



Fitness Award



Distinguished Fitness Award

Law Enforcement Exploring

Physical Fitness Proficiency Award

Introduction: The National Law Enforcement Exploring Committee approved the Physical Fitness Proficiency Award for Law Enforcement Exploring to encourage Explorers to maintain a healthy lifestyle and physical fitness. Law enforcement officials have become concerned about the degradation of physical fitness in young adults interested in becoming law enforcement officers. These officials recognize how critical physical fitness and a healthy lifestyle are to the law enforcement profession. The lack of physical fitness and an unhealthy lifestyle leads to a host of performance and health issues that negatively impact the individual, the agency, and the community; not to mention the debilitating financial effect to pension plans caused by avoidable disability claims and health relate insurance costs. This award also helps to fulfill the Life Skills component (“to develop physical and mental fitness”) of the five areas of emphasis for Exploring.

Background: Any number of national studies have shown that a fair portion of young people are not properly focused in regard to their physical fitness and overall health. A lack of physical activity and a disconnect with nutritional knowledge have been noted. As a result, many persons required to perform job entry level physical agility tests have displayed less than stellar scores. These results have not only been found in law enforcement and the military, but other career fields. It is not within the scope of this award to physically develop an Explorer to the degree that they might pass any job physical fitness testing. The award is intended to reward those Explorers who exhibit the personal characteristics of practicing healthy lifestyle habits and lifestyle management. The Federal Law Enforcement Training Center (FLETC) and The International Association of Chiefs of Police (IACP) graciously accepted the job of assisting in the creation of the criteria in which any Law Enforcement Explorer can achieve success.

Award Concept: FLETC and the IACP developed a physical and cognitive assessment that would challenge Explorers; be non-exclusionary in nature to gender, age, facilities and equipment availability; and be long lasting. This award rewards those Explorers who show a level of understanding of the importance of physical fitness through testing. This award is not created to separate the “most fit” from the “unfit”, it is intended to be a reward for those Explorers engaged in and practicing lifestyle habits which promote physical fitness as a lifelong pursuit. The award has two levels: Fitness Award and Distinguished Fitness Award. The Fitness Award consists of base line achievement that can be accomplished with moderate effort but should require practice of physical form, and reading/studying. The Distinguished Fitness Award consists of greater achievement that may take extra physical preparation, and requires a higher score on the cognitive assessment side.

Methodology: The award consists of two (2) phases: Physical assessment and Cognitive assessment.

1. The physical assessment was created to include a health screening format to assist the Explorer in determining if they should proceed with the physical assessment. A standardized assessment format ensures that the assessments are universal in nature and easy to administer by Advisors. And, assessment utilizing minimal equipment avoids excluding Explorers that do not have access to specialized items and allows them to understand that fitness can be accomplished almost anywhere. Using eight (8) assessment tools (Curl-Ups, Push-Ups, 1 Mile Run, 1 ½ Mile Run (18 through 20 year old Explorers), Pull-Ups, Flexed-Arm Hang, Shuttle Run, and **Body Mass Index**) does not inhibit the assessment process by being too time consuming, yet allows for testing “core” physicality.

2. The cognitive assessment was developed utilizing universally accepted knowledge, skills and abilities. Information in regard to basic nutrition, cardiovascular disease risk factors, obesity risk factors, food label interpretation, as well as basic components of a successful exercise program is presented in website link format. A twenty (20) question written evaluation, in multiple choice format, will determine learning results.

Implementation: An Explorer, or any number of Explorers, must coordinate with their Advisor in regard to the process and documentation of obtaining this award. The recommended steps are as follows:

