to tissues and to remove wastes, over sustained periods of time. It consist of both aerobic and anaerobic energy systems.
- ♦ **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.
- ♦ **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.

Body composition is also considered an area of physical fitness. Cadets should note that excessive body fat increases the workload placed upon the body and decreases the body's ability to dissipate heat.

Hydration:

Did you know that you on average you can lose as much as 1 to 2 quarts of fluid though perspiration during 1 hour of hard exercise in the heat? The body requires water to function correctly while exercising. Our bodies are made mostly of water and every cell depends on water as the universal medium for carrying out all functions.

If you aren't replenishing fluids lost through perspiration with water or a sports drink, such as Gatorade, your muscles will tire more quickly and you may experience muscle cramps. Your body may also have a hard time keeping its core temperature regulated, which can lead to serious health conditions, such as heat exhaustion or heat stroke.

Here are some other **tips to protect yourself from dehydration** while you are exercising.

- ♦ Don't wait until you are thirsty to drink water, since thirst is a sign that you are already dehydrated.
- ♦ Weigh yourself before and after your workout to estimate your sweat loss and fluid intake needs. If you gain weight during your exercise session you are drinking too much. If you lose weight you are not drinking enough.
- ♦ Avoid drinking caffeinated beverages, such as coffee and soda, while exercising, since they can actually promote dehydration.
- ♦ Keep a bottle of water in your gym bag so that you have easy access to fluids.

Check the color of your urine. If you are properly hydrated, your urine should be clear and light colored. If you are dehydrated, your urine may appear cloudy and dark.

Water:

Water is the major component of blood plasma and makes up 60% of the human body. Water transports everything in the body and helps regulate body temperature. Water is lost through urine and sweat and must be replaced with at least 8-10 glasses of water a day. The more active an individual is, the more water should be consumed. Larger individuals also need more than the recommended 8-10 glasses of water. To calculate water intake needs, divide body weight by two. The answer relates to the number of ounces of water to drink per day.

Warm-up & Flexibility:

A warm-up serves several functions, including:

- ◆ increased blood flow to working muscles and joints
- ◆ decreased likelihood of injury
- ◆ decrease in pre-event tension
- ◆ possible improved performance
- ◆ improved flexibility

A proper warm-up of your muscles before any physical activity can decrease risk of injury. Spend at least 5-10 minutes stretching and warming up and loosening the muscles that will be used. The increased blood flow of such a warm-up will decrease tension in your muscles, improve their range of motion and can even improve performance. Also, warming-up can significantly reduce the chances of muscle pulls, strains, sprains and other such injuries.

When stretching, cadets are directed to follow these basic rules:

- ◆ Stretch slowly
- ◆ No bouncing
- ◆ No pain; stretching should feel good
- ◆ Stretching is not competitive
- ◆ Breathe slowly to help relax

You should always warm-up and cool down properly when exercising.

Cardiovascular Training Program:

Aerobic Fitness:

During aerobic activities, the intensity of the exercise is low enough for the cardiopulmonary system to meet the oxygen demands of the working muscles.

Aerobic activities include bicycling, hiking, swimming, climbing stairs, and running when performed at a low enough intensity.

Anaerobic Fitness:

During anaerobic activities, the intensity of exercise is so high that the working muscles demand for oxygen exceeds the cardiopulmonary system's ability to deliver it. Since adequate oxygen is not available, waste products such as lactic acid accumulate. This type of intense activity can only be short in duration. An example of an anaerobic activity is sprinting.

Speed Training:

Speed training involves a repeated series of exercise activities interspersed with rest or relief periods. Speed training is an excellent exercise for improving both aerobic and anaerobic endurance. Running intervals are performed on a track or a marked course with intensity at a rate much higher than the aerobic phase.

Muscular Strength/Endurance Program:

Muscular Strength/Endurance is a resistance program designed to improve total body strength and endurance. This is not a bodybuilding or a power-lifting program but designed to prepare a recruit specifically for the FDLE physical fitness assessments, the physical agility profile tests and the physical conditioning at BC/IPS.

