

**ARKANSAS LAW ENFORCEMENT TRAINING ACADEMY  
PHYSICAL TRAINING INFORMATION FORM**

**STUDENT'S NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

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Participation in the ALETA Physical Fitness and Defensive Tactics Programs is mandatory for all persons attending Basic Training. Physical training will consist of calisthenics, running, circuit weight training, obstacle course and strength/endurance challenges.

Physical training will be conducted four (4) days a week and will last approximately 1 to 1.5 hours each session.

Students will be expected to give 100 % effort and will be pushed and challenged to that level.

Students arriving for Basic training should come prepared for the physical training sessions by working up to a good level of physical fitness before arriving. It is not only the responsibility of the student but the student's agency to see that the student is prepared to meet these expectations. **Please read this form carefully.**

**NOTICE:** **Class time will be deducted for all classes that a student misses, which could result in the student's ineligibility to graduate.** (Maximum class time allowed to miss is 10% of each block of instruction).

Below is a list of exercises which basic students are required to perform during the Physical Training block of instruction.

**Sit-ups:** The student will lie on his/her back, knee's bent at a 45 degree angle, feet on floor and will raise his/her body up, alternately touching right/left knee. Student will do his/her maximum number of sit-ups in 1 minute.

**Push-ups:** The student starts in the leaning rest position, hands on floor, arms fully extended. As the arms are flexed the body is lowered parallel to the floor. Women may do modified push-ups during P. T. tests. (Modified push-ups are done with the knees resting on the floor vs. toes resting on the floor during regular push-ups).

**Run:** The student will run a 1.5 mile course in his/her best time.

**Flexibility:** The student will sit on the floor, legs extended forward, feet against the Flex box, toes upward, knees on the floor. Student will then reach forward slowly, reaching as far forward as possible and hold for 2 to 3 seconds.

**Pull-ups:** The student will hang from a bar, palms away from the face. The student will pull his/her body up to and above the bar.

ALL PORTIONS OF THE PHYSICAL TRAINING TEST WILL BE CONDUCTED IN A SINGLE TEST SESSION.

Defensive Tactics training also includes a great deal of physical exertion involving running, falling, and twisting.

(Over)

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## PHYSICAL TRAINING INFORMATION

Please read and sign the following statements.

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### STATEMENT OF STUDENT:

I am physically able to participate in the above physical tasks and I have passed a physical examination administered by:

\_\_\_\_\_  
(Physician's Name)

\_\_\_\_\_  
(Physician's Address)

\_\_\_\_\_  
(Student's Signature)

### SWORN AND SUBSCRIBED BEFORE ME

\_\_\_\_\_, **NOTARY PUBLIC**

this \_\_\_\_\_ day of \_\_\_\_\_, 19\_\_\_\_.

My commission Expires \_\_\_\_\_.

### STATEMENT OF PHYSICIAN:

This applicant has passed a physical examination and he/she is physically able to participate in the above physical tasks.

\_\_\_\_\_  
(Physician's Signature)

\_\_\_\_\_  
(Date of Examination)

**NOTICE** - False swearing is a class A misdemeanor, (Arkansas code of 1987 Annotated 5-53-103). Punishable under Arkansas Statute 5-4-401 and 5-1-111.

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### FITNESS SCORING:

The student scores will be compared to the Standards recommended by the Cooper Institute of Aerobic Research which are age/gender based.

The students and their agency will then be advised of the overall percentage of physical fitness related to the fitness areas tested.

Physical fitness awards will be given for the top three overall scores based on the 11th week physical fitness test.

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### DAILY PHYSICAL TRAINING:

Students will be involved in daily physical training while in attendance at the Academy. Daily physical training will consist of stretching and light warm-up exercises, calisthenics, running, agility course, and agility exercises. Each student is required to participate in all phases of the daily physical training to his/her fullest ability.

**Agility:** Students will run an obstacle course that will consist of 10 obstacles, including fences, culverts, walls, and towers that will require running, crawling, climbing, jumping and balance.

Students will also perform agility exercises that require speed, ability to turn/change directions quickly and the ability to negotiate obstacles.

**Defensive Tactics:** Training includes a great deal of physical exertion involving running, falling, twisting and flexibility.

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REV. 11/96