

EXPANDED COURSE OUTLINE  
REGULAR BASIC COURSE  
**LEARNING DOMAIN 32**  
LIFETIME FITNESS

I. LEARNING NEED

Officers need to know how to apply methods for evaluating and managing their physical fitness for a healthy lifestyle in order to safely and effectively perform peace officer duties.

LEARNING OBJECTIVES

A. Discuss the components of a personal physical fitness program to include:

1. Cardiovascular
  - a. Aerobic
  - b. Anaerobic
2. Muscular
  - a. Strength
  - b. Power
  - c. Endurance
3. Flexibility/Stability/Mobility
4. Core
5. Acceleration and agility
6. Body composition vs performance
7. Recovery

B. Discuss techniques for evaluating personal fitness in the areas of:

1. Cardiovascular
  - a. Aerobic
  - b. Anaerobic
2. Muscular
  - a. Strength
  - b. Power
  - c. Endurance
3. Flexibility/Stability/Mobility
4. Core
5. Acceleration and agility
6. Body composition vs performance
7. Recovery

C. Describe appropriate measures for improving an officer's performance within each of the seven components of a personal fitness program

1. Cardiovascular – 1.5-mile run, step test, 3-mile walk
2. Muscular – Bench press test, Push-up test, bent knee sit-ups
3. Flexibility/Stability/mobility – Sit and reach test
4. Core

5. Acceleration and agility
  6. Body composition – Mirror test, pinch test
  7. Recovery
- D. Discuss principles of physical conditioning, including:
1. Specificity
  2. Frequency
  3. Intensity
  4. Volume
  5. Active recovery
  6. Periodization/program design
    - a. Foundational phase
    - b. Conditioning phase
    - c. Peak performance phase
  7. Progression
- E. Describe minimum physical conditioning program requirements and components of a training session to include:
1. Warmup
  2. Training phase
  3. Recovery
- F. Explain the two types of training injuries and appropriate treatment for each
1. Acute injuries
  2. Chronic injuries

## 21. LEARNING NEED

Peace officers must recognize that proper nutrition is critical to maintaining body composition, physical conditioning, and reducing their risk of illness or injury.

### LEARNING OBJECTIVES

- A. Describe how to accomplish fitness goals using nutritional planning
1. Develop a sound nutrition plan to maintain or improve body composition
  2. Ensure sufficient amount of water is consumed to stay properly hydrated
  3. Implement changes in diet (reductions of simple sugars, caffeine, salt, saturated fats, and alcohol; increases in fiber, and complex carbohydrates)
- B. Discuss the role of supplementation and accomplishing fitness goals
1. Proper nutrition
  2. Balanced, varied workouts
  3. Recovery

## 22. LEARNING NEED

Peace officers need to understand common health problems so they may use appropriate risk management techniques to ensure their health and physical fitness.

### LEARNING OBJECTIVES

- A. Discuss illnesses and injuries commonly associated with law enforcement officers
- B. Discuss strategies for the prevention of illnesses and injuries commonly associated with law enforcement officers

## 23. LEARNING NEED

Peace officers must recognize the causes of stress and how to manage it effectively in order to protect their personal health and ensure their ability to perform their duties.

### LEARNING OBJECTIVES

- A. Explain the signs and symptoms of elevated stress levels
  - 1. High blood pressure
  - 2. Headaches
  - 3. Shortness of breath
  - 4. Sleeping disorders
  - 5. Eating disorders
  - 6. Trembling hands, sweating, dizziness, or nausea
  - 7. Sexual dysfunctions
- B. Recognize that substance abuse is an inappropriate strategy for coping with physical and psychological stress
  - 1. Alcohol
  - 2. Tobacco
  - 3. Caffeine
  - 4. Prescription, nonprescription, and illegal drugs
- C. Describe the short- and long-term effects of abusing:
  - 1. Alcohol
  - 2. Tobacco
  - 3. Caffeine
  - 4. Supplements/performance enhancing drugs
  - 5. Prescription, nonprescription, and illegal drugs
- D. Explain the techniques for stress management
  - 1. Regular exercise
  - 2. Proper nutrition
  - 3. Sufficient sleep and recovery
  - 4. Removal from the stressful environment or activity, if possible
  - 5. Personal recreational time
  - 6. Professional and/or peer counseling
  - 7. Relaxation techniques and meditation
  - 8. Massage/acupuncture therapy

## 24. REQUIRED TESTS

- A. The POST-developed Work Sample Test Battery (WSTB) or an equivalent physical abilities test approved by POST.
  - 1. Run a 99-yard obstacle course consisting of several sharp turns, a number of curb-height obstacles, and a 34-inch-high obstacle that must be vaulted

2. Lift or drag 165-pound lifelike dummy 32 feet
3. Run 5 yards to a 6-foot chain link fence, climb over fence, continue running another 25 yards
4. Run 5 yards to a 6-foot solid fence, climb over continue running another 25 yards
5. Run 500 yards

25. REQUIRED LEARNING ACTIVITIES

- A. The student will participate in a POST-approved physical conditioning program to include the following:
  1. The program must consist of a minimum of 36 sessions
  2. The 36 required sessions must be conducted within a period of 10 to 14 consecutive weeks with a minimum of two sessions per week
  3. Each session must be a minimum of 60 minutes in length
  4. Each session must consist of a warm-up, a training period, and recovery
  5. Each student must participate in a minimum of 30 of the required 36 sessions
  6. Individual accommodations must meet the functional equivalency of all components of the training session
- B. The student will participate in a physical conditioning program designed to achieve proficiency in the following seven components:
  1. Cardiovascular
    - a. Aerobic
    - b. Anaerobic
  2. Muscular
    - a. Strength
    - b. Power
    - c. Endurance
  3. Flexibility/stability/mobility
  4. Core
  5. Acceleration and agility
  6. Body composition vs performance
  7. Recovery
- C. The student will participate in a facilitated discussion, workbook assignment, computer-assisted training session or equivalent learning activity, regarding health problems common to law enforcement officers and related risk reduction management techniques. At a minimum, the activity must address the following topics:
  1. Illnesses and injuries commonly associated with law enforcement officers
  2. The short-term and long-term effects of using/abusing alcohol, tobacco and supplements/performance enhancing drugs
  3. The essential elements of lifetime fitness
- D. The student will participate in a facilitated discussion, workbook assignment, computer-assisted training session or equivalent learning activity, regarding proper nutrition. At a minimum, the activity must address the following topics:

1. The relationship between the proportion of calories consumed from each food group and body composition
  2. The nutritional characteristics of different foods (e.g., grains, legumes, meat, fish, dairy products) and the use of food selection in body composition management
  3. The relationship between exercise and body composition management
- E. The student will participate in a facilitated discussion, workbook assignment, computer-assisted training session or equivalent learning activity, regarding techniques used to evaluate physical fitness. At a minimum, the activity must address techniques for evaluating the following types of physical fitness components:
1. Cardiovascular
    - a. Aerobic
    - b. Anaerobic
  2. Muscular
    - a. Strength
    - b. Power
    - c. Endurance
  3. Flexibility/stability/mobility
  4. Core
  5. Acceleration and agility
  6. Body composition vs performance
  7. Recovery
- F. The student will participate in a facilitated discussion, workbook assignment, computer-assisted training session or equivalent learning activity, regarding the principles of physical conditioning. At a minimum, the activity must address the following principles and techniques for developing a personal physical fitness program:
1. The relationship between the different components of physical fitness (i.e., cardiovascular, muscular, flexibility/stability/mobility, core, acceleration and agility, body composition vs performance, and recovery) and the physical conditioning activities that develop them
  2. The basic principles of a physical conditioning program (e.g., specificity, frequency, intensity, volume, activity recovery, periodization/program design, and progression) and an exercise session (e.g., warmup, training phase, recovery)
  3. Calculating the aerobic heart rate training zone
  4. The components of a comprehensive fitness program for the tactical athlete
  5. Evaluation and treatment of training injuries
- G. The student will participate in a learning activity, which requires them to take part in a physical fitness assessment during the foundational phase and the peak performance phase, which shall minimally include:
1. Performance of the WSTB
  2. Push-ups
  3. Bent knee sit-ups
  4. 1.5-mile run
  5. Body composition measurement

- H. The student will participate in a learning activity, which requires them to train in techniques to tactically climb over the solid 6-foot wall wearing assigned/appropriate duty gear (e.g., duty belt with safety equipment, ballistic vest, utility uniform, duty footwear, etc.). The learning activity will provide the student with multiple opportunities to complete the solid fence climb in a tactically safe manner.

Description	Hours
POST Minimum Required Hours	<u>44</u>
Agency Specific Hours	<u>38</u>
Total Instructional Hours	<u>82</u>