Circuit training is a very effective and efficient method to improve muscular strength, muscular endurance and cardiovascular endurance. The workout consists of weight lifting at a station for 10-12 repetitions and then moving on to the next exercise station. Rest between exercises should not exceed 30 seconds.

Nutrition:

Proper nutrition begins with providing the body with all the essential nutrients including carbohydrates, protein, fats, vitamins, minerals and water. Learning to eat nutritiously is not hard. The key is to:

- ♦ Eat a variety of foods, including vegetables, fruits and whole-grain products;
- ♦ Eat lean meats, poultry, and fish, beans and low-fat dairy products;
- ♦ Drink lots of water; and
- ♦ Go easy on the salt, sugar, alcohol, and saturated fat and Trans-fat. Saturated fats are usually fats that come from animals. Look for Trans-fat on the labels of processed foods, margarines and shortenings.

Carbohydrates:

Carbohydrates or “carbs,” the primary fuel for energy, come as complex (starches) or simple (sugars). Some carbohydrates (mostly complex) may contain fiber that keeps the intestinal tract healthy. Carbohydrates should make up approximately sixty percent (**60%**) of the total caloric intake, with the majority coming from complex sources.

Carbohydrates are found in fruits and vegetables and grains and in refined form in everything from candy bars to cakes.

Complex carbohydrates are simply long strings of simple carbohydrates. Because these take longer to process in our bodies; they provide a less readily available but more sustained form of energy. Examples include starchy foods such as potatoes and pasta as well as many of the commercially available sports gels and drinks.

Protein:

Proteins are complex chains of molecules called amino acids that are essential for tissue growth and muscle development. They have a secondary purpose as fuel in the absence of carbohydrates and fats. Protein should be approximately fifteen percent (**15%**) of the daily caloric intake. Age, body weight, and athletic activity should also determine the amount.

Protein is the building block for muscles and while simply eating large amounts of protein will not result in muscle formation, exercising without adequate intake of protein will cause muscle wasting.

Protein is most commonly ingested in the forms of meat, poultry or fish. Vegetarians obtain their protein from tofu and other soy products. Commercially available protein formulations are principally composed of whey, a milk derived protein. Whey is also found in many protein meal supplement bars.

Fats:

The primary purpose of fats is to serve as body fuel. Fats also help absorb certain vitamins, build cells, provide insulation and cushion vital organs. The daily caloric intake should contain **20-30%** fat.

There are three types of fat, saturated, monounsaturated and polyunsaturated. Studies have shown that monounsaturated fats increase the levels of high-density lipoprotein (a.k.a. good cholesterol) and lower levels of low-density lipoprotein (a.k.a. bad cholesterol). Saturated fats lower the good cholesterol while increasing the bad cholesterol.

Limit saturated fats for a more healthful diet.

Vitamins and Minerals:

Vitamins are organic substances that act as regulators for the various physiological processes of the body. Minerals are inorganic elements with similar responsibilities. Vitamins are chemical compounds that serve as important co-enzymes in many chemical processes in the body. All are needed in small quantities on a daily basis. Here is a partial list of commonly discussed vitamins along with their principal functions and where they may be found:

Vitamin A: Necessary for color and night vision. Found in orange and yellow vegetables.

Vitamin B complex: A series of vitamins the most important of which are B1, B6 and B12. B1 & B6 are required for neurological function while B12 has an important role in blood cell formation. B vitamins are found in grains and meats. Most breads and cereals are fortified with B1 and B6. B12 is obtained principally from meats.

Vitamin C: A free radical scavenger, vitamin C has important functions for connective tissue disease maturation and has a role in immune function. It is found principally in citrus fruits.

Vitamin D: Required for proper bone development. Synthesized in the body when the skin is exposed to sunlight it is also found in milk.

Vitamin E: Another free radical scavenger, this vitamin has an important role in protecting against the formation of mutated DNA. Vitamin E is found in nuts, vegetables, fish and other meats.

Vitamin K: Vitamin K is important for the formation of important proteins that control bleeding. It too is found principally in nuts and vegetables.

Weight Control:

There are many conflicting theories, principles, books, articles, etc. on how to lose weight. Be cautious of the “too good to be true” fad diets or supplements. More harm than good usually is the end result. A “prudent diet” contains all the essential nutrients and food eaten in moderation. Achieving a healthy weight can help you control your cholesterol, blood pressure and blood sugar. It might also help you prevent weight-related diseases, such as heart disease, diabetes, arthritis and some cancers.

Eating too much or not being physically active enough will make you overweight.

to maintain your weight, the calories you eat must equal the energy you burn

to lose weight, you must use more calories than you eat. A weight-control strategy might include:

- ♦ Choosing low-fat, low-calorie foods;
- ♦ Eating smaller portions;
- ♦ Drinking water instead of sugary drinks; and
- ♦ Being physically active

In summary, making the right choices about what to eat are as important as they are complicated. Although fad diets and ‘athlete diets’ come and go, the best way to maintain good health is to be smart about what you eat. Doing this means having a better understanding of the what and the why of our food but also in taking the time to read the labels on everything you buy in order to ensure that the foods you eat are what you want them to be.

The single best rule to live by with respect to diet is that moderation is key. Too much or too little of anything is always a bad thing. Please consult a physician before starting any kind of diet.

What to EXPECT within the first two weeks of an academy program:

FDLE Physical Fitness Assessment Test Process:

Within the first 2 weeks of training and continuing throughout the academy, cadets participate in a number of physical fitness events and tests. Cadets who have a solid foundation in physical fitness or those who have been actively participating in a physical fitness program just prior to entering into basic training, in most cases, score higher than those cadets who have not been active.

Various job task analysis profiles, for this profession, have shown that there are several physical tasks necessary to perform essential functions of a law Enforcement or Corrections Officer. Data also document that physical fitness components are the underlying and predictive factors for performing tasks such as:

- ♦ sustained pursuit/ aerobic power
- ♦ sprints/ anaerobic power
- ♦ dodging/ aerobic/anaerobic power and flexibility
- ♦ lifting and carrying/ muscular strength and endurance; anaerobic power
- ♦ dragging, pulling, and pushing/ muscular strength and endurance;
- ♦ anaerobic power
- ♦ jumping and vaulting/ anaerobic power, leg power and strength
- ♦ crawling/ muscular endurance, flexibility, body fat composition
- ♦ use of force/ muscular strength and endurance, anaerobic power
- ♦ use of force/ muscular strength and endurance, aerobic power

Studies conducted by the Cooper Institute for Aerobics Research (CIAR) have determined the areas and levels of physical fitness which are necessary for performing the essential functions of a criminal justice officer's job.

Five (5) physical fitness components will be measured at the beginning and at the end of your Basic Recruit Training Program. This is required by the Florida Criminal Justice Standards and Training Commission (CJSTC). They are listed below:

1. **Vertical Jump.** This component measures leg power and consists of measuring how high a person can jump.
2. **One Minute Sit-Ups.** These exercises measure abdominal or trunk muscular endurance. While students lie on their backs, they will be given one (1) 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. 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 jog, as fast as possible, for a distance of 1.5 miles.

