



CALIFORNIA STATE UNIVERSITY, SACRAMENTO

LAW ENFORCEMENT CANDIDATE SCHOLARS (LECS)

Division of Criminal Justice 6000 J Street, Sacramento, California 95819-6085

LECS PHYSICIAN'S PHYSICAL CLEARANCE FORM

Date: _____

To: Dr.: _____

Address: _____

Specialty: _____

Phone: _____

RE: **Student participation in LECS Program (physical fitness/training)**

The student named below is requesting to participate in the Law Enforcement Candidate Scholars' (LECS) Program, a program at Sacramento State designed to prepare students to enter law enforcement academies. In order to participate, we must have a physician's clearance for the student to participate in academy related physical fitness training. Please be assured that the information provided below will be used in confidence for the educational benefit of the student.

Student Name (First & Last): _____ **Student ID#** _____

During the Law Enforcement Candidate Scholars' (LECS) Program, the student may perform physical activities. Please confirm that the student is cleared to participate in these activities:

I. PHYSICAL CONDITIONING/ASSESSMENT

- Flexibility development using both dynamic (multiple joint and muscle movements) and static (resistance and hold) stretching exercises
- Partner assisted strength-slow ballistic calisthenics
- Cardiovascular and strength endurance training to include, but not be limited to, a variety of calisthenics, pushups, pull ups, dips, sit-ups, up-downs (burpees), jumping, sustained planks, knee bends/squats, and jogging; all requiring repetitions
- Interval circuit weight training with free weights and/or resistance bands (weight/resistance to be determined by student and instructor)
- Interval running-run/walk
- Agility circuit-series of full body, high speed agility-vaulting, skipping, body twists, etc. Cardiovascular development using interval repetitions and/or endurance cycles (20-40 minutes at Target Heart Rate) accomplished primarily through sustained running/jogging
- 20 to 40 minutes of sustained running/jogging
- Body drag-165 lb. Dummy 32 feet (move quickly backwards 32' while dragging 165 pounds for time)
- Solid fence climb, land on ground with both feet and run 25 yards (for time)
- 99 yard obstacle course involving several lateral movements and a 3' saw horse for time
- 1.5 mile run (*student runs 1.5 miles for time*)
- Sit-ups (*student performs continuous motion sit-ups as an indicator of core strength and endurance*)
- Pushups (*student performs continuous motion pushups as an indicator of arm, upper body, and core strength and endurance*)

II. DEFENSIVE TACTICS (USED ON ACADEMY GROUNDS)

- Warm-up exercises to include: pushups, sit-ups, up-downs (burpees), stretching, neck rotation, etc.
- Baton safety techniques
- Control holds including: wrist locks and hand-cuffing
- Repetitive knee bending, lunges and repetitive body rotation maneuvers
- Ability to support body weight of another person while demonstrating handcuffing techniques

III. DEFENSIVE DRIVING (USED ON ACADEMY GROUNDS)

- Slow speed driving course (braking, emergency braking, body twisting to include lower back, and neck rotation)
- High speed driving course (emergency braking, neck rotation, shuffle steering): able to maintain throttle/accelerator control at variable speeds (0-50 mph), requires intense acceleration and abrupt braking with the right foot
- Ability to move right foot quickly from accelerator to brake with precision and control
- Ability to safely manipulate accelerator and brake while engaging in high speed driving

COMMENTS:

(Does the student meet the fitness requirements to participate in the LECS program?)

Yes

No

Please explain any reasonable accommodations needed by the student to participate:

PHYSICIAN SIGNATURE _____ **Date** _____