



Florida Department of
Law Enforcement

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Commissioner

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**CRIMINAL JUSTICE STANDARDS & TRAINING COMMISSION
TECHNICAL MEMO 2010-02**

TO: Criminal Justice Training Schools

FROM: Program Director Michael D. Crews
Criminal Justice Professionalism Program

SUBJECT: Criminal Justice Officer Physical Fitness Course



Effective June 9, 2008, Rule 11B-35.001(12)(c)2, Florida Administrative Code requires all basic recruit students to participate in 100% of the required hours in the Criminal Justice Officer Physical Fitness Course. Rule 11B-35.001(15)(a), Florida Administrative Code also requires all Commission-certified training schools to develop a physical fitness program which is designed to improve the student's overall physical fitness, improve the student's performance on the second physical fitness test, and provide a foundation for lifelong fitness. In addition, the Florida Basic Recruit Training Program Instructor Guide requires that Commission-certified training schools develop instructional materials for the following two parts of the Physical Fitness Conditioning Program: a Physical Fitness Training Plan and a Wellness Nutritional Component.

Commission staff has received questions concerning the content of make-up work if a student misses a portion of the required physical fitness course. In order to satisfy 100% of the required hours in this program, make-up work should be directly related to that portion of the training that the student missed. In other words, if the student missed time in the classroom, the make-up work should correspond with this portion of the training. The documentation must show that the objectives of the missed classroom training have been met by the student.

Likewise, if the student missed time in physical training, the make-up work should correspond with this portion of the training. Documentation must show that the student has completed the missed training time in a physical exercise related task.

If you have any questions, please contact Bureau Chief Glen Hopkins or Training and Research Manager Terry Baker at (850) 410-8600.

MDC/gwh/dh

cc: Criminal Justice Standards and Training Commission Members

2010 TECHNICAL MEMORANDUM

NUMERICAL INDEX

MEMO NUMBER	SUBJECT	DISTRIBUTED TO
Tech Memo – 2010-01 Date: 2/26/10	Clarification of the B-21E or Equivalent Target	Criminal Justice Agencies Criminal Justice Training `Schools Cc: Commission Members Program Members
Tech Memo – 2010-02 Date: 3/10/10	Criminal Justice Officer Physical Fitness Course	Criminal Justice Training `Schools Cc: Commission Members Program Members