1. The Explorer informs their Advisor of their intent to seek the award. The Advisor downloads the appropriate forms (Appendices A-C1).
2. The Explorer completes the Physical Activities Readiness Questionnaire (PAR-Q) (Appendix A).
3. The Explorer reviews the Physical Assessment Standards for the **Fitness** and **Distinguished Fitness** Awards (Appendices A1 and A2).
4. The Explorer reviews the examples of the Physical Assessments for Curl-Ups, Push-Ups, Mile Run(s), Pull-Ups, Flexed-Arm Hang, and Shuttle Run (Appendices A3, A4, A5, and A6).
5. The Explorer reviews the Cognitive Assessment Study Guide and visits the various websites to gain basic nutrition and health knowledge (Appendix B).
6. The Explorer informs their Advisor that they wish to take the Cognitive Assessment (Appendix B1).
7. The Advisor administers the test and then requests the Cognitive Assessment answers (Appendix B2 answers) by **email to the National Service Center law.enforcement@lflmail.org**. The Assessment is given by the Advisor or Designee and then scored, with the results recorded (Appendix C or C1).
8. The Explorer informs their Advisor that they wish to take the Physical Assessment for either the Fitness or Distinguished Fitness Award.
9. The Advisor, or his/her designee, (i.e., agency fitness coordinator or other qualified adult) administers the assessment and records the results along with determining and documenting the Body Mass Index –BMI (Appendix C or C1). This person also determines the best venue for the Curl-Ups, Push-Ups, Mile Run(s), Pull-Ups, Flexed-Arm Hang, and Shuttle Run.
10. The Advisor completes the Award Notification Form (Attachment 1), and then downloads the appropriate award certificate (Attach. 2 or 3) and requests the ribbon through the National Supply Division. The gold star for the Distinguished Fitness Award can also be ordered through the National Office #610612. The Advisor presents the Explorer the earned recognition items at an appropriate venue.

11. In order to retain the privilege of wearing the ribbon bar (as well as the Distinguished Fitness Award star, if it was earned) an Explorer must successfully complete both the physical and cognitive components of the test each year on or before the date the award/star was earned.

Appendices/Attachments: Forms and Website Links

- A Physical Activities Readiness Questionnaire (PAR-Q)
 - A1 Physical Assessment Standards - Fitness Award
 - A2 Physical Assessment Standards - Distinguished Fitness Award
 - A3 - A6 Physical Assessment Examples
 - B Cognitive Assessment Study Guide
 - B1 Cognitive Assessment
 - C Physical and Cognitive Assessment Results - Fitness Award
 - C1 Physical and Cognitive Assessment Results - Distinguished Fitness Award
- Attach. 1 Award Notification Form
- Attach. 2 Fitness Award Certificate
- Attach. 3 Distinguished Fitness Award Certificate

Appendix A



Physical Activities Readiness Questionnaire (PAR-Q)

If you are planning to take the National Law Enforcement Explorer Fitness Proficiency Award test, please complete this form and present it to your Explorer Advisor. It is recommended that you share your answers from this form with your physician or health practitioner and obtain their approval before participating in the physical aspect of this award. Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly:

YES NO

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?
8. Do your parents have any concerns about your taking this test?

If you answered NO

If you answered **NO** honestly to all PAR-Q questions, you can be reasonably sure that you can take part in this physical fitness awards testing.

If you answered YES

If you answered **YES** to any questions, or if you have any question about your ability to take part in this testing, please talk to your doctor. Tell your doctor about the PAR-Q and which questions you answered YES.

Delay testing

If you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better.

I have answered this Questionnaire truthfully, to the best of my knowledge.

Name and Post Number of Explorer _____

Signature of Explorer

Date

Signature of Parent or Guardian
(if under 18 years of age)

Date



Law Enforcement Exploring Physical Fitness Proficiency Award

Standards Fitness Award

14 through 17 years of age

18 through 20 years of age

5	Pull-Up (Male)	8
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7 seconds	Flex-Arm Hang (Female)	12 seconds
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Shuttle Run (timed)			
<u>Male</u> 9.5 seconds	<u>Female</u> 10.9 seconds	<u>Male</u> 8.8 seconds	<u>Female</u> 10.2 seconds

Curl-Up (in one minute)			
<u>Male</u> 44	<u>Female</u> 35	<u>Male</u> 48	<u>Female</u> 41

Push-Up (in one minute)			
<u>Male</u> 30	<u>Female</u> 13	<u>Male</u> 40	<u>Female</u> 20

1 Mile Run (timed)			
<u>Male</u> 7:15	<u>Female</u> 10:00		
1.5 Mile Run (timed)			
		<u>Male</u> 11:37	<u>Female</u> 14:04

Body Mass Index (BMI)			
<u>Male</u> 16.0 - 25.0	<u>Female</u> 15.8 - 25.2	<u>Male</u> 18.2 - 27.0	<u>Female</u> 18.0 - 26.4



Law Enforcement Exploring Physical Fitness Proficiency Award Standards

Distinguished Fitness Award

14 through 17 years of age

18 through 20 years of age

7	Pull-Up (Male)	11
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14 seconds	Flexed-Arm Hang (Female)	24 seconds
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Shuttle Run (timed)			
<u>Male</u> 8.8 seconds	<u>Female</u> 10.0 seconds	<u>Male</u> 8.0 seconds	<u>Female</u> 9.5 seconds

Curl-Up (in one minute)			
<u>Male</u> 56	<u>Female</u> 46	<u>Male</u> 62	<u>Female</u> 53

Push-Up (in one minute)			
<u>Male</u> 40	<u>Female</u> 20	<u>Male</u> 57	<u>Female</u> 35

1 Mile Run (timed)			
<u>Male</u> 6:20	<u>Female</u> 8:15		
1.5 Mile Run (timed)			
		<u>Male</u> 10:53	<u>Female</u> 13:36

Body Mass Index (BMI)			
<u>Male</u> 16.0 - 25.0	<u>Female</u> 15.8 - 25.2	<u>Male</u> 18.2 - 27.0	<u>Female</u> 18.0 - 26.4



Curl-Ups



Katie Johnson



Photos by Justin Atkinson – Producer - South Washington County Telecommunications Commission - Cottage Grove, Minnesota

The Explorer lies on a flat surface with knees flexed and feet approximately twelve (12) inches from their buttocks. Another Explorer assists by anchoring their feet to the ground. The arms are held flat across the chest, with the hands placed on opposite shoulders. The Explorer raises their trunk, keeping the arms in position, curling up to touch the elbows to the thighs and then lowers back to the ground so that the shoulder blades (upper back) touch the ground. The Advisor records the number of curl-ups performed in one minute.

Push-Ups



Jordan Klug



Photos by Justin Atkinson – Producer – South Washington County Telecommunications Commission – Cottage Grove - Minnesota

The Explorer begins in the “front leaning rest” position (hands on the ground one or two hand widths beyond the shoulders, elbows away from the body, arms fully extended, body held straight with the feet no more than three (3) inches apart and toes touching the ground). As the arms are flexed, the body is lowered toward the ground until the upper arms are parallel to the ground (straight line from center axis of elbow to center axis of shoulder). One repetition is completed when the Explorer returns to the starting position. The Advisor records the number of push-ups completed in one minute.



1 Mile Run And 1.5 Mile Run



The 1 mile run assessment is used for Explorers that are 14 through 17 years of age.

The 1.5 mile run assessment is used for Explorers that are 18 through 20 years of age.

The test can be administered on any reasonably flat surface that measures the proper distance for the age group of the Explorer. The course can be laid out in any shape which uses the area as efficiently as possible, maximizes straightaway running and minimizes corners and turns. The Explorer will be at the starting line and be given the commands, “Ready”, then, “Go”. The stop watch will start on the command “Go”. The total elapsed time the Explorer takes to complete the course will be recorded by the Advisor to the nearest one hundredth of a second.





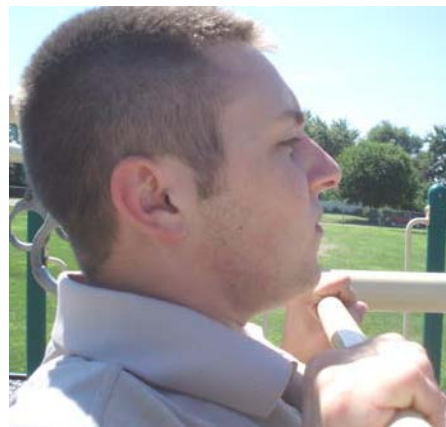
Pull-Ups (Male)



Photos by Veid Muiznieks



St. Paul Park



Minnesota

The Explorer hangs from a bar, out of reach from the ground, with his arms fully extended and feet completely off the ground. The hands must be in an overhand grip (palms facing away). The Explorer then pulls himself up until his chin clears the level of the bar. Then he lowers himself back to fully extend his arms. Pull-ups should be done in a smooth motion. Kicking or bending the legs is not permitted and the body must not swing during the execution of the pull-up. The Advisor records the number of pull-ups performed.

Flexed-Arm Hang (Female)



Photos by Veid Muiznieks, St. Paul Park, MN

Using an overhand grasp (palms facing away), the Explorer assumes the flexed-arm hang position with her chin above the level of the bar and her feet off the ground. The Explorer holds this position for as long as she can. The time stops once her chin passes below the level of the bar, or if her chin touches the bar. The Advisor records the time correctly hanging.



Shuttle Run



Photos by

Start



Veid Muiznieks

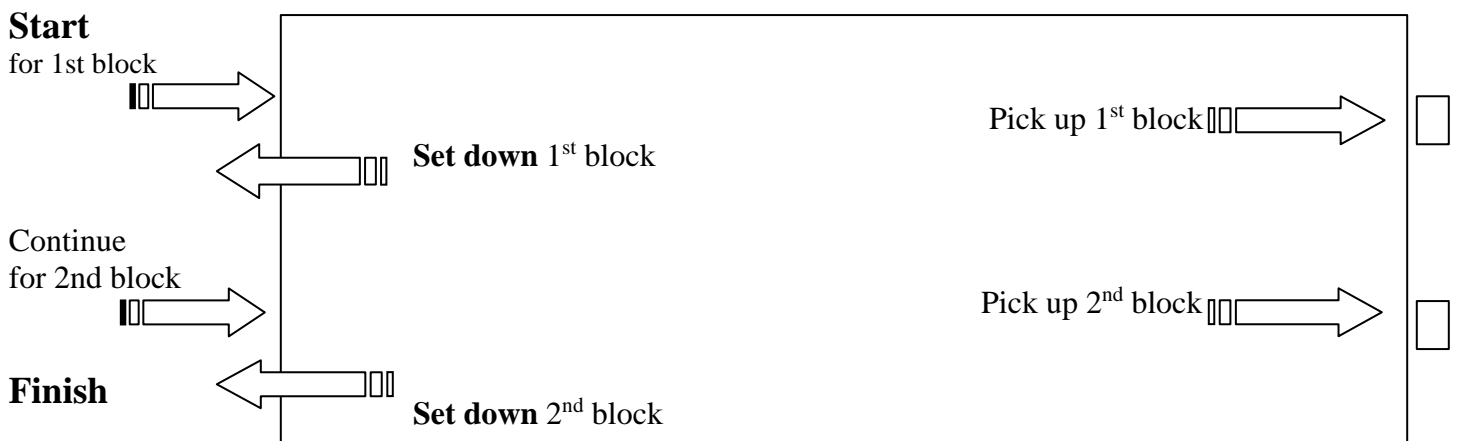
Picking up 1st block



St. Paul Park, Minnesota

Finish – both blocks down

Two parallel lines are drawn thirty (30) feet apart. Two blocks of wood are placed behind one of the lines. The Explorer will start behind the opposite line and be given the commands, “Ready”, then, “Go”. The stop watch will start on the command “Go”. The Explorer runs to the opposite line and picks up one block. They then run back and **place** the block behind the starting line. Then, without stopping, repeat the run with the second block. The clock will stop once the second block is **placed down** behind the starting line. Explorers should be cautioned to not throw the blocks across the line. The Advisor records the elapsed time.





Law Enforcement Exploring Physical Fitness Proficiency Award

Cognitive Assessment

Study Guide

This guide is created in an effort to help you discover valuable information to assist you in leading a health life style. The internet links provide will give you the basic data to begin understanding cardiovascular and obesity risk factors, basic nutrition and food label interpretation, and the necessary components of a beneficial health and fitness program. These information sites are not all inclusive. There are many places you may obtain good information on a healthy life style, including school Health and Physical Education curriculums.

“Ctrl+click” to follow the links, OR copy and paste to your web browser

Cardiovascular disease risk factors that cannot be changed/controlled:

The [American Heart Association](#) is a national voluntary health agency to help reduce disability and death from cardiovascular diseases and stroke

http://www.heart.org/HEARTORG/Conditions/HeartAttack/UnderstandYourRiskofHeartAttack/Understand-Your-Risk-of-Heart-Attack_UCM_002040_Article.jsp

Drop to: “Risk Factors and Coronary Heart Disease” Click on “Major Risk Factors that Can’t be Changed”

Stress:

healthline.com

<http://www.healthline.com/health-slideshow/10-ways-to-relieve-stress/exercise>

Good and Bad Cholesterol:

The [American Heart Association](#) is a national voluntary health agency to help reduce disability and death from cardiovascular diseases and stroke.

http://www.heart.org/HEARTORG/Conditions/Cholesterol/AboutCholesterol/Good-vs-Bad-Cholesterol_UCM_305561_Article.jsp

Common causes of obesity:

FoodPyramid.com

<http://www.foodpyramid.com/conditions-disorders/what-are-the-most-common-causes-of-childhood-obesity-7223/>

The body's source of energy:

eHow

http://www.ehow.com/about_5286188_three-sources-energy-body.html

Muscle recovery after exercise:

eHow

http://www.ehow.com/about_5422480_protein-muscle-recovery.html

Healthy weight loss:

US Center for Disease Control

<http://www.cdc.gov/healthyweight/calories/index.html>

Physical activity:

