

# Arkansas Law Enforcement Training Academy

## PHYSICAL TRAINING FORM

Student's Name: \_\_\_\_\_

Date: \_\_\_\_\_

(PRINT)

**PLEASE READ THIS TWO-PAGE FORM CAREFULLY**

### ATTENTION

Due to the strenuous nature of ALETA'S Fitness and Defensive Tactics programs ALETA strongly recommend each applicant begin a preconditioning routine prior to enrollment

ALETA'S Law Enforcement Physical Fitness program requires Mandatory participation in accordance to Fit Force Physical fitness and P.P.C.T.defensive tactics training programs.

Students shall attend all CLEST training hours. Any student missing accredited hours may result in the student's ineligibility to graduate.

### **STANDARDIZED PHYSICAL TRAINING PROGRAM**

ALETA'S Physical fitness program will be conducted four (4) days a week, each session will last a minimum of one hour per day. Daily physical fitness training will consist of organized stretching, warm-up and participation in cool down exercises.

Conditioning activities will consist of calisthenics, strength, conditioning, various forms of running and circuit weight training (free and/or machine weights). Each student SHALL participate in all phases of the daily physical training in order to achieve the highest percentile ranking, with the 20<sup>th</sup> percentile ranking is consider passing.

Students scheduled for Basic Training shall be prepared to negotiate a very demanding battery of physical fitness activities, by achieving a good level of physical fitness before arriving. All students performing at 80<sup>th</sup> percentile ranking will receive a certificate of achievement. The sponsoring agency shall be responsible for ensuring their officer is capable of performing at the 20<sup>th</sup> percentile Law Enforcement Physical Fitness Norms.

Students who are medically determined unable to continue after initial fitness evaluation, maybe afforded a medical withdrawal opportunity at the discretion of their agency, which will allow them to complete their training at a later date.

Below is a list of exercises which are designed to specifically to enhance law enforcement officer's physical ability to adequately perform their daily duties and provide each officer with a clear concept of sound overall fitness. Students shall perform each segment of this block of instruction during basic Orientation and Physical Fitness Testing.

**Sit-ups:** The student will lie on his/her back, knee's bent at a 45-degree angle, feet flat on the floor and will raise his/her upper body to approximately 90-degrees. Students will do maximum number of sit-ups in one minute.

Law Enforcement Physical Fitness Norm is (25 sit-ups) in 1 minute.

**Agility Run:** The student will lie on the floor in a prone position. They will then get up and sprint 30 feet and return. They will then negotiate 4 obstacles covering a 30 foot area and return through the obstacles. The test concludes with another 30 foot sprint and return. Measures ability to get up from the ground and sprint while changing directions.

Law Enforcement Physical Fitness Norm is (19.1 seconds)

**Push-ups:** The student starts in the front leaning rest position, hands on floor, arms fully extended. As the arms are flexed, the body is lowered parallel to, but not touching, the floor. Student will do maximum number of push-ups in one minute.

Law Enforcement Physical Fitness Norm is (19 push-ups) in 1 minute.

**Sit and Reach:** The student will sit on the floor in front of the measuring device. They will bend at the waist pushing a block down the device. The stretch must be a static stretch and the student's calves must remain in contact with the floor. The sit and reach measures flexibility in the lower back, legs and shoulders

Law Enforcement Physical Fitness Norm is (15 inches) with 2 attempts.

Run: The student will run a 1.5 mile course in his/her best time.  
The 1.5mile run measures the cardio/respiratory fitness of the student.  
Law Enforcement Physical Fitness Norm is (16.55) for 1.5 mile run.

Bench Press: The student is to press the weight straight up, until they have locked their arms  
The bench press measures the upper body strength for one repetition.  
Law Enforcement Physical Fitness Norm is (0.71) minimum with 2 attempts

**PHYSICAL FITNESS TESTING**

Testing will be conducted in two sessions. Scores will be compared to the standards recommended by the Fit Force Total Fitness Program. These standards are not age/gender based.

**DEFENSIVE TACTICS:**

PPCT Defensive Tactics training also includes a great deal of physical exertion involving running, falling, twisting and flexibility.

**Students that are not able attend PHYSICAL TRAINING will not be permitted to attend defensive tactics, therefore training hours for both shall be deducted from overall credited hours.**

**PLEASE READ AND SIGN THE FOLLOWING STATEMENTS:**

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◆ **STATEMENT OF STUDENT:**

I am physically able to participate in the above physical tasks and I have passed a physical examination administered by:

\_\_\_\_\_  
(PRINT Physician's Name)

\_\_\_\_\_  
(Physicians Address)

\_\_\_\_\_  
(STUDENTS SIGNATURE)

**SWORN AND SUBSCRIBED BEFORE ME**

\_\_\_\_\_, **NOTARY PUBLIC**

this \_\_\_\_\_ day of \_\_\_\_\_ 20 \_\_\_\_.

My Commission Expires \_\_\_\_\_

◆ **STATEMENT OF PHYSICIAN:**

This applicant has passed a physical examination and he/she is physically able to participate in the listed physical tasks.

\_\_\_\_\_  
(Physician's Signature)

\_\_\_\_\_  
(Date of Examination)

NOTICE: False Swearing is a class A misdemeanor (Arkansas Statute 5-53-103 punishable under Arkansas Statute 5-4-401 and 5-1-111.)