

CRIMINAL JUSTICE INSTITUTE



LAW ENFORCEMENT ACADEMY
PHYSICAL ABILITIES COURSE
INFORMATION PACKET

GENERAL INFORMATION:

The Criminal Justice Institute is NOT a hiring agency it is a training center for persons wanting to enter the Law Enforcement Academy. CJI administers the Physical Abilities Course for those interested in applying for the Law Enforcement Academy.

Successful completion of the physical abilities course will make you eligible for consideration for further evaluation for acceptance into the Law Enforcement program. Your file will be active and available for a period of one (1) year after you complete the test. The physical abilities score is valid for six (6) months and requires re-testing to remain valid for an additional six (6) months. The results will be given to you AFTER you have PASSED the test.

IT IS SUGGESTED YOU RETAIN THESE IMPORTANT INSTRUCTIONS FOR FUTURE REFERENCE

REGISTRATION:

Applicants must register on line. Go to www.cf.edu. Click on “Continuing Education”; click on “register for classes”; click on Physical Abilities Course; Select the session you wish to attend and follow the instructions.

Maximum number of applicants per day is 20.

FEES: A NON-REFUNDABLE fee of \$30.00 must be paid when registering.
If you desire to re-take the Physical Abilities Course the fee is \$30.00

The Physical Abilities Course will take place on Saturdays. Dates will be listed on the website.

THE COURSE BEGINS AT: 7:15 A.M. SHARP

NOTE: If weather conditions make testing impossible, the test will be re-scheduled for the following Saturday.

YOU MUST BE PUNCTUAL FOR THE SIGN IN. LATE ARRIVING APPLICANTS WILL NOT BE PERMITTED TO TAKE THE COURSE.

PHYSICIAN STATEMENT:

In order to take the Physical Abilities Course, the applicant must present a “PHYSICAL FITNESS ASSESSMENT FORM #75B”, completed and signed by a physician (MD or DO) licensed to practice medicine in the State of Florida. The physical examination must be conducted no more than 90 days prior to the date of the Physical Abilities Course. It is suggested that you use your own physician.

DRESS IN APPROPRIATE CLOTHING FOR THE PHYSICAL ABILITIES TEST T-SHIRTS, GYM SHORTS, SOCKS, AND APPROPRIATE FOOTWEAR FOR THE RUN ARE ESSENTIAL.

NOTE: NO OFFENSIVE LOGOS OR CARICATURES SHOULD APPEAR ON ANY OUTERWEAR.

YOU MIGHT WANT TO BRING YOUR OWN WATER BOTTLE.

NO VISITORS ARE PERMITTED IN ANY COURSE AREA.

TESTING

The PAC is composed of the exercise elements listed below. The test is designed to measure balance, muscular endurance, strength, flexibility, anaerobic capacity plus fine motor skills.

The obstacle course will include:

- **Two (2) 220 yard runs**
- **Dragging a 150lb. dummy 100 feet**
- **Jumping over obstacles 12 to 24 inches in height**
- **Climbing over a 40 inch wall**
- **Two (2) 50 foot sprints**
- **Serpentine movement around a series of pylons**
- **TOTAL TIME 6:04**

PHYSICAL ABILITIES COURSE

TASK 1: EXIT VEHICLE /ENTER TRUNK

Attributes Measured: Eye-hand coordination, reaction time, finger dexterity and flexibility.

Instructions:

Recruit is seated in the vehicle with seat belt on, flag belt on and hands on the steering wheel in the 9 and 3 o'clock position.

On the command to go, the participant removes hands from the steering wheel, unfastens the seat belt, opens the glove box and removes the key.

Exits the vehicle (the glove box and vehicle door are left open).

Move to the rear of the vehicle and insert the key unlock and open the trunk.

Immediately after opening the trunk the participant touches each flag/ribbon with the opposite hand, from behind the back, and the flag belt is pulled away (letting the belt fall to the ground).

The handgun and baton is removed from the trunk, the trunk is closed with the key remaining in the lock.

The recruit moves to the stool and places the handgun on the stool, continues to hold the baton.

Immediately after placing the handgun on the stool the participant proceeds with baton in hand to the beginning of the 220 yard run.

TASK 2: 220 YARD RUN

Attributes Measured: Anaerobic capacity (muscular endurance)

Instructions:

Run 220 yards with baton in hand.

