Certain careers in Law Enforcement/Criminal Justice call for above-average ability, endurance, and superior condition, including occasional demand for extraordinarily strenuous activities in emergencies, under adverse environmental conditions, and over extended periods of time; requires running, walking, climbing, jumping, twisting, bending, and lifting over 25 pounds; pace of work is typically set by emergency situations, calls for service, and proactive enforcement of the law.

Student participating in the Law Enforcement Academy are required to participate in a physical conditioning program to help educate and prepare them for a potential career in Law Enforcement. The physical conditioning program promotes and encourages a lifestyle of health and fitness. During the course of the Module III Law Enforcement Academy, students will participate in a physical conditioning program consisting of 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

The student will participate in a physical fitness assessment and on-going conditioning which includes some of the following physical activities:

1. Push-ups  
2. Bent knee sit-ups  
3. Running  
4. Pull-ups

Student Name: __________________________________________________________

The above-named student is physically fit to participate in the above activities, and I approved for him/her to participate in the training program.

Typed/Printed Name of Physician  
Signature of Physician

Address  
Date

Phone Number  
01/08/2014