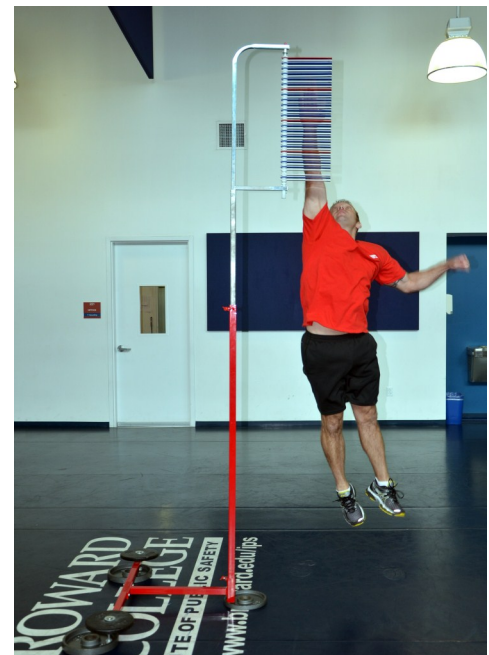
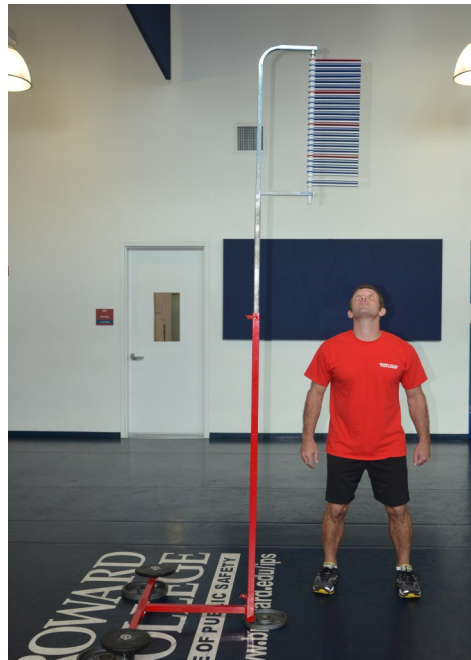
Vertical Jump:

Purpose:

This exercise is a measure of jumping or explosive power.

Procedure:

1. Stand with your feet together and one side toward the wall, and reach up as high as possible to mark your standard reach.
2. Jump as high as possible and mark the highest point of your jump. Jump from both feet in a stationary stance. You can pump and thrust your arms upward. .
3. Your score is the total inches, to the nearest 1/2 inch, above the standard reach mark.
4. Record the best score after three trials.



How to Prepare for the Vertical Jump:

A good way to prepare for this component is to do plyometrics training. The basic plyometrics exercise routine consists of three exercises: double leg vertical jump, single leg vertical jump, and the double leg hop. Perform each exercise with 1 set of 10 repetitions, 3 days a week. Do the repetitions without stopping, and rest three minutes between each set of an exercise.

Double Leg Vertical Jump:

Intensity Level: High

Starting Position: Stand with your feet shoulder-width apart.

Direction of Jump: Vertical

Arm Action: Double arm action

Starting Action: Perform a rapid counter movement and jump as high as possible.

Ascent: Thrust arms upward vigorously and reach as high as possible.

Descent: When your feet hit the ground, jump again immediately without a stutter step.

Double Leg Hop:

Intensity Level: Medium

Starting Position: Stand with your feet shoulder-width apart.

Direction of Jump: Horizontal, with a vertical component

Arm Action: Double arm action

Starting Action: Jump from both legs and strive for maximum distance.

Ascent: Think about “hanging” in the air.

Descent: Land in the starting position and immediately repeat the movement.

Single Leg Vertical Jump:

Intensity Level: High

Starting Position: Stand with one foot on the ground.

Direction of Jump: Vertical

Arm Action: Double arm action

Starting Action: Perform a rapid counter movement and jump as high as possible.

Ascent: Thrust your arms upward vigorously, reaching as high as possible.

Descent: When your foot hits the ground, immediately jump without a stutter step.

(Place emphasis on maximum height and quick, explosive takeoffs. Repeat this exercise with the opposite leg after a brief rest of 15–30 seconds.)

One Minute Sit-Ups:

Purpose:

This component of the assessment measures abdominal muscular endurance.

Procedure:

1. Start by lying on your back, with knees bent, heels flat on the floor, and arms across your chest, interlocking your thumbs into your shirt. Your buttocks must remain on the floor close to your buttocks, and do not thrust your hips.
2. A partner holds your feet down firmly.
3. Then, perform as many correct sit-ups as possible in one minute.
4. In the up position, you should touch your elbows to your knees and then descend until your shoulder blades touch the floor.
5. Your score equals the total number of correct sit-ups. Any resting must be done in the up position.
6. Breathing should be as normal as possible; make sure that you do not hold your breath.



How to Prepare for Sit-ups

1. Estimate the number of correct sit-ups that you can do in one minute. Multiply that number by .75 (75%). Round that result to the lowest number. This will be the number of repetitions (sit-ups) that you will do per set.
2. Warm up with some light activity of your choice, such as stationary biking, walking or jogging on the treadmill, light calisthenics, etc.
3. Perform the number of sit ups (correct form) determined in the calculation done in #1, above.
4. Rest no longer than 60 seconds, and do another set of repetitions.
5. Repeat #3 and #4 until you have done three to five sets of repetitions. Even though the last sets may be difficult, maintain proper form. If you have to hesitate longer on the floor on the last sets to get in the full number, then do so, but rest no longer than what is necessary to recuperate for another repetition. It is important that you perform all the repetitions.
6. Do this routine every other day. Increase the number of reps per set by one or two each week.

Note: If you are unable to do at least five (5) repetitions per set, you will need to modify your routines in order to perform sufficient repetitions to address muscular endurance. You should follow a crunch or curl routine for your abdominals, and also get assistance in designing leg exercises (multi-hip machine or leg lifts) to address the hip flexors. Also, you could use an abdominal machine in a fitness facility using a light enough resistance to get in 15 reps per set for 3 sets.

300 Meter Run:

Purpose:

This exercise measures anaerobic power.

Procedure:

1. Warm up and stretch before testing.
2. Run 300 meters at your maximum level of effort. Record the amount of time it took to complete the required distance.
3. Walk for 3–5 minutes immediately following the test to cool down. This is an important safety practice.



How to Prepare for the 300 Meter Run:

To prepare for this component, it is a good idea to do interval training. First, time yourself running 110 yards with all-out effort. This will be your initial time, or IT. Second, divide your IT by .80 to get your training time.

Maximum Push-Ups:

Purpose:

This component measures the muscular endurance of the upper body (anterior deltoid, pectoralis major, and triceps).

Maximum Standard Push-ups:

Procedure:

1. Place hands shoulder-width apart, with your fingers pointing forward. Some part of your hands must lie within a vertical line drawn from the outside edge of your shoulders to the floor.
2. Start from the up position: Start with your arms fully extended, your elbows locked, and hands and feet only touching the floor. You must keep your back straight at all times and lower your chest to approximately three inches from the floor. A small rubber ball or sponge (three inches in dimension) can be placed below you on the floor to check for distance. Then, return to the up position with your elbows fully locked. This counts for one repetition.
3. Resting is permitted only in the up position. Your back must remain straight while resting is permitted only in the up position. Your back must remain straight while resting.
4. When you elect to stop or cannot continue, the instructor will record your total number of correct push-ups as the score. There is no time limit for this exercise.



How to Prepare for Push-ups:

1. Estimate the maximum number of correct push-ups you can do in one minute.
2. Multiply that number by .75 (75%). Round the result to the lowest number. This will be the number of repetitions (push-ups) that you will do per set.
3. Warm up with some light activity of your choice, such as riding a stationary bike, walking or jogging on the treadmill, light calisthenics, etc.
4. Perform the number of push-ups (correct form) determined in the calculation done in #2 above.
5. Rest no longer than 60 seconds, and then do another set of repetitions.
6. Repeat #4 and #5 until you have done three to five sets of repetitions. Even though the last sets may be difficult, maintain proper form. If you have to hesitate longer on the floors on the last sets to finish every repetition, then do so, but rest no longer than what is necessary to recuperate. It is important that you complete all the repetitions.
7. Do this routine every other day. Increase the number of reps per set by one or two each week. If you are unable to do at least five (5) repetitions per set, then you may want to get assistance in designing a strength routine using select machines, including chest, arms, and trunk exercises.

1.5 Mile Run:

Purpose:

The 1.5 mile run is a measure of aerobic power (cardiovascular endurance). The objective in the 1.5 mile run is to cover the distance as fast as possible.

Procedure:

1. Warm up and stretch thoroughly prior to running.
2. Run 1.5 miles as fast as possible.
3. Do not physically touch another participant during the run, unless rendering first aid.
4. Finish times should be recorded.
5. Upon completing the run, you should cool down by walking for about five minutes to prevent venous pooling (i.e., pooling of the blood in the lower extremities which reduces the return of blood to the heart and may cause cardiac arrhythmia).