After completing the run, proceed to the entrance of the obstacle course.

Continue to hold the baton.

TASK 3: OBSTACLE COURSE

Attributes Measured: Mobility, anaerobic capacity (muscular endurance), flexibility and coordination.

Instructions:

Climb over the 40-inch wall.

Climb over a series of three hurdles (24, 12, and 18 inches)

Serpentine through the nine cones placed in a single row.

Crawl under the hurdles (27-inch)

Drop the baton after the low crawl, near the cone.

TASK 4: DUMMY DRAG

Attributes Measured: Muscular endurance, strength/power, flexibility, agility.

Instructions:

Sprint 50 feet to where the dummy is positioned.

Grab the dummy with a firm, safe grip.

Drag the dummy 100 feet.

Sprint 50 feet to the obstacle course.

TASK 5: OBSTACLE COURSE (REPEAT OF TASK 3 IN REVERSE)

Attributes Measured: Mobility, anaerobic capacity (muscular endurance), flexibility and coordination.

Instructions:

Pick up the baton at the cone.

Crawl under the hurdles (27-inch)

Serpentine through the nine cones placed in a single row.

Climb over a series of three hurdles (18, 12, and 24 inches)

Climb over the 40-inch wall.

TASK 6: 220 YARD RUN (REPEAT OF TASK 2)

Attributes Measured: Anaerobic capacity (muscular endurance)

Instructions:

Run 220 yards with baton in hand.

After completing the run, proceed to the back of the vehicle

Continue to hold the baton.

TASK 7: DRY FIRE WEAPON

Attributes Measured: Strength/power, muscular endurance and finger dexterity.

Instructions:

Place baton on the stool.

Pick up the handgun

Assume a firing position while keeping arms completely outstretched at shoulder height and parallel with the ground.

Fire six rounds each, using the dominant, then the non-dominant hand.

TASK 8: ENTER THE TRUNK/ENTER THE VEHICLE (REPEAT OF TASK 1 IN REVERSE)

Attributes Measured: Eye-hand coordination, reaction time, finger dexterity and flexibility.

Instructions:

Pick up the baton while still holding the handgun

Move to the rear of the vehicle and unlock and open the trunk.

Place the handgun and baton in the trunk.

Close the trunk and remove the key.

Re-enter the vehicle.

Close the vehicle door and place the key in the glove compartment

Close the glove compartment and fasten the seat belt.



**COLLEGE OF CENTRAL FLORIDA
CRIMINAL JUSTICE INSTITUTE**

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In addition to 6A, B on CJSTC Form 75B recruits will be required to participate in the following:

- **Basketball**
- **Calisthenics**
 - Air bikes
 - Crunches
 - Curl-ups
 - Deep knee bends
 - Flutter kicks
 - Jumping jacks
 - Leg lifts
 - Pull-ups
 - Push-ups
 - Side bridges
 - Sit-ups
 - Squat thrust
- **Shuttle runs**
- **Physical Abilities Course**
 - Two 220 yard runs
 - Dragging a 150lb. dummy 100 feet
 - Jumping over obstacles 12 to 24 inches in height
 - Climbing over a 40 inch wall
 - Two 50 foot sprints
 - Serpentine movement around a series of pylons
- **Volleyball**
- **Circuit Training**
 - Treadmill
 - Recumbent Bicycle
 - Step Training
 - Jump Rope
 - Strength Training
 - Dumbbells
 - Weights



Florida Department of Law Enforcement

PHYSICAL FITNESS ASSESSMENT

Incorporated by Reference in Rule 11B-35.001(11)(c)12., F.A.C.



CJSTC 75B

1. Applicant's Name: Last First MI

2. Applicant's Address:

3. Enter Last Four Digits of Social Security Number:

4. Training School:

5. The Applicant Is Requesting Admission Into a Basic Recruit Training Program for One of the Following Disciplines:

Law Enforcement Correctional Correctional Probation

6. Student Participation in Basic Recruit Training Program Activities. A student enrolled in a basic recruit training program (B RTP) is required to participate in the following activities:

A. Defensive tactics and firearms high-liability training is a component of the curriculum mandated by the Criminal Justice Standards and Training Commission. Firearms training requires firing a handgun and long gun creating exposure to lead. Defensive tactics training requires sustained physical exertion and chemical agent contamination to the chemicals oleo-resin capsicum (OC) and/or orthochlorobenzal-malonotrile (CS).

