

An Analysis of the Need for Annual Physical Fitness Testing In Law Enforcement

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This study focused on the need for annual physical fitness testing in law enforcement agencies. Three agencies served as subjects for the study. Two agencies currently mandating an annual physical fitness assessment were compared to one that did not. Comparisons were made by measuring the number of workers' compensation claims, as compared to the total number of employees, and the average cost per claim. Results revealed there is a significant decrease in the average cost per claim for agencies that mandate an annual physical fitness program versus those that do not. There was no significant difference in the number of claims for agencies mandating an annual physical fitness program versus those that do not when compared to the total number of employees. These results support the need for agencies to take responsibility for ensuring fitness by mandating minimum standards of fitness through an annual physical fitness test or standardized testing.