Physical Abilities Related to Peace-keeping and Domestic Security Efforts
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Introduction
The physical tasks and abilities of emerging peace-keeping conflicts can closely resemble similar physical job tasks and abilities required of US sworn peace officers (SPO) assigned to patrol duties.

Purpose
The purpose of this study was to describe physical abilities important for job tasks associated with peace-keeping and domestic security.

Methods
A survey of 5,527 SPOs from small, medium, and large agencies in California (USA) assigned to rural, suburban, and urban environments was conducted on 49 job-relevant physical tasks. Criticality/importance, frequency, and duration of physical tasks such as force required during arrest, defensive tactics, use of firearms, lifting, pulling, pushing, climbing, running, etc. were also rated (Figures 1 - 9 respectively). Though content analysis, a panel of subject matter experts categorized the tasks into physiological ability demands using both:

- Relative Percent Contribution (RPC): the contribution of each ability relative to the other abilities regarding over all physical job performance.
- Essentiality Rating (ER) computed as frequency rating multiplied by importance rating.

Results & Discussion
- Over 75% (n=3890) of respondents had been assigned to patrol duties for at least two years
- 87.8% (n=4,479) of respondents identifying as male and 12.2% (n=620) as female
- RPC determinations: stability (17.9%), flexibility/range of motion (ROM) (14.4%), power (13.3%), agility (13.3%), anaerobic capacity (12.3%), muscular strength (10.3%), muscular endurance (8.2%), balance (5.6%), and aerobic capacity (4.8%) (Chart 1).
- ER determinations: stability (18.4%), flexibility/ROM (14.2%), agility (13.9%), power (12.5%), anaerobic capacity (12.5%), muscular strength (9.5%), muscular endurance (8.6%), balance (5.7%), and aerobic capacity (4.7%) (Chart 2).

Conclusions
- Considering both RPC and ER, physical tasks grouped by physiological abilities involving stability, flexibility/ROM, agility, power, and anaerobic capacity scored higher than other abilities.
- Of note, muscular strength was also consistently rated higher than muscular endurance for physical domestic security tasks.
- These data indicate that the important physiological qualities for peace-keeping and domestic security may be different to those needed in other aspects of military work.

Operational Relevance
As soldiers are often called to peace-keeping and law enforcement-type missions, review of law enforcement physical demands research can inform needs analysis as well as physical training programming goals.

A majority of reported domestic law enforcement physical tasks involve stability, flexibility/ROM, power, and anaerobic abilities. Physical training programming to prepare peace officer and soldiers assigned these types of tasks should consider these abilities to increase likelihood of mission success.

References: