

# Arizona Peace Officer Standards and Training

## Basic Curriculum Lesson Plan

LESSON TITLE: PHYSICAL TRAINING - ADDENDUM "A" PROGRAM PROTOCOLS 8.3

SUBJECT: Physical Conditioning – Addendum “A” – Program Protocols

AZ POST DESIGNATION: 8.3

HOURS:

COURSE CONTENT:

DATE FIRST PREPARED:

PREPARED BY:

<b>REVIEWED</b> – REVISED:	Lt. Angela Kwan	DATE: October 2008
REVIEWED – <b>REVISED</b> :	Lt. Angela Kwan, SME Committee	DATE: October 2009
REVIEWED – <b>REVISED</b> :	AZPOST (DocX)	DATE: April 2022
REVIEWED – REVISED:	ASPOST Boxing update	DATE: September 2023
REVIEWED – REVISED:		DATE:
REVIEWED – REVISED:		DATE:
AZ POST – APPROVAL:	Richard Watling	DATE: October 2009
AZ POST – APPROVAL:	Lori Wait	DATE: April 2022
AZ POST – APPROVAL:	Lori Wait	DATE: September 2023

INSTRUCTOR REFERENCES:

CLASS LEVEL: Student

TRAINING AIDS:

INSTRUCTIONAL STRATEGY: Interactive lecture and class discussion.

SUCCESS CRITERIA: 70% or higher on a written, multiple-choice examination.

COMPUTER FILE NAME: 8.3 Phys Conditioning Addendum A

DATE RELEASED TO THE SHARE FILE: September 2023

**I. INTRODUCTION**

- A. Instructor – (self) introduction.
- B. Preview of performance objectives.
- C. Each academy will tailor its rules and regulations to fit its needs. The following is a continuance of the physical conditioning (PC) program. This is provided as a guideline. Class sergeants are responsible for the following sections of the outline:

**II. PRIOR TO BEGINNING THE ACADEMY**

- A. Medical examination.
  - 1. All recruits will comply with the Arizona POST-mandated medical examination requirements prior to any exercising.
  - 2. Copies of all medical examinations will be placed in the class file. (Academy Application.)
- B. Schedule.
  - 1. Basic training sergeants will be required to prepare and submit a PC schedule for each class they supervise. (See recommended PC schedule (Addendum C)).
  - 2. Basic training sergeants will follow the guidelines of the master PC schedule in preparing their class PC schedules.
  - 3. Each class PC schedule will be reviewed by the proficiency skills sergeant and approved by the proficiency skills lieutenant and the basic training commander.
  - 4. This schedule will provide guidelines for the class PC program.
  - 5. Any deviations from the approved schedule will require the approval of the basic training commander, proficiency skills lieutenant or the training bureau commander.

**III. THE FIRST WEEK OF THE ACADEMY**

- A. 8.3.14 Physical Conditioning
  - 1. Recruits should be medically cleared for the physical demands of the academy and fitness program.
  - 2. Recruits will receive a two (2) to three (3)-hour lecture on health and wellness and must pass the written exam with 70% or better.

3. Recruits will notify the academy staff via memorandum of all prescribed medications and or supplements used to enhance athletic performance.

B. Physical condition uniform inspection.

1. Inspect physical conditioning clothes.

- a. White T-shirts:

- i. Stenciled with name on the back in black indelible ink.
- ii. Name in one and a half inch (1 ½") stencil.
- iii. Centered between arm seams.
- iv. The top of the name is four inches (4") down from the bottom of the collar seam.

- b. Athletic shorts:

- i. Blue only.
- ii. Mid-thigh in length.

- c. White socks.

- i. Plain white only.
- ii. Recommend moisture-wicking socks.

2. Inspect physical conditioning.

**IV. PHYSICAL CONDITIONING PROGRAM**

A. Advise all recruits that if injured or ill, they are to immediately notify a staff member.

1. Recruits who appear ill or injured will not be allowed to participate in physical conditioning.
2. A supervisor will evaluate the circumstances to determine if a doctor's release will be required before allowing the recruit to participate in physical conditioning.

B. All exercise sessions will be preceded by 10 minutes of stretching exercises: (Demonstrated by the academy physical fitness instructor and led by the class monitor.)

1. To prevent injuries.
  2. To increase flexibility.
  3. For flexibility and warm-up exercises: (Refer to Addendum D.)
    - a. A very slow jog at an 11- to 12-minute pace – one (1) lap around the track.
    - b. Four (4)-count jumping jacks (10 reps). Ensure that the knees are not locked when performing this exercise.
  4. No quick movements.
    - a. Slowly move into each stretch to the point of feeling resistance.
    - b. Hold each stretch for at least 10 seconds.
    - c. Release from each stretch slowly.
  5. Stretches:
    - a. Neck and shoulders.
    - b. Back and hamstrings.
    - c. Hip flexors and groin.
    - d. Quadriceps.
- C. The first (1st) week.
1. Fitness battery: (Refer to fitness protocols on test administration (Addendum E.)).
    - a. Cardiovascular endurance – 1.5-mile run.
    - b. Anaerobic power – 300-meter run.
    - c. Muscular strength – vertical jump. (Explosive leg power.)
    - d. Muscular endurance – sit ups and push ups.
    - e. Speed and agility – agility run.
  2. Survival training/boxing. (All appropriate safety gear shall be worn and properly in place

prior to each individual event. Mouth guard, head gear, boxing/sparring gloves, body armor). In the event of any protective equipment becoming loose or dislodged, the match will be stopped immediately.

- a. To be **closely** monitored by the staff.
- b. Student versus Student.
  - i. Match ups based on:
    - a) Size, weight, physical stature, overall physical condition, age, and gender.
- c. Students will be run through aerobic and muscular endurance exercises aimed at exhausting the physical strength prior to actual survival training/boxing. (PC session prior to bringing them into the gym for this exercise.)
- d. One minute of boxing is allowed between students.
- e. Match will be conducted on their knees to avoid overpowering hits.
- f. As one set of students are matched, another set will be doing push ups waiting for their time to match. They will not stop doing push ups until the match before them has been called to a start.

D. The second (2nd) through sixth (6th) weeks.

1. All PC sessions will begin with stretching and calisthenics. (Calisthenics will be demonstrated by academy physical fitness instructors.)
2. Refer to the PC schedule.
3. Introductions to the academy trail, weight room and obstacle course.
4. Introduction to POPAT (Peace Officer's Physical Aptitude Test). (Refer to the POPAT manual.) (Weeks four through six)

E. The seventh (7th) week.

1. Test week:
  - a. Fitness battery.
  - b. Timed obstacle course – three-quarters ( $\frac{3}{4}$ ) speed.

- c. Refer to the PC schedule.
- F. The eighth (8th) through 13th weeks.
- 1. Refer to the PC schedule.
  - 2. Recruits are encouraged to maintain a fitness regimen during both field problems week and driving track week. (Activities should be documented in memo form to their sergeant.)
- G. Final weeks of the Academy.
- 1. Test week.
    - a. Final fitness battery.
    - b. Timed obstacle course.
  - 2. The POPAT (minimum 384 points needed to graduate – AZ POST requirement).
  - 3. Physical activities which promote camaraderie such as a fun run, long hike, and/or team oriented sports. (Examples: long mountain run; memorial run to honor fallen officers; friendly competition of volleyball.)
  - 4. Use the activities to encourage continued fitness in law enforcement and to stress the importance of overall wellness. (Avoid risky activities that could lead to injury, football, basketball, etc.)

**V. CONCLUSION**

- A. Review of performance objectives.
- B. Final questions and answers.
- C. Instructor closing comment(s).