Department of Agriculture

<http://www.choosemyplate.gov/physical-activity.html>

Target Heart Rate Zone for cardiovascular improvement plan – moderate intensity:

Department of Energy

<http://www.hanford.gov/amh/?page=112>

Modifiable risk factors for coronary heart disease:

The [American Heart Association](http://www.heart.org) is a national voluntary health agency to help reduce disability and death from cardiovascular diseases and stroke.

http://www.heart.org/HEARTORG/Conditions/HeartAttack/UnderstandYourRiskofHeartAttack/Understand-Your-Risk-of-Heart-Attack_UCM_002040_Article.jsp

Calories in carbohydrates, proteins, and fats:

Kidshealth.org

<http://kidshealth.org/kid/nutrition/food/calorie.html>

Nutrients and daily calories:

MayoClinic.com Nutrition Information

<http://www.mayoclinic.com/health/healthy-diet/NU00200>

Daily body water loss:

MayoClinic.com Water Information

<http://www.mayoclinic.com/health/water/nu00283>

Food group consumption recommendations:

Department of Agriculture

<http://www.cnpp.usda.gov/publications/nutritioninsights/insight20.pdf>

The preferred diet:

Realttime.net

<http://www.realttime.net/anr/10eattip.html>

Food labels:

whatscookingamerica.net

<http://whatscookingamerica.net/Information/FoodLabels.htm>

Push-ups and bench presses:

eHow

http://www.ehow.com/facts_5475081_can-push-ups-bench-press.html



Cognitive Assessment

70% correct (14 of 20) to pass Fitness Award

90% correct (18 of 20) to pass Distinguished Fitness Award

Number correct _____ Percent correct _____

Explorer name _____ Post number _____

Post Advisor Printed Name _____

Post Advisor _____ Date _____

Signature

1. One of the risk factors for cardiovascular disease that cannot be controlled by the individual is:

- A. Smoking
- B. Obesity
- C. Heredity
- D. Stress

2. One of the most effective methods of dealing with stress is to:

- A. Start smoking
- B. Over eat
- C. Ignore it
- D. Exercise

3. The type of fat found in the blood known as "Good" cholesterol is:

- A. High density lipid (HDL)
- B. Medium density lipid (MDL)
- C. High thickness lipid (HTL)
- D. Medium thickness lipid (MTL)

(Cont'd Appx. B1)

4. The type of fat found in the blood known as “Bad” cholesterol is:

- A. High density lipid (HDL)
- B. Low density lipid (LDL)
- C. Medium density lipid (MDL)
- D. Triglyceride (T)

5. A cardiovascular risk factor that cannot be controlled is:

- A. Age
- B. Smoking
- C. Stress
- D. Diet

6. The most common cause of obesity is:

- A. Genetics
- B. Stress
- C. Lack of exercise and poor diet
- D. Medical conditions

7. The body’s first source of energy is:

- A. Fats
- B. Proteins
- C. Carbohydrates
- D. Minerals

8. Muscle recovery after exercise is primarily provided by:

- A. Fats
- B. Proteins
- C. Carbohydrates
- D. Minerals

9. In order to achieve a healthy weight loss, you should:

- A. Eat whatever you want, as long as you exercise
- B. Consume more calories than you burn
- C. Consume the same amount of calories that you burn
- D. Burn more calories than you consume

10. Which of the following is true of physical activity?

- A. It only includes formal activities such as aerobics, strength training and stretching
- B. It is only effective if it includes running/jogging at least three times a week
- C. It can be an informal event such as walking or raking leaves or a formal exercise regimen
- D. It cannot be increased by taking the stairs instead of the elevator

11. In a cardiovascular improvement plan, the target heart rate should be from:

- A. 30-60% of the maximum heart rate
- B. 50-75% of the maximum heart rate
- C. 65-85% of the maximum heart rate
- D. 85-95% of the maximum heart rate

12. The Surgeon General has stated the following risk factor is "...the most important of the known modifiable risk factors for coronary heart disease" in the United States:

- A. Poor eating habits
- B. Lack of physical activity
- C. High blood pressure
- D. Tobacco smoke

13. How many calories are provided per gram of carbohydrate, protein and fat?

- A. 4 calories, 9 calories, and 9 calories respectively
- B. 9 calories, 4 calories, and 9 calories respectively
- C. 4 calories, 4 calories, and 9 calories respectively
- D. 9 calories, 9 calories, and 4 calories respectively

