



ACADEMY PHYSICAL FITNESS STANDARDS REPORT

Florida Department of Law Enforcement

Incorporated in Rule 11B-35.001(9)(b), F.A.C.



CJSTC 67A

Form CJSTC-67A shall be submitted upon completion of a full basic recruit training program in conjunction with form CJSTC-67

Please type or print in black or blue ink and use capital and small letters for names, titles, training school's name, student's name, and course titles

All basic recruit students are required to participate in the physical fitness program included in each Criminal Justice Standards and Training Commission (CJSTC) Basic Recruit Training Program. Student performance on each of the fitness test's five components shall be recorded at the beginning and end of each basic recruit training program.

1. Training School's Name: \_\_\_\_\_

2. Class Number: \_\_\_\_\_

3. Basic Recruit Training Program: LE  CO  CPO

4. Initial Test Date(s): \_\_\_\_\_

5. Basic Recruit Training Program Dates:

Beginning: [ ][ ] [ ][ ] [ ][ ]

Ending: [ ][ ] [ ][ ] [ ][ ]

6. Final Test Date(s):

[ ][ ] [ ][ ] [ ][ ]

Table with 12 columns: 7. Social Security Number, 8. Gender, 9. Student's Full Legal Name (LAST, FIRST), 10. Height (Inches), 11. Required Test (Initial, Final), 12. Weight (Pounds), 13. Vertical Jump (Inches), 14. One Minute Sit-up, 15. 300 Meter Run (Seconds), 16a. Standard Push-up, 16b. Modified Push-up (Female Only), 17. 1.5 Mile Run/Walk (Min/Sec)

18. Physical Fitness Instructor's Name \_\_\_\_\_

19. Physical Fitness Instructor's Signature \_\_\_\_\_

20. Date signed \_\_\_\_\_

21. Page: \_\_\_\_\_ of \_\_\_\_\_

Training School's Name: \_\_\_\_\_

Class Number: \_\_\_\_\_

7. Social Security Number (Last four digits only)	8. Gender	9. Student's Full Legal Name		10. Height (Inches)	11. Required Test	12. Weight (Pounds)	13. Vertical Jump (Inches)	14. One Minute Sit-up	15. 300 Meter Run (Seconds)	16a. Standard Push-up	16b. Modified Push-up (Female Only)	17. 1.5 Mile Run/Walk (Min/Sec)
		LAST	FIRST									
					Initial							
					Final							
					Initial							
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					Final							

18. Physical Fitness Instructor's Name \_\_\_\_\_

19. Physical Fitness Instructor's Signature \_\_\_\_\_

20. Date signed \_\_\_\_\_

21. Page: \_\_\_\_\_ of \_\_\_\_\_

## INSTRUCTIONS FOR COMPLETING FORM CJSTC-67A

Use this form to report trainee performance on the CJSTC Physical Fitness Tests conducted at the beginning and end of each basic recruit training program.

### HOW TO USE THIS FORM

Use this form to: 1) Report that the training school presented a CJSTC approved basic recruit training program requiring student physical fitness measurement. 2) Report all students who entered the class. 3) Report student performance on the five required physical fitness tests administered consistent with CJSTC test administration guidelines.

### HOW TO COMPLETE EACH ITEM

Complete items 1-21 on the first page, and complete items 7 - 21 on the second page and each additional page thereafter.

1. **Training school's name.** Enter the name of the training school.
2. **Class number.** Enter the course sequence number as in this example: 99-06-224-02. **For example:** Flamingo Community College announced its second Traditional Correctional Basic Recruit Training Program (BRTP) for 2006. Flamingo listed its course sequence number as 99-06-502-02. The training school's number is 99; the year was 2006; the CJSTC course number for the school's Traditional BRTP is 502; and the class was the second Traditional Correctional Basic Recruit Training Program offered by Flamingo in 2006.
3. **Indicate the Basic Recruit Training Program Discipline type.**
4. **Initial Test Date(s).** Enter the date(s) the "first" physical fitness test was taken. The "first" physical fitness test should be taken within two weeks of the first day of class.
5. **Enter the Basic Recruit Training Program Dates.** For the beginning date, enter the date the class started. Enter as in this example: 01-15-1991. For the ending date, enter the date of the last day of class.
6. **Final Test Date(s).** Enter the date(s) the "second" physical fitness test was given. The "second" physical fitness test should be taken the final two weeks of the BRTP class. Enter as in this example: 01-15-1991
7. **Social Security number.** Enter the last four digits of the student's social security number as in this Example: 000-00-6789.
8. **Gender.** Enter the student's gender as "M" for Male or "F" for Female.
9. **Student's full name.** Enter the student's name as in this example: Warren, John D.
10. **Student's Height.** Enter the student's height in inches as in this Example: 65"
11. **Required Test (Initial Test/Final Test).** Record the test results for each of the five required tests. Record in the space provided in columns 13 - 17, "I" if the student did not perform the test component **or** "D" if the student was dismissed from basic recruit training.
12. **Student's Weight.** Enter the student's weight in pounds as in this Example: 220
13. **Vertical Jump.** This test measures leg power to determine how high a student can jump. Measure the vertical jump in inches as in this example: 65"
14. **One Minute Sit-ups.** This test measures abdominal, trunk, and muscular endurance. While lying on his or her back, the student has one minute to perform as many bent-leg sit-ups as possible. Record the total number of sit-ups completed.
15. **300 Meter Run.** This test measures the anaerobic power or the ability to make an intense burst of effort for a short time period or distance. This component consists of sprinting 300 meters as fast as possible. Measure the 300 Meter Run in seconds.
- 16a. **Standard Push-ups.** Male candidates are required to perform the standard push-up. This test measures the muscular endurance of the upper body. This component consists of doing as many push-ups as possible until muscular failure. The maximum push-up is a measured count.
- 16b. **Modified Push-ups.** Female candidates are allowed to choose to perform either the standard or modified push-up. This test measures the muscular endurance of the upper body. This component consists of doing as many push-ups as possible until muscular failure. The maximum push-up is a measured count.
17. **1.5 Mile Run/Walk.** This test measures aerobic power or cardiovascular endurance (stamina over time). To complete this component the student must run or walk as fast as possible for a distance of 1.5 miles. Measure the 1.5 Mile Run/Walk in minutes/seconds.
18. **Physical Fitness Instructor Name.** The name of the Instructor conducting the physical fitness tests is entered on this line.
19. **Physical Fitness Instructor Signature.** The Instructor conducting the physical fitness tests shall sign on this line.
20. **Date signed.** The Instructor conducting the physical fitness tests shall enter the date he/she conducted the physical fitness tests.
21. **Pages.** Indicate the page number and total number of pages being submitted on this line.

**Forward the completed form to:** Following the completion of a CJSTC basic recruit training program, the training center director or designee shall electronically transmit a completed form CJSTC-67A through the Commission's Automated Training Management System. Form CJSTC-67A is not required for CJSTC cross-over and auxiliary basic recruit training programs.