How to Prepare for 1.5 Mile Run:

To prepare for this test, you need to gradually increase your running endurance. Begin at the level you can accommodate, and use a workout format that involves walking and running. Run a short distance, walk for a while, and then run again. Begin slowly and then proceed to the next level by improving your overall running or walking time.

BC/IPS Physical Agility Profile Test Process:

In addition to the two (2) CJSTC Physical Fitness Assessment tests, required in the basic training curriculum, Cadets are required to take Academy Physical Profile Tests during the academy. Three (3) physical profiles tests are required for Law Enforcement cadets and two (2) physical profiles for Corrections cadets. By their final profile, the cadet must achieve an overall passing score of 75% in order to participate in graduation ceremonies.

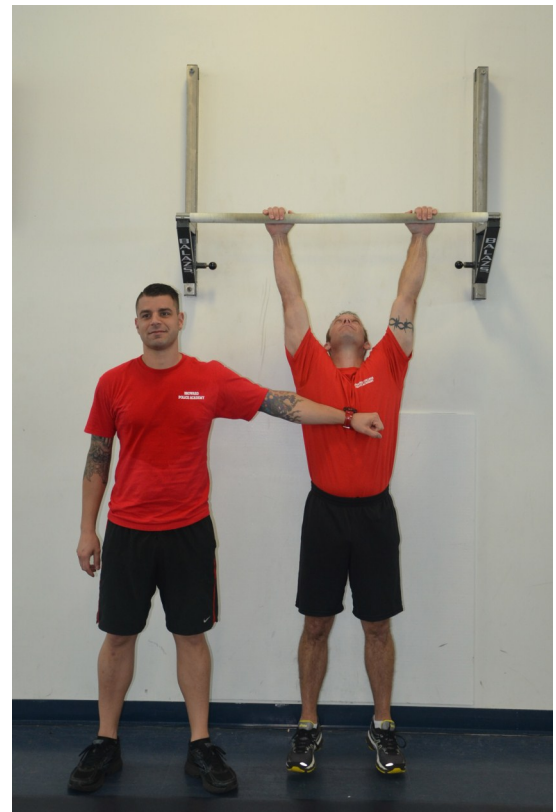
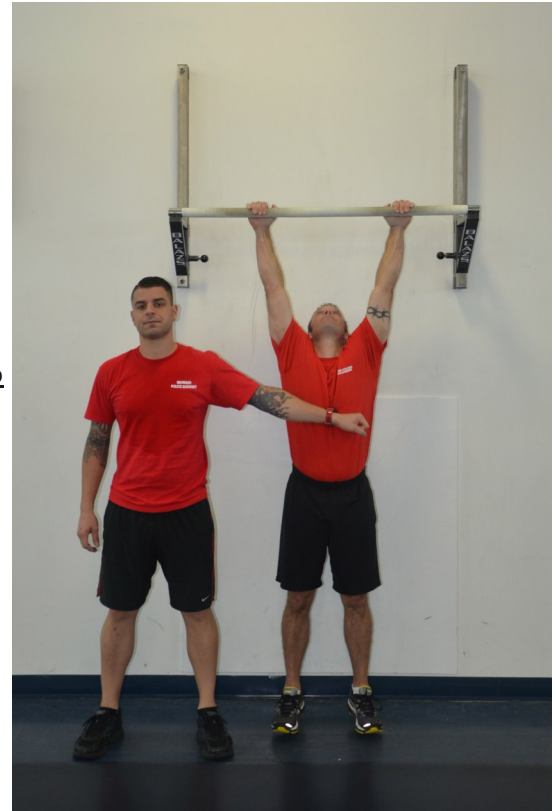
There are eight (8) physical fitness components that will be measured during the profiles.

1. **Pull Ups.** This component measures upper body strength.
2. **Sit-Ups.** This exercise measures abdominal or trunk muscular endurance. While cadets lie on their backs, they will be given two (2) minutes to do as many bent leg sit-ups as possible.
3. **Push-Ups.** This component measures the muscular endurance of the upper body. The cadets will be given two (2) minutes to do as many pushups as possible.
4. **Treadmills.** (similar to mountain climbers). This component is a multi-joint compound exercise that works several different muscle groups. (legs, core, cardio). The cadets will be given one (1) minute to do as many treadmills as possible.
5. **Bend & Twist.** This component measures flexibility and cardio. The cadets will be given one (1) minute to do as many bend & twist as possible.
6. **Squat Thrust.** This component is a full body exercise that works several different parts of the body. (gluteus maximus, legs, back, upper body). The cadets will be given one (1) minute to do as many squat thrust as possible.
7. **½ Mile Run.** This component measures aerobic power.
8. **Obstacle Course.** (Job Task Course). This course consists of 15 activity stations which replicate barriers and obstacles commonly encountered in Law Enforcement or Corrections. These components test skill, strength, stamina and speed.

Pull Ups:

Procedure:

1. Start from a dead hang on the pull up bar with palms facing out (pronated).
2. Pull yourself up over the bar until your chin clears the bar.
3. Go down to a dead hand, and repeat.
4. Each time your chin clears the bar that counts as one.
5. Police Academy cadets need a total of 12 for 100% score.
6. Corrections Academy cadets need a total of 9 for 100% score.



Sit-Ups:

Procedure:

1. Start by lying on your back, with knees bent, heels flat on the floor, and arms across your chest, interlocking your thumbs into your shirt. Your buttocks must remain on the floor close to your buttocks, and do not thrust your hips.
2. A partner holds your feet down firmly.
3. Then, perform as many correct sit-ups as possible..
4. In the up position, you should have your elbows come up over your knees and then descend until your shoulder blades touch the floor.
5. Each time your elbows come up over your knees that count as one.
6. Any resting must be done in the up position.
7. Police Academy cadets need a total of 85 for 100% score.
8. Corrections Academy cadets need a total of 77 for 100% score.



Push-Ups:

Procedure:

1. Place hands shoulder-width apart, with your fingers pointing forward. Some part of your hands must lie within a vertical line drawn from the outside edge of your shoulders to the floor.
2. Start from the up position: Start with your arms fully extended, your elbows locked, and hands and feet only touching the floor.
3. You must keep your back straight at all times and lower your chest approximately three inches from the floor. (the size of instructor's fist)
4. Then, return to the up position with your elbows fully locked.
5. Each time your chest touches the fist of the instructor that counts as one.
6. Your back must remain straight while resting which is only permitted in the up position.
7. Police Academy cadets need a total of 60 for 100% score.
8. Corrections Academy cadets need a total of 52 for 100% score.



Treadmills:

Procedure:

1. Place hands shoulder-width apart, your thumbs must lie within a vertical line from shoulder to shoulder.
2. Remove your right shoe.
3. Start with your right foot back (to the rear).
4. The right foot (only) must come up and pass the vertical line of your thumbs.
5. The left foot must make a motion forward and to the rear but does not have to pass the vertical line of your thumbs.
6. Only the right foot counts.
7. Each time your right foot crosses the vertical line of your thumbs that counts as one.
8. This is a continuous exercise; there is no stopping or resting.
9. Police Academy cadets need a total of 41 for 100% score
10. Corrections Academy cadets need a total of 37 for 100% score.



Bend & Twist:

Procedure:

1. Place feet shoulder-width apart, with your right hand over your left.
2. Starting in the upright position, with a slight bend in your knees.
3. Bend at the waist touch the ground.
4. Come up (all the way) turn, look, and touch the name of the person standing behind you. That counts has one.
5. Bend at the waist touch the ground.
6. Come up (all the way) turn, look, and touch the opposite side of the name of the person standing behind you. That counts has one.
7. Each time you touch it counts as one.
8. This is a continuous exercise; there is no stopping or resting.
9. Police Academy cadets need a total of 60 for 100% score.
10. Corrections Academy cadets need a total of 52 for 100% score.

