

YUBA COLLEGE  
**CORE ACADEMY PHYSICAL PERFORMANCE TEST**

**\*Must Return Page 2**

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 Core 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 student is required to perform a variety of physically demanding activities including: repetitive bending, standing, rapid/multi-dimensional foot movements, sustained and repeated application of pain compliance techniques to wrist/elbow/shoulder joints, and stretching/warm up exercises to include push-ups and sit-ups. Students may be expected to participate (depending on academy requirements) in a 1.5 miles run, run 50 yards within 20 seconds, drag a 165 pound dummy for a distance of 20 feet in 30 seconds, walk a total of 75 feet within 30 seconds wearing a 30-pound air pack or backpack, walk or jog yards on a flat surface to a flight of steps or stairs and climb up 10 steps then turn, climb back down the steps and job or walk back to the starting point within 30 seconds.

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. **If you are sponsored by a law enforcement agency, you may waive this clearance process by submitting an agency letter (see affiliated student form).**

YUBA COLLEGE  
**MEDICAL CLEARANCE**

TO: MEDICAL PHYSICIAN  
FROM: Academy Facilitator, CORE 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 S.T.C. (Standards and Training for Corrections) 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 S.T.C. course.

- 832pc     Correctional Core Academy     Juvenile Core Academy     Probation Core Academy

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
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