



College of the Redwoods
BASIC LAW ENFORCEMENT ACADEMY
7351 Tompkins Hill Rd
Eureka, CA 95501-9300
707-476-4334

CORRECTIONS ACADEMY APPLICATION

(please type or print legibly)

Name _____

Age _____ Date of Birth _____ Social Security # _____

Mailing Address: _____ City/St/Zip _____

Home telephone: _____ Cell phone: _____

e-mail address: _____

EDUCATION High School Graduate? _____ Yes _____ No _____ or _____ GED

College last attended _____

Degree earned _____ OR units completed _____

LAW ENFORCEMENT AFFILIATION _____ Unaffiliated **OR**

Affiliated Trainee with _____
(name of agency)

Have you ever attended any other Law Enforcement Training? If so:

Date: _____ Location: _____

Military Affiliation? _____

List all law enforcement or security experience: _____

HAVE YOU EVER BEEN CONVICTED OF A CRIME OTHER THAN MINOR TRAFFIC OFFENSES?

Explain: _____

(applicants signature)

date

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)



A self-administered questionnaire for adults

PAR Q & YOU

PAR-Q is designed to help you help yourself. Many benefits are associated with regular exercise, and the completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life. For most people physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check the “yes” or “no” opposite the questions as it applies to you.

Yes	No
	1. Has your doctor ever said you have heart trouble?
	2. Do you frequently have pains in your heart and chest?
	3. Do you often feel faint or have spells of severe dizziness?
	4. Has a doctor ever said your blood pressure was too high?
	5. Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise?
	6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
	7. Are you over age 65 and not accustomed to vigorous exercise?

 If you answered YES to one or more questions:	 If you answered NO to all questions:
<p>If you have not recently done so, consult with your personal physician by telephone or in person BEFORE increasing your physical activity and/or taking a fitness test. Tell him what questions you answered YES on PAR-Q or show him your copy.</p> <p>PROGRAMS: After medical evaluation, seek advice from your physician as to your suitability for:</p> <ul style="list-style-type: none"> • Unrestricted physical activity, probably on a gradually increasing basis • Restricted or supervised activity to meet your specific needs, at least on an initial basis. Check in your community for special programs or services. 	<p>If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for:</p> <ul style="list-style-type: none"> • A graduated exercise program – A gradual increase in proper exercise promotes good fitness development while minimizing or eliminating discomfort. • An exercise test – simple tests of fitness (such as the Canadian Home Fitness test) or more complex types may be undertaken if you so desire. <p>POSTPONE if you have a temporary minor illness, such as a common cold</p>

ADULT CORRECTIONS CORE COURSE

Dear Physician:

The individual you are examining has applied for admission to the College of the Redwoods, Adult Corrections Core Course. As part of the admission process the student must obtain a Medical Clearance to participate in the Physical Conditioning Program of the Adult Corrections Core Course. The Physical Conditioning Program consists of certain physical performance tests and a program of vigorous physical conditioning. Physical conditioning takes place a minimum of one (1) hour per day, three (3) days per week, for six (6) weeks. Listed below are descriptions of both the physical performance tests, and the content of the physical conditioning program.

A cardiac risk assessment (PAR-Q) has been completed by the individual to assist you in making your determination of the individual's suitability for participation for participation in the conditioning program.

PHYSICAL PERFORMANCE TESTS

3 Mile Walk: Fast-walk test does not allow running or jogging. It measures cardio-respiratory endurance. (Moderate walking pace, 12 times around college track)

Abdominal Curls (in 1 minute): The individual performs as many abdominal curls as possible in 1 minute. Measure dynamic muscular endurance of the trunk.

Sit and Reach Test: The individual performs a test that measures range of motion of the lower back and abdominal girth.

50 Yard Run: The individual runs 50 yards in as little time as possible. Simulates a police work task.

Demonstrate ability to walk a total distance of 75 feet within 30 seconds, wearing a 30-pound air pack or backpack.

Push-ups: The individual performs as many push-ups as possible. Measures arm strength/endurance.

Body Drag Test: The individual partially lifts and drags a 165 pound life-like dummy 20 feet as quickly as possible. Simulates a police work task.

PHYSICAL CONDITIONING

The program of physical conditioning involves exercise focusing on cardiorespiratory endurance (aerobics), strength, power, speed and flexibility. The intensity of the various exercises is individualized to the extent possible and is gradually increased throughout the course of the conditioning program. Each exercise sessions lasts 60 minutes and consists of an 8 minute warm-up period, a 30-45 minute conditioning bout focusing on a primary training objective, and a 7 minute cool-down period. A description of the conditioning objectives and activities appear below.

OVERVIEW OF CONDITIONING ACTIVITIES

Conditioning Objective	Formats	Type of Activities
Flexibility	Walk/Jog Floor Calisthenics	Begins with walk/jog to warm muscles and is followed by slow stretching exercises for major muscle groups and joints
Muscular Strength /Cardiovascular Endurance	Circuit Training with Weights	A combination of conventional Universal Gym training exercises and jogging in place for a specified period of time
Muscular Strength/Cardiovascular Endurance	Circuit Training with Calisthenics	A combination of conventional calisthenics and jogging and sprinting for a specified period of time requiring a specific number of repetitions
Cardiovascular Endurance	Continuous Running	Conventional jog-run for distance and pace (15-45) minute duration

Please complete the attached "Medical Clearance" form following your examination.

Thank you.

Ron Waters

Academy Coordinator

COLLEGE OF THE REDWOODS
ADULT CORRECTIONS CORE COURSE

MEDICAL CLEARANCE TO PARTICIPATE IN THE PHYSICAL CONDITIONING
PROGRAM FOR:

(Print name of individual)

(Social Security Number)

Having reviewed the above-named individual's medical history and cardiac risk assessment (PAR-Q), and having read the descriptions provided of the physical performance tests and the physical conditioning activities, and having personally examined the above-named individual, it is my professional opinion that:

Check one:

It is highly unlikely that participation in the Physical Conditioning Program will pose a significant medical risk to the above-named individual.

The above-named individual should not participate in the Physical Conditioning Program.

Physician's Signature

Date

Physicians/Office Stamp: