

Instructions to Physician

Dear Physician:

The individual presenting for this medical examination is an applicant to a Criminal Justice Academy. Training involves considerable and sometimes extended periods of physical exertion. Applicants must possess the strength, flexibility, endurance, and cardiovascular conditioning to perform the training demands. The applicant can be disqualified if he / she have a medical disorder which specifically prevents him / her from performing the training required by the Florida Department of Law Enforcement Criminal Justice Standards and Training Commission, and for which no reasonable accommodation can be made to remedy or to compensate for the disorder.

In summary, you are asked to decide, within a reasonable degree of medical judgment, whether the applicant is capable of performing all requirements of the academy training without placing themselves or others at substantial risk of direct harm.

Please complete the enclosed Physical Fitness Assessment page and return it to the applicant. Thank you for your assistance. If you have any questions, please do not hesitate to call.

South Florida State College
Criminal Justice Academy
(863) 784-7282



SOUTH FLORIDA STATE COLLEGE-CRIMINAL JUSTICE ACADEMY



Physical Fitness Conditioning Program

As mandated by Florida's Criminal Justice Standards and Training Commission, (CJSTC), Criminal Justice Academy recruits must, as part of the program, complete various physical tasks. South Florida State College's – Criminal Justice Academy has developed the following conditioning program:

Background:

Public Safety studies have shown there are several physical tasks that are job related. These tasks can include but not limited to; sustained pursuits, aerobic power, sprints, dodging, flexibility, dragging, carrying, jumping, vaulting, crawling, muscular endurance and physical use of force. Tasks like those listed above are necessary to perform essential functions of a law enforcement officer.

Duration of Training:

The physical fitness section in the Basic Law Enforcement Academy is 60 contact hours and 30 contact hours in the Corrections Academy, some sessions lasting up to 4 hours. A portion of that time will be dedicated to formal classroom instruction in areas of wellness, nutrition, and stress awareness training. The remaining time will be spent conducting physical fitness conditioning.

Physical Fitness Conditioning/Testing:

CJSTC mandates the first assessment test be administered within the first two weeks of the start; and a final assessment within the last two weeks of the academy. These assessments will consist of the following components:

1. Vertical Jump
2. Maximum number of sit-ups within one minute
3. 300 meter sprint
4. Maximum number of push-ups until fatigue develops
5. 1.5 Mile walk/run

We strongly suggest you prepare yourself both physically and mentally before starting the academy program.

CJSTC Mandate:

All basic recruits are required to participate in the physical fitness training portion to the best of their ability in order to successfully complete the course. If you have any questions please contact the academy at:

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