



# Physical Fitness for the Police Service

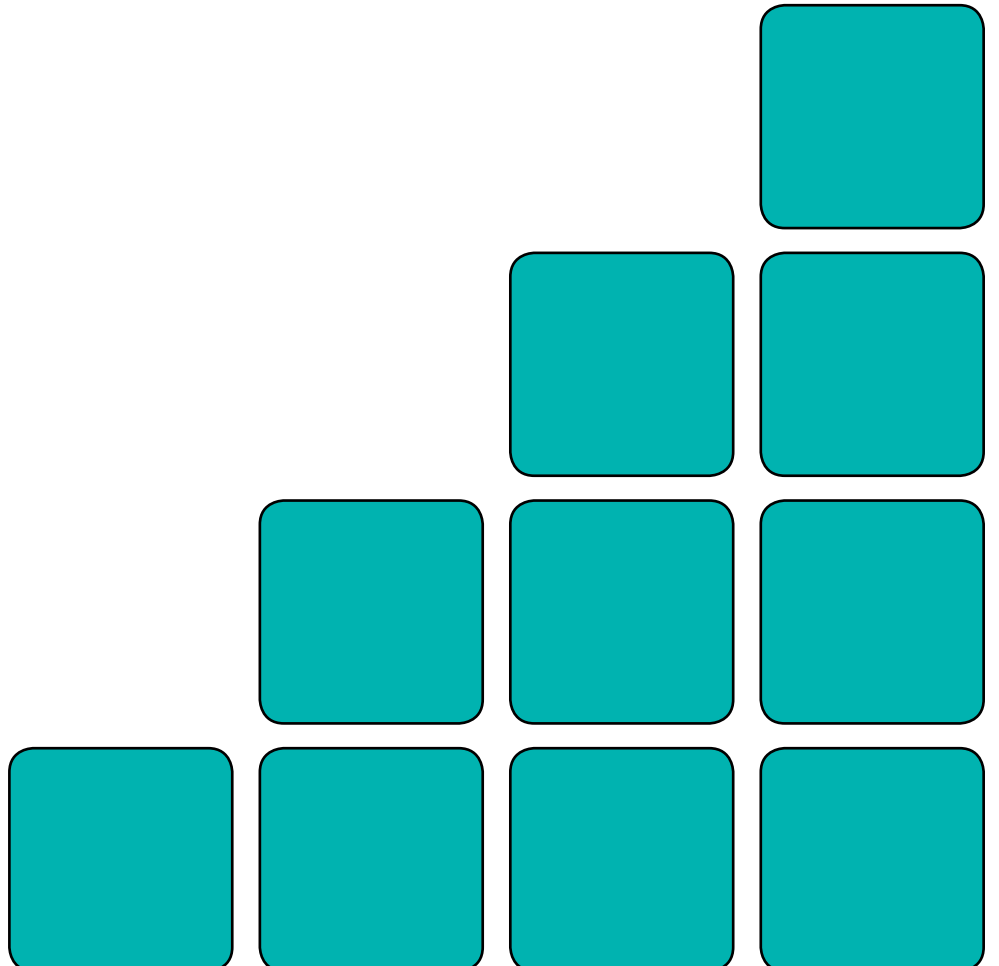
USP24

F/506/5501

Learner name:

Learner number:

VRQ





# USP24

## Physical fitness for the Police Service

The aim of this unit is to understand the requirements and develop the physical fitness levels required for joining the police service. The unit looks at fitness requirements for different roles and the different types of tests used to measure fitness levels. The components of fitness and different training cycles will also be addressed. The practical element of this unit will require you to design and undertake a personal fitness programme and be able to review fitness levels identifying strengths and areas for improvement.

Level

**3**

Credit value

**10**

GLH

**60**

Observation(s)

**0**

External paper(s)

**0**



# Physical fitness for the Police Service

## Learning outcomes

On completion of this unit you will:

1. Understand fitness levels required to join the Police Service
2. Understand the principles of training
3. Be able to design and implement a personal training programme

## Evidence requirements

1. *Knowledge outcomes*  
There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.
2. *Tutor/Assessor guidance*  
You will be guided by your tutor/assessor on how to achieve learning outcomes in this unit. All outcomes must be achieved.
3. *External paper*  
There is no external paper requirement for this unit.

# Developing knowledge

## Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below\*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

*\*This is not an exhaustive list.*

# Knowledge



## Learning outcome 1

### Understand fitness levels required to join the Police Service

You can:	Portfolio reference
a. Explain fitness requirements for the Police Service	
b. Explain the type of tests used to measure fitness levels	
c. Explain the requirements for re-testing	
d. Explain the different levels of fitness required for different roles in the Police Service	



## Learning outcome 2

### Understand the principles of training

You can:	Portfolio reference
a. Explain the components of fitness	
b. Explain FITT principles	
c. Explain different training cycles	
d. Explain how to devise goals (SMART)	



### Learning outcome 3

## Be able to design and implement a personal training programme

You can:	Portfolio reference
a. Design a fitness programme	
b. Implement a fitness programme	
c. Design a fitness log	
d. Maintain a fitness log	
e. Demonstrate improvement in personal fitness	
f. Review personal fitness, identifying strengths and areas for improvement	
g. Devise a personal fitness development plan	

# Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

## Learning outcome 1: Understand fitness levels required to join the Police Service

**Fitness requirements:** Appropriate standard of medical health, endurance level 5.4 for 15-metre shuttle run, 34kg/35kg for dynamic strength push/pull.

**Tests to measure fitness levels:** Medical health screening tests, aerobic endurance (bleep test, step test), muscular strength (1RM, dynamic strength push/pull dyno), muscular endurance (press-up test, sit-up test), flexibility (sit and reach test, goniometer), body composition (skinfolds, bioelectrical impedance analysis), police fitness test (15-metre shuttle run, dynamic strength push/pull).

**Retesting:** 15-metre shuttle run completed annually, at least two retake opportunities if test is failed.

### **Fitness requirements for different roles:**

Fitness requirements (endurance level for 15-metre shuttle run, dynamic strength push/pull result), roles (police officer, police community support officers, special constables, support roles, marine police unit, chemical, biological, radiological, nuclear, method of entry, dog handler, mounted branch, police cyclist, police support unit, air support, police divers, marine police, authorised firearms officer (AFO), armed response vehicle, dynamic intervention AFO).

## Learning outcome 2: Understand the principles of training

**Components of fitness:** Aerobic endurance, muscular strength, muscular endurance, flexibility, body composition, power, speed, agility, reaction time, co-ordination, balance, components of fitness required for different activities (training, work-related, leisure).

**FITT Principles:** FITT (Frequency, Intensity, Time, Type), current FITT guidelines for different components of fitness.

**Training cycles:** Periodisation models (linear, non-linear, undulating), training cycles (macrocycle, mesocycle, microcycle).

**Devising SMART goals:** SMART (Specific, Measurable, Achievable, Realistic, Time-phased), time periods (short, medium, long-term), types of goals (outcome, performance, process).



### Learning outcome 3: Be able to design and implement a personal training programme

**Fitness programme:** Health screening, lifestyle evaluation, SMART goal setting (short, medium, long-term), macrocycle (annual overview), mesocycle (6 week overview), microcycles (weekly overview), session plans (warm-up, main component, cool down), session frequency, exercise intensity (% Maximum Heart Rate, % Heart Rate Reserve, Rating of Perceived Exertion, %1RM), session duration, fitness training methods (interval, fartlek, continuous, circuit, resistance, flexibility), application of FITT guidelines, application of principles of training (progression, overload, specificity, reversibility), programme planning documentation (paper-based, ICT).

**Implementing fitness programmes:** Gym memberships, fitness class timetables, personal fitness equipment, training venue, follow and complete the designed fitness programme, adhere to health and safety, adapt the fitness programme if required.

**Design fitness log:** Format (paper-based, ICT), content (date, training activities and exercises, intensity, duration, rest, attitude and motivation, personal achievements).

**Maintain a fitness log:** Record the outcomes of training during each session, complete all details in the fitness log, record accurate details of training.

**Demonstrate improvement:** Shown by training outcomes recorded in the fitness log, shown by change in results of fitness test and re-test, shown by comparison of fitness test results to normative data.

**Review personal fitness:** Analysis of progress in personal fitness log, comparison of personal fitness test and re-test results, comparison of personal fitness

test results to normative data, feedback from others, achievement of set SMART goals.

**Strengths and areas for improvement:** In specific components of fitness, in specific training activities and exercises, in specific fitness tests.

**Devising personal fitness development plan:** Areas for improvement, amend or set new SMART goals, opportunities for participation in fitness training, modifications to fitness programme, timescales for fitness development.

# Notes

Use this area for notes and diagrams



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