

**BLACK RIVER TECHNICAL COLLEGE LAW ENFORCEMENT TRAINING ACADEMY
PHYSICAL TRAINING INFORMATION FORM**

STUDENT'S NAME: _____

DATE: _____

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Participation in the LETA Physical Fitness and Defensive Tactics Programs is mandatory for all persons attending Basic Training. Physical training will consist of varied functional movements utilizing calisthenics, running, weight training, and strength/endurance challenges.

Physical training will be conducted during the week and will last approximately 1 to 2 hours each session.

Students will be expected to give 100% effort and will be pushed and challenged to that level.

Students arriving for Basic training **should come prepared for the physical training sessions by working up to a good level of physical fitness before arriving.** It is not only the responsibility of the student but the student's agency to see that the student is prepared to meet these expectations. **Please read this form carefully.**

NOTICE: **Class time will be deducted for all classes that a student misses, which could result in the student's ineligibility to graduate.** (Maximum class time allowed to miss is 10% of each block of instruction).

Below is a list of some of the exercises which basic students are required to perform during the Physical Training block of instruction.

- Squat: (Front, Back, Overhead) The student will stand with feet shoulder width apart. The student will then descend sitting back and letting the knees travel out over the toes.
- Press: (Shoulder, Push, Jerk) The student will stand with feet hip width apart and the bar resting on the front of the shoulders. The student will then press (Shoulder) dip and drive (Push), or dip, drive, and dip again (Jerk) the weight overhead.
- Pull ups: The student will hang from a bar with an overhand grip and pull themselves up with the chin up over the bar.
- Kettlebell or Dumbbell Swings: The student will use the hips to drive a weight overhead from the resting position at their waist.
- Deadlift: The student will stand with feet hip width and bend over to pick up a weight off of the floor keeping the abdominal muscles tight and the back straight.
- Sumo Deadlift High Pull: The student will stand with a wider than shoulder width stance and bend over to pick up a weight off of the floor keeping the abdominal muscles tight and the back straight. The student will then forcefully pull the weight up to chin level.
- Clean: The student will forcefully pick up a weight with feet hip width and catch the weight in a squat.
- 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 the floor.
- Sit-ups: The student will lie on his/her back, knees bent at a 45 degree angle, feet on floor and will raise his/her body up.
- Burpee: From a standing position the student will squat, front leaning rest position, push up, squat, and then jump to max vertical height.
- Run: 100-5000 meters

Explanation of these exercises and the methodology used can be found at www.crossfit.com.

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

(Over)

PHYSICAL TRAINING INFORMATION (continued)

STUDENT'S NAME: _____

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DAILY PHYSICAL TRAINING:

Students will be involved in daily physical training while in attendance at the Academy. Daily physical training will consist of stretching and light warm-up exercises, calisthenics, running, agility course, and agility exercises. Each student is required to participate in all phases of the daily physical training to his/her fullest ability.

Agility: Students will also perform agility exercises that require speed, ability to turn/change directions quickly and the ability to negotiate obstacles.

Defensive Tactics: Training includes a great deal of physical exertion involving running, falling, twisting and flexibility.

FITNESS SCORING:

The student scores will be measured with an obstacle course directly linked to police work and training.

The students and their agency will then be advised of the overall time on the obstacle course.

Physical fitness awards will be given for the top overall score based on the 12th week physical fitness test.

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Please read and sign the following statements.

STATEMENT OF STUDENT:

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

(Physician's Name)

(Physician's Address)

(City, State, Zip)

(Student's Signature)

STATEMENT OF PHYSICIAN:

This applicant has passed a physical examination and he/she is physically able to participate in the above physical tasks. Please note exceptions below.

(Physician's Signature)

(Date of Examination)

(Exceptions)

(Exceptions)

SWORN AND SUBSCRIBED BEFORE ME

_____, **NOTARY PUBLIC**

this _____ day of _____, 20____.

My commission Expires _____.

NOTICE - False swearing is a class A misdemeanor, (Arkansas code of 1987 Annotated 5-53-103). Punishable under Arkansas Statute 5-4-401 and 5-1-111.