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**Fitness Characteristics for Deputy Recruitment who Graduate or Separate from Academy: A Pilot Study**

Robert G. Lockie, Joseph M. Dullas, Robin M. Orr, Michael Sterli, Karly A. Cesario, Ashley M. Bloodgood, Matthew R. Moreno, J. Jay Dawes, & Joseph M. Hnoggian

**ABSTRACT**

Law enforcement can be a physically demanding profession. On-duty officers may be required to carry, push, pull, jump, climb, crawl, swim, use force, and sustain pursuit during their shift. A number of recruit physical fitness characteristics impact performance and job demands. The California Sheriff’s Academy (CSA) conducts physical fitness assessments to include aerobic and anaerobic tests for recruits. In 2016, on average, male recruits achieved a VO2 max of 40.87 mL/kg/min, a VJ of 53.90 cm, and a multi-stage (VJ) shuttle run of 23.2. This study aimed to determine the fitness characteristics of recruits who graduate or separate from the academy.

**METHODS**

- **INTRODUCTION.** Law enforcement can be a physically demanding profession. On-duty officers may be required to carry, push, pull, jump, climb, crawl, swim, use force, and sustain pursuit during their shift.

- **METHODS.** This study aimed to determine the fitness characteristics of recruits who graduate or separate from the academy.

- **RESULTS.** The data for the GRAD and SEP groups are shown in Table 1. There were significant differences in age, with SEP recruits being older. The GRAD group were significantly faster in the 75PR, and completed more MSFT shuttles, compared to the SEP group.

- **CONCLUSION.** The recruits from this LEA academy class who separated tended to be older, were slower in the 75PR, and completed less shuttles in the MSFT. Previous research shows recruits tend to perform poorer in the MSFT, which provides some support to the results of this study.

- **PRACTICAL APPLICATIONS.** LEA recruits should attempt to improve their maximal running speed, change-direction ability, and aerobic fitness prior to academy as this could impact their ability to successfully graduate. Older recruits should ensure they have the fitness characteristics prior to academy to enhance their ability to complete training. Future research should investigate a greater sample of LEA academy classes, or separate from the pilot analysis.

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**Table 1. Data (mean ± SD) for LEA recruits who graduated (GRAD) or separated (SEP) from academy training.**

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>GRAD (n = 131)</th>
<th>SEP (n = 36)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (years)</td>
<td>26.40 ± 8.81</td>
<td>30.06 ± 9.36*</td>
</tr>
<tr>
<td>Height (cm)</td>
<td>1.76 ± 0.09</td>
<td>1.77 ± 0.07</td>
</tr>
<tr>
<td>Weight (kg)</td>
<td>80.84 ± 14.0</td>
<td>82.79 ± 15.8</td>
</tr>
<tr>
<td>VO2max (mL/kg/min)</td>
<td>42.49 ± 11.63</td>
<td>39.68 ± 12.56</td>
</tr>
<tr>
<td>VJ (cm)</td>
<td>36.19 ± 9.15</td>
<td>35.56 ± 8.74</td>
</tr>
<tr>
<td>Sprint 10 m</td>
<td>16.08 ± 2.34</td>
<td>17.77 ± 3.73</td>
</tr>
<tr>
<td>75PR time (s)</td>
<td>5.97 ± 3.17</td>
<td>6.36 ± 0.95</td>
</tr>
<tr>
<td>3600 m run (s)</td>
<td>56.39 ± 13.7</td>
<td>59.13 ± 1.65</td>
</tr>
<tr>
<td>MSFT shuttles</td>
<td>52.80 ± 15.31</td>
<td>64.53 ± 30.53*</td>
</tr>
</tbody>
</table>

*Significantly (p < 0.05) different from GRAD group.

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**REFERENCES.**