B. Physical Fitness Conditioning and Physical Fitness Testing: A B RTP student shall participate in physical fitness conditioning and a fitness test and includes the following measures:

- Vertical Jump One Minute Sit Ups 300 Meter Run Maximum Push Ups 1.5 Mile Run/Walk

C. The training center director has attached the training schools physical fitness conditioning program: Yes

*****TO BE COMPLETED BY THE APPLICANT*****

7. Medical Conditions Regarding OC/CS Contamination. A B RTP student should be aware of the following personal considerations that may restrict participation in the chemical agent contamination of the B RTP and could possibly be aggravated to a severe degree during the contamination: Recent eye surgery, heart problems, panic disorder or stress, respiratory disorder, emphysema (loss of elasticity/thinning of lung tissues), bronchial asthma, x-ray evidence of pneumoconiosis (black lung), evidence of reduced pulmonary (lung) function, chronic obstructive pulmonary disease, coronary (heart) artery disease, cerebral (brain) blood vessel disease, severe or progressive hypertension (high blood pressure), epilepsy, grand mal or petite mal (seizures), pernicious anemia (severe reduction in red blood cells), diabetes (any form), pueumomediastinum gap (air in the sac surrounding lungs), history of skin allergies, or any condition for which the student is presently taking medication.

8. B RTP Student Certification. I certify that I have reviewed the above information and I do or do not have any medical restrictions that would prevent me from participating in the basic recruit training program activities outlined in item numbers 6, 6A, and 6B above.

9. Student's Printed Name:

10. Student's Signature: Date:

11. Prior Exposure to OC or CS. For a student who has had prior chemical agent exposure that includes chemical agent contamination and working through the effects of chemical agent contamination in a training environment, please attach the supporting documentation of prior exposure and check one of the following boxes:

I certify that I have OR I have not been exposed to oleo-resin capsicum (OC) and/or orthochlorobenzal-malonotrile (CS) in the manner described in item number 11 above.

*****TO BE COMPLETED BY THE EXAMINING PHYSICIAN*****

12. Physician Attestment. The above applicant is seeking entry into a law enforcement, correctional, or correctional probation basic recruit training program. Rule 11B-35.001(11)(c)12., F.A.C., requires a complete physical examination at a level of specificity sufficient to determine whether there are any medical or physiological restrictions that would prevent the applicant from performing the required activities described in items 6, 6A, and 6B above. Disabilities, impairment, or limitations identified by the examination that would prevent the applicant from performing the required activities should be reported to the training school indicated in item number 4 above.

I hereby attest that I have examined the above named applicant and find him or her CAPABLE of participating in the basic recruit training program activities indicated in item numbers 6, 6A, and 6B above.

I hereby attest that I have examined the above named applicant and find him or her NOT CAPABLE of participating in the basic recruit training program activities indicated in item numbers 6, 6A, and 6B above.

13. Physician, Certified Advanced Registered Nurse Practitioner, or Physician Assistant's Signature Printed Name Examination Date

14. Physician, Certified Advanced Registered Nurse Practitioner, or Physician Assistant's License Number Licensing State

15. Physician, Certified Advanced Registered Nurse Practitioner, or Physician Assistant's Professional Address

*****TO BE COMPLETED BY THE TRAINING CENTER DIRECTOR OR DESIGNEE*****

16. Training Center Director or Designee's Printed Name:

Training Center Director or Designee's Signature: Date:

INSTRUCTIONS FOR COMPLETING FORM CJSTC-75B

A basic recruit student approved to enter a basic recruit training program (B RTP) shall review and complete form CJSTC-75B to indicate the presence of any medical conditions that may prevent participation in the Physical Fitness Program and Chemical Agent Contamination of the B RTP. A copy of the Physical Fitness Program for law enforcement, correctional, or correctional probation discipline shall be attached to this form for the student to review.

