

Stand Alone 4 – Lifetime Fitness

Session – Foundational Phase

LD 32 – Lifetime Fitness

Date Revised: 11/06/19

Course Goal: To develop recruit officers' physical fitness and to teach them to apply the principles of lifetime fitness.

Session Goal: To strengthen recruit officers' muscles and joints and develop the functional systems of the body.

Learning Objectives:

- The student will participate in a POST-approved physical conditioning program to include the following:
 - The program must consist of a minimum of 36 sessions **[32.VI.A.1]**
 - The 36 required sessions must be conducted within a period of 10 to 14 consecutive weeks with a minimum of two sessions per week **[32.VI.A.2]**
 - Each session must be a minimum of 60 minutes in length **[32.VI.A.3]**
 - Each session must consist of a warm-up, a training period, and recovery **[32.VI.A.4]**
 - Each student must participate in a minimum of 30 of the required sessions **[32.VI.A.5]**
 - Individual accommodations must meet the functional equivalency of all components of the training session **[32.VI.A.6]**
- Recruit officers will complete the Academy Physical Fitness Quotient, scoring a 50% or higher overall score on the Academy PFQ Grading Scale.

Session Time: 11 hours (10 sessions)

Resources:

- Mat room or PT field
- Pull-up assist bands
- First aid kit/AED
- Clipboards and pencils (4 of each)
- Stopwatch
- Video camera
- Large digital timer

Session Summary: The foundational phase consists of 10 training sessions, including the Academy PFQ #1, and Weight Room Certification. There is no content being taught, the entire module is a series of various training sessions.

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Instructor Notes

For each training session the instructor will choose one of the attached foundational phase workouts. For the sessions labeled “Run”, “Weight Room Certification”, and “PFQ #1”, the instructor will run the corresponding activity.

Stand Alone 4 – Lifetime Fitness
Session – Foundational Phase
LD 32 – Lifetime Fitness
Training Session – Foundational Phase – Run

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm up: The class will complete a warm up consisting of laps around the track and/or a variety of dynamic stretches and agility drills. Alternatively, the instructor may slow jog the first ¼-½ mile of the run as a warm up.

Training Session:

Road run

Run 1.5-3 miles

The instructor should adjust the mileage and pace of the run as necessary based on the fitness level of the class. The instructor may choose to use pick-ups or hills to challenge the fittest recruit officers. If at any point there are some recruit officers that are unable to keep pace with the class, the instructor may choose to circle and wait for them.

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- Water jug
- First aid kit/AED
- Patrol vehicle

Components of Fitness:

- Cardiovascular – Aerobic
- Muscular – Endurance

Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness
Session – Foundational Phase
LD 32 – Lifetime Fitness
Training Session – Foundational Phase

Purpose: To develop a recruit officer’s physical fitness and to apply the principles of lifetime fitness.

Description:

Warm up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

The instructor will lead the class in a body weight calisthenics workout. The instructor will call out each exercise and demonstrate the starting position. When the instructor says “Up!” or “Down!” the class will follow accordingly and complete a rep of the exercise. For example, if the instructor is leading the class in a set of pushups, the students will begin in the starting pushup position with their arms locked out, and the instructor will order the class “Down!” and “Up!” to complete a pushup. At the completion of each rep, the class will sound off in unison with the number of total reps completed in that set.

The instructor will choose a variety of body weight calisthenics exercises that will challenge the students in each of the components of physical fitness listed below under Key Learning Points. The number of sets and reps should be decided by the primary instructor. No outside personnel not trained and certified as a Lifetime Fitness Instructor may determine the exercises, sets, or reps that the students must complete.

Examples of exercises:

- Pushups
- Situps
- Pullups
- Squats
- Lunges
- Mountain climbers
- Burpees
- Sprints
- Planks
- Hip flexors (leg lifts)

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations if the workout meets the functional equivalency of all components of the training session.

Stand Alone 4 – Lifetime Fitness

Session – Foundational Phase

LD 32 – Lifetime Fitness

Resources needed:

- Mat room or PT field
- Pull-up assist bands
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
- Acceleration and Agility

Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness
Session – Foundational Phase
LD 32 – Lifetime Fitness
Training Session – Foundational Phase

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session: Complete 5 rounds of:

10 pull-ups
20 push-ups
30 sit-ups
40 squats

For time.

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- Mat room or PT field
- Pull-up assist bands
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
- Acceleration and Agility

Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness
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Training Session – Foundational Phase

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training session: Each squad will start with a different exercise. Complete as many rounds as possible in 20 minutes of:

- Walking lunges across the mat or tarmac
- 5 pull-ups
- 10 push-ups
- 15 sit-ups
- Bear crawl across the mat or tarmac

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations, if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- PT field or mat room
- Pull-up assist bands
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
- Acceleration and Agility

Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness
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Training Session – Foundational Phase

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm Up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session: Each squad will start with a different exercise. Complete as many rounds as possible in 20 minutes of:

- 5 wall climbs
- 10 pull-ups
- 15 jump squats
- 20 leg lifts

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations, if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- Mat room
- Pull-up assist bands
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
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Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness
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Training Session – Foundational Phase

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training session: Each squad will start with a different exercise. Complete as many rounds as possible in 20 minutes of:

- Bear crawl (across the mat room or tarmac)
- 10 burpees
- 10 pull-ups
- Standing broad jump (across the mat room or tarmac)

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations, if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- PT field or mat room
- Pull-up assist bands
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
- Acceleration and Agility

Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness
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LD 32 – Lifetime Fitness
Training Session – Foundational Phase

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm Up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session:

Tabata – 20 seconds on (work period), 10 seconds off (rest period). Complete 8 rounds (4-minute cycle) of each exercise (16 minutes total, not including the rest periods). Take a 1 minute break between each exercise. Each squad will start with a different exercise.

- Pull-ups
- Push-ups
- Sit-ups
- Squats

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations, if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- Mat room or PT field
- Pull-up assist bands
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
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Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness
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Training Session – Foundational Phase

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm Up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session: Break the class into 3 groups to begin the workout. Each group will start with a different exercise (pull-ups, push-ups, or air squats). The students will complete as many total rounds as possible in 20 minutes of:

- 5 pull-ups
- 10 push-ups
- 15 air squats

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations, if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- PT field or mat room
- Pull-up assist bands
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
- Acceleration and Agility

Time required: 60 minutes

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Training Session – Foundational Phase

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm Up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session: Each squad will start with a different exercise. Complete as many rounds as possible in 20 minutes of:

- 10 pull-ups
- 20 push-ups
- 30 air squats
- Lunges (across the mat or tarmac)

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations, if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- PT field or mat room
- Pull-up assist bands
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
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- Acceleration and Agility

Time required: 60 minutes

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Training Session – Foundational Phase

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm Up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session:

- ¾ Mile warm up
- Sprint a set distance or set time @ ¾ speed or faster
- Slow jog approximately the same distance (or until recovered)

Vary the distance of the sprints and adjust the recovery time accordingly. The recovery should be long enough that the sprints can be performed at a minimum of ¾ speed. Repeat approximately 8-15 times, depending on the distance of each sprint.

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations, if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- PT field
- First aid kit/AED

Components of Fitness:

- Cardiovascular – Aerobic
- Cardiovascular – Anaerobic
- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
- Acceleration and Agility

Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness

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Training Session – Foundational Phase – Weight Room

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm Up: The class will complete a warm up consisting of laps around the mat room. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session: Students will work out for 40 minutes on their own, emphasizing muscular strength, power, and endurance.

Cool down: Class will complete a variation of either static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- Mat room
- Weight room
- First aid kit/AED

Components of Fitness:

- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
- Acceleration and Agility

Time required: 60 minutes

Stand Alone 4 – Lifetime Fitness

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LD 32 – Lifetime Fitness

Date Revised: 11/06/19

Author: 40525 **Approved By:**

Course Goal: To develop recruit officers' physical fitness and to teach them to apply the principles of lifetime fitness.

Session Goal: To teach recruit officers how to use the weight room.

Learning Objectives: Recruit officers will be certified to use department weight training facilities.

Session Time: 1 hour

Resources: <ul style="list-style-type: none">• Mat room• Weight room• First aid kit/AED	
Session Summary: The students will be taught the rules and protocol for using department weight training facilities. The students will then participate in a high intensity training session including a warmup and cool down, utilizing the weight room during the session.	
Outline	Instructor Notes
I. Weight room certification [1] A. Documentation of use <ol style="list-style-type: none">1. Sign in on the sign in sheet<ol style="list-style-type: none">a. Nameb. Datec. Timed. Type or activity2. Sign out<ol style="list-style-type: none">a. Dateb. Time3. Must be full duty status without any restrictions B. Safety guidelines <ol style="list-style-type: none">1. Use equipment only for its intended use2. Use a spotter whenever necessary if using free weights3. Wear appropriate workout attire<ol style="list-style-type: none">a. Avoid hanging jewelry	[1] Run training session – <u>Weight room certification</u>

Stand Alone 4 – Lifetime Fitness

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LD 32 – Lifetime Fitness

<ul style="list-style-type: none">b. Avoid open toed shoes4. Do not sacrifice proper form to lift more weightII. Use of weight room equipment<ul style="list-style-type: none">A. Pay attention to your surroundingsB. Be respectful of other people using the facilityC. Clean all surfaces after useD. Rerack the weights after useIII. Injury reporting<ul style="list-style-type: none">A. Report to department supervisorB. Seek medical treatment if necessaryC. If you choose to self-treat, document on a 15.07 and submit it to a supervisor	
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Stand Alone 4 – Lifetime Fitness
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LD 32 – Lifetime Fitness
Evaluated Activity – Physical Fitness Quotient #1

Purpose: The student will participate in a learning activity which requires them to take part in a physical fitness assessment during the foundational phase which shall minimally include:

[32.VI.G]

- Push-ups **[32.VI.G.2]**
- Bent knee sit-ups **[32.VI.G.3]**
- 1.5 mile run **[32.VI.G.4]**

Description:

Warm up: The class will complete a warm up consisting of laps around the mat room or the track. Next, the class will stretch individually.

PFQ testing procedures (events must be evaluated in the following order):

- Sit ups (1 squad at a time, with a partner holding feet)
 - Max repetitions in 60 seconds
 - Partner counts the repetitions
- 300 run for time (1 squad at a time)
- Push ups
 - Max repetitions in 60 seconds
 - Partner counts the repetitions
- 1.5 mile run (entire class, around the track)

Cool down: Class will complete a variation of either cool down laps, static stretching or walking back to the locker room in formation.

Resources needed:

- PT field
- Clipboards (4)
- Pencils (4)
- Stopwatch
- Video camera
- Large digital timer
- First aid kit/AED

Learning Objectives:

- Recruit officers will complete the Academy Physical Fitness Quotient, scoring a 50% or higher overall score on the Academy PFQ Grading Scale.

Time required: 2 hours