

McLENNAN COMMUNITY COLLEGE LAW ENFORCEMENT ACADEMY

" P.T.", PHYSICAL TRAINING RELEASE AND INFORMATION FORM

Participation in the MCC PT training is mandatory for all police academy students. Physical training will consist of calisthenics, running, circuit weight training, strength/endurance challenges, physical and body composition testing, lectures, and individual research with outside-of-class activities.

Physical training class will prepare the academy students for the fitness levels required by many law enforcement agencies. The principles taught in this class will enable the student to achieve a superior level of fitness, health, and well-being.

Physical training class will be conducted twice during each week and will last approximately 1 hour each session. Students will be expected to exercise 30 minutes per day in addition to in-class work.

Students will need internet access to do the assignments and research portions of the class. Internet resources are referenced from www.livingstrong.org.

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

Students should come prepared for the physical training sessions by working up to a reasonable level of physical fitness before arriving. 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.

Below is a partial list of PT activities which represent what students are required to participate in during the Physical Training block of instruction.

Body measurements, strength and endurance testing, body fat assessment.

Sit-ups: The student will lie on his/her back, knees bent at a 45 degree angle, feet on floor and will raise his/her body up. 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).

Walking: 30 minutes per day.

Running: 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.

Bench Press: The student will lay on a horizontal bench press and press their individual best. 1 repetition maximum (1RM).

Strength Training circuit: The student will participate in regular strength training activities using free weights or machines.

Nutrition studies and application to student's diet.

THE PHYSICAL TRAINING TEST WILL BE CONDUCTED IN THREE TEST SESSIONS:

1. BODY MEASUREMENTS AND FAT ANALYSES
2. THE 1.5 MILE RUN
3. THE BENCH PRESS AND THE SITUP, PUSHUP, AND FLEXIBILITY TEST.

DAILY PHYSICAL TRAINING:

In addition to the class-specific training and strength training sessions, 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, walking and/or running. Each student is required to participate in all phases of the daily physical training to his/her fullest ability.\

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 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 overall score, and the most improved score based on the 14th week physical fitness test.

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Please read and sign the following statements.

Assumption of Risk: I recognize that exercise might be difficult and strenuous and that there could be dangers inherent in exercise for some individuals. I acknowledge that the possibility of certain unusual physical changes during exercise does exist. These changes include abnormal blood pressure; fainting; disorders in heartbeat; heart attack; and, in rare instances, death. I understand that as a result of my participation in an exercise program, I could suffer an injury or physical disorder that could result in my becoming partially or totally disabled and incapable of performing any gainful employment or having a normal social life. I recognize that an examination by a physician should be obtained by all participants prior to involvement in any exercise program. If I have chosen not to obtain a physician’s permission prior to beginning this exercise program I hereby agree that I am doing so at my own risk. In any event, I acknowledge and agree that I assume the risks associated with any and all activities and/or exercises in which I participate. I acknowledge and agree that no warranties or representations have been made to me regarding the results I will achieve from this program. I understand that results are individual and may vary.

Waiver, Informed Consent, and Covenant Not to Sue: I have volunteered to participate in this program of physical exercise which will include, but may not be limited to, weight and/or resistance training. In consideration of the class instructor’s agreement to instruct, assist, and train me, I do here and forever release and discharge and hereby hold harmless MCC, its officers and employees and all class instructors from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting therefrom. THIS WAIVER AND RELEASE OF LIABILITY INCLUDES ALL CLAIMS INCLUDING BUT NOT LIMITED TO , INJURIES WHICH MAY OCCUR AS A RESULT OF (1) EQUIPMENT THAT MAY MALFUNCTION OR BREAK (2) ANY SLIP, FALL, DROPPING OF EQUIPMENT AND (3) NEGLIGENCE INSTRUCTION OR SUPERVISION.

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST THE COLLEGE, ITS OFFICERS AND EMPLOYEES AND/OR ANY AND ALL CLASS INSTRUCTORS OR FOR THEIR NEGLIGENCE.

Date	print name	signature
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