14. Which of the following nutrients should provide most of the daily calories?

- A. Carbohydrates
- B. Proteins
- C. Fats
- D. Minerals

15. In general, the body loses how many glasses of water a day?

- A. One (1)
- B. Five (5)
- C. Ten (10)
- D. Twenty (20)

16. Which of the following should be consumed sparingly?

- A. Fruits and vegetables
- B. Meat, poultry and fish
- C. Milk, yogurt and cheese
- D. Fats, oils and sweets

17. The preferred diet for an individual would be:

- A. A diet that restricts carbohydrates and fats
- B. A diet that includes variety, moderation and wholesomeness
- C. A temporary eating plan that expedites the person achieving their goal
- D. An eating plan that requires the person to consume no more than 1,000 calories a day

(Cont'd Appx. B1)

18. A food label indicates the package has “3 servings per container, 130 calories per serving and 5 grams of fat per serving.” How many total calories and grams of fat would an individual consume if they ate the entire package?

- A. 130 calories, 5 fat grams
- B. 260 calories, 10 fat grams
- C. 330 calories, 15 fat grams
- D. 390 calories, 15 fat grams

19. On a food label, the Daily Reference Value (DRV) is based on how many calories per day?

- A. 3,000
- B. 2,500
- C. 2,000
- D. 1,500

20. Which of the following exercises would most benefit your ability to perform a push-up?

- A. Squats
- B. Bicep curl
- C. Calf raises
- D. Bench press

Appendix C



Physical and Cognitive Assessment Results

Fitness Award

Date of Assessment: _____

Explorer Name: _____

Post Number: _____

Testing Advisor Name: _____

Department: _____

1. **Cognitive Test Results** _____ (Number Correct) _____ (Percent)

2. **Pull-Ups (Male)** _____

3. **Flexed-Arm Hang (Female) (Timed)** _____

4. **Shuttle Run (Timed)** _____

5. **Curl-Ups (1 minute)** _____

6. **Push-Ups (1 minute)** _____

7. **Run (Timed)**

1 Mile Run (14-17 years of age) Female _____ Male _____

1.5 Mile Run (18-21 years of age) Female _____ Male _____

8. **BMI – Body Mass Index** _____

Go to the Centers for Disease Control website to determine the BMI. Use “Child and Teen BMI Calculator” www.cdc.gov/healthyweight/assessing/bmi

(CTRL + click to follow link)

Advisor Signature _____



Physical and Cognitive Assessment Results

Distinguished Fitness Award

Date of Assessment: _____

Explorer Name: _____

Post Number: _____

Testing Advisor Name: _____

Department: _____

1. **Cognitive Test Results** _____ (Number Correct) _____ (Percent)

2. **Pull-Ups (Male)** _____

3. **Flexed-Arm Hang (Female) (Timed)** _____

4. **Shuttle Run (Timed)** _____

5. **Curl-Ups (1 minute)** _____

6. **Push-Ups (1 minute)** _____

7. **Run (Timed)**

1 Mile Run (14-17 years of age) Female _____ Male _____

1.5 Mile Run (18-21 years of age) Female _____ Male _____

8. **BMI – Body Mass Index** _____

Go to the Centers for Disease Control website to determine the BMI. Use “Child and Teen BMI Calculator” www.cdc.gov/healthyweight/assessing/bmi

(CTRL + click to follow link)

Advisor Signature _____



**PHYSICAL FITNESS AND DISTINGUISHED
PHYSICAL FITNESS PROFICIENCY AWARD
NOTIFICATION**

Notification of (check appropriate box):

Physical Fitness Award

Distinguished Physical Fitness Award

Award Recipient _____

Agency _____ Date _____

Address _____

City _____ State _____ Zip _____ Phone _____

Explorer Post Number: _____

Explorer Post Advisor

Name (Printed) _____

Title/Position _____ E-mail _____

Signature _____

Note: Please order the awards through your local Exploring office. The order number for the Physical Fitness Award is #614438. The order number for the Distinguished Fitness Award is #610612.



Law Enforcement Exploring Physical Fitness Proficiency Award



The National Committee of Law Enforcement Exploring
Certify to all that

of Post Department

has earned the

Fitness Award

and is hereby admitted the rights and privileges
accorded with such recognition and achievement

Issued this day of the year

Director of Exploring

Post Advisor



Law Enforcement Exploring Physical Fitness Proficiency Award



The National Committee of Law Enforcement Exploring
Certify to all that

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Director of Exploring

Issued this day of the year

Post Advisor