1. **Applicant's Name.** Enter the applicant's last name, first name, and middle initial.
2. **Applicant's Address.** Enter the applicant's current address, city, state, and zip code.
3. **Applicant's Social Security Number.** Enter the last four digits of the applicant's social security number as in this example: 000-00-1234.
4. **Training School Name.** Enter the name of the Commission-certified criminal justice training school where the applicant is enrolled.
5. **Basic Recruit Training Program Discipline.** Place a check mark in one of the box(es) for the law enforcement, correctional, or correctional probation discipline for which the applicant is requesting admission.
6. **Student Participation in Basic Recruit Training Program Activities. Defensive Tactics (includes chemical agent contamination), Firearms, and Physical Fitness Conditioning and Physical Fitness Testing:** High-liability training in defensive tactics, firearms, and chemical agent contamination is a component of the curriculum mandated by the Criminal Justice Standards and Training Commission and participation in the activities is a requirement for successfully completing a B RTP. **There is no pass or fail at this time.** The test results for each of the five required tests will be recorded on the Academy Physical Fitness Standards Report, form CJSTC-67A as "I" if the student did not perform the test component or "D" if the student was dismissed from the basic recruit training program.
 - A. **Defensive Tactics and Firearms Training.** Firearms training requires firing a handgun and long gun creating exposure to lead. Defensive tactics training requires sustained physical exertion and chemical agent contamination to the chemicals oleo-resin capsicum (OC) and/or orthochlorobenzal-malonotrile (CS).
 - B. **Physical Fitness Conditioning and Physical Fitness Testing.** The Physical Fitness Test includes the following measures and are defined as follows:
 - **Vertical Jump.** This measures leg power by measuring how high a person jumps.
 - **One Minute Sit Ups.** This measures abdominal, or trunk, muscular endurance. While lying on his or her back, the student will be given one minute to do as many bent-leg sit ups as possible.
 - **300 Meter Run.** This measures anaerobic power, or the ability to make an intense burst of effort for a short time period or distance. This component consists of sprinting 300 meters as fast as possible.
 - **Maximum Push Ups.** This measures the muscular endurance of the upper body. This component consists of doing as many push ups as possible until muscular failure. Males are required to perform the standard push-up and females have the option to perform the standard or modified push-up.
 - **1.5 Mile Run/Walk.** This measures aerobic power or cardiovascular endurance (stamina over time). To complete this component, the student runs or walks a distance of 1.5 miles as fast as possible.
 - C. **A physical fitness conditioning program developed by the training school shall be attached to form CJSTC-75B prior to the student's examination by a physician, certified advanced registered nurse practitioner, or the physician's assistant.**
7. **Medical Conditions Regarding Chemical Agent Contamination.** The student shall review the listed medical conditions and list other conditions that may restrict him or her from participating in Chemical Agent Contamination to the chemicals oleo-resin capsicum (OC) and/or orthochlorobenzal-malonotrile (CS).
8. **Basic Recruit Training Program Activities Certification.** The student shall check the appropriate box to indicate if he or she **does or does not** have a medical condition that would restrict participation in the B RTP activities indicated in item numbers 6, 6A, and 6B of this form.
9. **Student's Printed Name.** The student shall print his or her first name, last name, and middle initial.
10. **Student's Signature and Date.** The student shall provide a signature and date to verify the information provided by the student is true and correct.
11. **Prior Exposure to Chemical Agent Contamination.** The student shall indicate in the appropriate box if he or she has been previously exposed to chemical agent contamination to the chemicals oleo-resin capsicum (OC) and/or orthochlorobenzal-malonotrile (CS), and shall attach supporting documentation of such contamination.
12. **Physician, Certified Advanced Registered Nurse Practitioner, or Physician Assistant's Attestment.** The physician shall check the appropriate box to indicate if the student is capable or not capable of participating in the B RTP activities indicated in item numbers 6, 6A, and 6B of this form.
13. **Physician, Certified Advanced Registered Nurse Practitioner, or Physician Assistant's Signature, Printed Name, and Examination Date.** The physician shall complete this item to verify his or her attestation to item number 12 of this form.
14. **Physician, Certified Advanced Registered Nurse Practitioner, or Physician Assistant's License Number and Licensing State.** The physician shall complete this item to verify his or her valid license number and licensing state.
15. **Physician, Certified Advanced Registered Nurse Practitioner, or Physician Assistant's Professional Address.** The physician shall print his or her complete professional address.
16. **Training Center Director or Designee's Printed Name, Signature and Date.** The training center director or designee who signs this form shall print his or her legal first and last name. The training center director or designee shall sign and date this form.