

Rochester Police Department Professional Development Section

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“Crime Reduction - Customer Service – Professionalism”
Mission Statement of the Rochester Police Department - 2009

Physical Agility Information Sheet

Benefits of Physical Activity Program

Participation in a regular program of physical activity has been shown to produce positive changes in a number of organ systems.

These changes include increased work capacity, improved cardiovascular efficiency, and increased muscular strength, power, and endurance.

Risks of Physical Activity Program

Exercise carries some risk to musculoskeletal systems (sprains, strains) and the cardio-respiratory system (dizziness, discomfort in breathing, heart -attack).

There exists the possibility that certain detrimental physiological changes may occur during exercise and exercise testing. These changes could include heart related illness, abnormal heart beats, abnormal blood pressure, and in rare instances, a heart attack.

It is each individual's responsibility to monitor their own individual physical performance during any activity.

ALL PERSONS JUST STARTING A EXERCISE PROGRAM SHOULD BE EVALUATED AND CLEARED BY A PHYSICIAN.

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Nutrition

There are 6 essential nutrients that are: carbohydrates, proteins, fats, vitamins, minerals, and water. Carbohydrates should consist of 55%-60% of total calories.

Complex carbohydrates (major source of fiber) and simple carbohydrates (table sugar)
Complex carbohydrates include breads, pasta, cereal, and veggies.

Proteins should consist of about 15% of total calories.
Proteins include meats, eggs, and dairy products.

Fats should consist of 25%-30% total calories.
Good fats are Monounsaturated and Polyunsaturated
Bad fats are Saturated and Trans fats.

Vitamins are either Fat Soluble(A,D,E,K) or Water Soluble (C, and B complex)

Water serves as an important regulating substance in the body.
Can only live a few days without it.
Eight 8 ounce glasses are recommended each day.
Perceived thirst indicates that some dehydration has already taken place.

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Remember

Do not skip meals especially before physical activity.
Fuel the body with good fuel such as complex carbs.
Hydrate the body at least 24 hours prior to exercise.
Limit excess calories from beverages such as soda and juice.
Eat 5-6 meals / snacks through-out the day.
Train for your specific goal. (3 Battery of Tests)

Exercise Safety

During exercise your muscles produce a large amount of heat.
The body attempts to cool itself by dispensing heat through conduction, radiation, convection, and evaporation.
Allow the body to acclimate to heat and cold.
Do not take any salt tablets unless prescribed by a doctor.
Wear appropriate clothing such as proper running shoes, light colored clothing in summer and layers in colder months.
Allow rest in between exercise programs for recovery.

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Strength Training

Strength pertains to the ability of a muscle or group of muscles to generate force.

Absolute strength is the maximal amount of force that can be generated during one maximal effort.

Dynamic strength is the ability of a muscle to contract repeatedly over time such as in the 1 minute push up / sit up test.

Accomplished through weight training, calisthenics, and drills.

Start out low level and work your way up.

Always use correct form and technique to prevent injury.

Breathe during exercise, and do not hold your breath.

24 – 48 hours of rest between strength training sessions.

Cardiovascular Fitness Training

There are many benefits in cardiovascular fitness such as reduces fatigue, decreased percent of body fat, and helps alleviate stress.

Exercise target heart rate usually between 55%- 75% of MHR

Interval training is a great way to increase cardiovascular fitness.

Distances and speeds can be gradually increased.

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General Information on 3 Battery of Tests

1 minute full body push up test, not modified version.

Full range of motion up and down while body is straight.

1 minute sit up test, consisting of a full sit up motion.

Crunches are not counted and not recommended for training.

Perfect form is required on above tests even when fatigue sets in.

1.5 mile run. Use laps or ¼ mile markings for setting pace.

Limit tread mill running since you are not moving body weight.