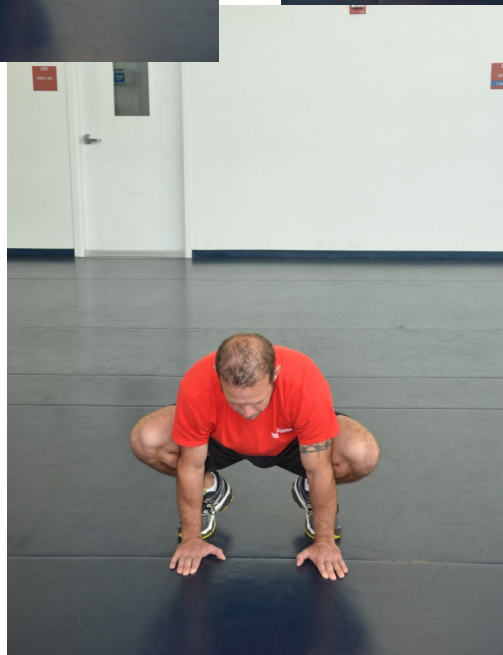
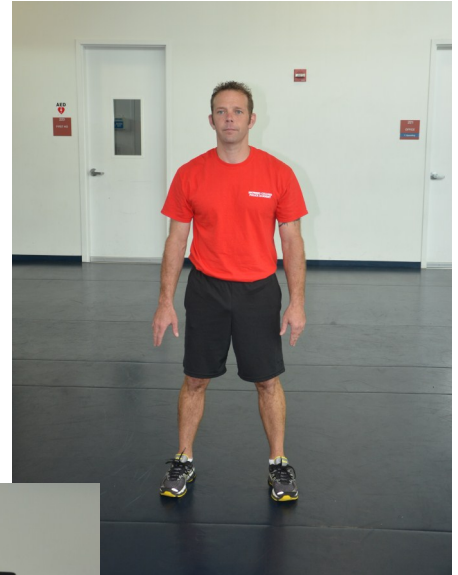


Squat Thrust:

Procedure:

This is a 4 count exercise.

1. Start in a standing position.
2. Squat down, placing hands on the ground, shoulder width apart.
3. At the same time, kick both feet to the rear into a full extended push up position.
4. At the same time, bring both feet back to a squat position.
5. Stand up.
6. Each time you stand up that counts as one.
7. Police Academy cadets need a total of 35 for 100% score.
8. Corrections Academy cadets need a total of 29 for 100% score.



½ Mile Run:

Procedure:

1. Run 800 meters (2 times around the track) at your maximum level of effort.
2. In order to obtain a 100% in this exercise, you must complete the run in a time of 3:00 minutes or less.
3. Police Academy cadets need 3:00 minutes or less for 100% score.
4. Corrections Academy cadets need 3:30 minutes or less for 100% score.



Obstacle Course:

Procedure:

For information on this part of the testing go to www.broward.edu/ips. Click on the Criminal Justice Training Center. Then click on Motor Skills Testing Booklet for a complete description, purpose and execution of each of the 15 stations. Or pick up at pamphlet at BC/IPS Building 21 in the lobby.

Police Academy cadets need 1:25 minutes or less for 100% score.

Corrections Academy cadets need 1:40 minutes or less for 100% score.

Conclusion:

A career in law enforcement or corrections is both physically and mentally challenging. Success depends on individual desires and personal drive. While BC/IPS staff may not be able to personally address each issue with every potential applicant or cadets, the staff encourages each individual to prepare for physical fitness with knowledge and information. Quality of life improvement can result from activities as simple as drinking more water, eating more complex carbohydrates and staying active (walking, running, hiking, biking, swimming, etc) most days of the week.

BC/IPS hopes this guide can provide potential applicants and cadets. with a resource to be “fit for duty”.



References:

- ♦ Florida basic recruit Training Program – High Liability – Vol 2 – Version 2014.07
- ♦ Cooper Institute (2010) Principles of Health and Fitness for Fitness Professionals Manual.
- ♦ Broward College – Institute of Public Safety Basic Motor skills testing
- ♦ Sharkey, Brian J. (1997) Fitness and Health, Fourth Edition. Human Kinetics.