

YUBA COLLEGE
POLICE ACADEMY PHYSICAL PERFORMANCE TEST

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The program of physical conditioning involves exercise focusing on cardio respiratory endurance (Aerobic), strength, power, speed, and neuromuscular coordination (agility), balance, etc. The intensity of the various exercises is individualized to the extent possible and is gradually increased throughout the course of the conditioning. Each exercise session lasts a minimum of 30-minutes and consists of a warm-up period, a conditioning period focusing on a primary training objective, and a cool-down period.

The Academy's Physical Training Program has two purposes:

1. LIFETIME FITNESS

- A. **Lifetime Fitness:** This segment includes classroom lectures on the primary physical disabler of law enforcement personnel, basic nutrition and exercising program design. Physical workouts concentrate on aerobic fitness as well as upper body and abdominal conditioning.

2. JOB-RELATED FITNESS

- A. **Job-related Fitness:** The physical fitness curriculum includes:
- **1.5 mile run:** the individual runs 1.5 miles as fast as possible. Measures cardiorespiratory endurance.
 - **Abdominal Curls:** the individual performs as many abdominal curls as possible in two minutes. Measures dynamic muscular endurance of the trunk.
 - **Sit and Reach Test:** The individual performs a test that measures range of motion of the lower back and abdominal girth.
 - **500-Yard Run:** The individual runs 500 yards in as little time as possible. Simulates a police work task.
 - **Fence Climb:** The individual runs 5 yards, climbs a 6-foot wood and/or chain link fence, and then continues running 25 yards in the least amount of time possible. Simulates a police work task.
 - **Push-Ups:** The individual performs as many push-ups as possible. Measures arm strength/endurance.
 - **Body Drag Test:** The individual performs as many push-ups as possible. Measures arm strength/endurance.
 - **99 Yards Obstacle Run:** Simulates police foot pursuit with sharp turns, curbs and hurdles.

To effectively prepare for the physical fitness program, students should concentrate on 20-30 minute jog/runs, bleacher running, push-ups, abdominal crunches, pull-ups and upper body strength training with weights.

PHYSICAL TRAINING ADVISEMENT

As part of your training, you will be required to participate in this physical performance program. You will also need to demonstrate acceptable physical readiness by successfully completing a job-related physical agility test at the conclusion of the physical conditioning program.

The physical performance program is designed to develop an enhanced level of physical fitness. The program will both prepare you to perform physically demanding tasks and instill a desire to maintain a high level of fitness throughout your career.

Prior to participating in the program, it is necessary to obtain a medical clearance, from your physician. The medical clearance is required to provide reasonable assurance that there is no medical reason why you should not participate in the program, and must be obtained at your own expense. **All Modular Academy Students MUST Obtain a Clearance.**

YUBA COLLEGE
MEDICAL CLEARANCE

TO: MEDICAL PHYSICIAN
FROM: Academy Facilitator, Police Academy
Yuba College Public Safety Program
RE: Medical Clearance

The individual you are examining has been requested to obtain a medical clearance to participate in the physical conditioning program for a P.O.S.T. (Peace Officer Standards and Training) Academy at Yuba College. The physical conditioning program consists of certain physical performance tests and a program of physical conditioning.

Attachments:

- *Performance Tests & Content of the Physical Conditioning Program (Page 1 of this Document)*
- *Health History & Par-Q- Completed by Student/Participant*

PHYSICAL REQUIREMENTS

While performing the duties of this job, the student is frequently required to sit, talk or hear, stand, walk, use hands to finger, handle, feel or operate objects, tools or controls, and reach with hands and arms. The student must be able to climb or balance, stoop, kneel, crouch or crawl, and taste or smell.

PHYSICAL CLEARANCE

Medical clearance to participate in the Physical Condition Program for: _____
(Print Individuals Full Name)

(Select Courses that Apply): Must be 90 days current from beginning of course.

POST Level III POST Level II POST Level I

Having reviewed the above named individual's medical history and having read the description of the physical performance tests and the physical conditioning and having personally examined the above named individual, it is my professional opinion that:

_____ The above named individual may participate in the physical conditioning program which is unlikely to pose a significant medical risk to the above named individual.

_____ The above named individual should NOT participate in the physical conditioning program.

Physician's Printed Name & Signature

Date

Stamp &/or Attach Business Card --REQUIRED