

Fit for Duty

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Learning Objectives: Fit For Duty

After reading *Fit For Duty*, the participant will be able to:

1. Understand the importance of fitness for police officers
2. Understand the 5 areas of fitness
3. Know how use a PAR-Q form and determine the need for medical referrals
4. Identify major coronary risk factors and signs/symptoms of cardiopulmonary or metabolic disease.
5. Implement goals and understand barriers to exercise
6. Design an exercise program for individuals
7. Understand, implement, and perform appropriate fitness tests
8. Know and understand the 11 principles of exercise
9. Understand and implement cardiovascular training programs.
10. Understand and be able to correctly use heart rate formulas.
11. Understand the risks and prevention of risks for various environmental climates
12. Understand the FITT principle for cardiovascular, strength, endurance, and flexibility programs
13. Know and be able to identify activities that are aerobic vs. anaerobic and how to incorporate them into an exercise program effectively
14. Know and perform proper form for various strength exercises
15. Design and implement a safe and effective flexibility program
16. Understand and make basic recommendations for healthy nutrition
17. Know and understand the effects and signs/symptoms of drug abuse
18. Know, understand, and be able to implement stress management
19. Know and understand the challenges of a smoking cessation program
20. Know, understand and be able to implement goal setting



Test for FIT For Duty

Choose the best answer. Mark all answers on the answer sheet.

1. Total fitness is:
 - A. Being free of health problems while also being able to perform physical activities
 - B. Being able to perform work duties and daily activities
 - C. Being able to perform work duties and emergency duties
 - D. Being able to perform work duties and recreational duties

2. The first formal fitness programs in the U.S. were started:
 - A. Before the 20th Century
 - B. Before World War I
 - C. Before the Civil War
 - D. Before World War II

3. The 5 components of fitness include all of the following EXCEPT:
 - A. Body Composition
 - B. Blood Pressure
 - C. Flexibility
 - D. Muscular Endurance

4. Motor fitness includes all of the following EXCEPT:
 - A. Agility
 - B. Aerobic Power
 - C. Anaerobic Power
 - D. Explosive leg strength

5. Studies such as the Multijurisdictional Law Enforcement Physical Skills Survey show that a police officers typical physical demands on the job involve:
 - A. Running 5 minutes or longer
 - B. Vaulting over 6 feet
 - C. Climbing fences that were 5-6 feet tall
 - D. Dragging objects with weights of 50 lbs or less

6. Primary and secondary fitness factors include:
 - A. Upper body strength, body composition, and explosive leg power
 - B. Anaerobic power, muscular endurance, and agility
 - C. Body composition, agility, and explosive leg power
 - D. Flexibility, agility, and body composition
7. In a national organization study on officers that were beaten, it found that assailants:
 - A. Were often more fit than the officer that chased them
 - B. Were surprised at how fit many officers were
 - C. Were more often caught quickly due to police "presence"
 - D. Wanted to hurt an officer that appeared unfit
8. According to Healthy People 2010, cardiovascular deaths have declined since 1967 largely because of:
 - A. More exercise
 - B. Healthier menu choices in restaurants
 - C. Educational programs
 - D. Smoking cessation
9. The CDC estimated that in 2006, the leading cause of death in the U.S. will be:
 - A. Sedentary lifestyle
 - B. Tobacco
 - C. Cancer
 - D. High Blood Pressure
10. The percentage of overweight Americans is:
 - A. 35%
 - B. 54%
 - C. 64%
 - D. 75%
11. A secondary risk factor for major health problems is:
 - A. Stress
 - B. Blood pressure
 - C. Ulcers
 - D. Heart Disease
12. The Cooper Institute found that the most common medical or health condition among incumbent officers was:
 - A. High cholesterol
 - B. Obesity
 - C. Psychological problems
 - D. Hypertension

13. The Cooper Institute found that the percentage of officers that make it to retirement age is:
- A. 50%
 - B. 60%
 - C. 70%
 - D. 80%
14. Benefits of a fitness program for officers includes all of the following EXCEPT:
- A. Improved performance of tasks
 - B. Increased excessive force
 - C. Fewer sick days
 - D. Reduced health costs
15. All of the following are a part of the four phases for making physical activity a habit EXCEPT:
- A. Readiness
 - B. Support
 - C. Commitment
 - D. Initiation
16. Disadvantages for starting an exercise program include
- A. More energy
 - B. Avoiding favorite foods
 - C. More alert
 - D. Less stress
17. According to the PAR-Q form, a person with a blood pressure of 142/76:
- A. Can begin exercising without any restrictions
 - B. Can begin exercising but should monitor their blood pressure
 - C. Can begin exercising but must stop when their blood pressure reaches 160/80 while exercising
 - D. Should not begin exercising until they see their physician
18. Your 47 year old male officer has a blood pressure of 136/74, a total cholesterol of 175, and HDL of 36, an LDL of 123, exercises 3 times per week, and his father died of a heart attack at age 62. How many risk factors does he have?
- A. 1
 - B. 2
 - C. 3
 - D. None
19. Your 36 year old female officer has a heart murmur, but no other risk factors or symptoms. She states that she has had this all of her life with no problems. What should you, her trainer, do?
- A. Get a medical clearance before beginning an exercise program
 - B. Let her begin an exercise program, but start gradually
 - C. Let her begin an exercise program, but in the meantime, talk to her physician
 - D. Let her begin an exercise program without any restrictions since the murmur has not given her any problems.

20. The most common excuse for people to avoid beginning an exercise program is:
- A. Injury
 - B. Lack of time
 - C. Location of the gym
 - D. Inconvenience
21. When setting up your agency's fitness program, a main concern should be:
- A. Equipment
 - B. Percentage of officers that can pass the battery of tests
 - C. That the test standards are job related
 - D. The length of time to conduct the tests
22. When conducting the estimated weight bench press test:
- A. The weight for men should be 80 lbs including the weight of the bar
 - B. The weight for women should be 30 lbs including the weight of the bar
 - C. Perform a 1 rep max
 - D. Do as many repetitions as possible
23. To perform the agility run correctly:
- A. Start in a standing position 30 feet away from the first cone
 - B. Start in a prone position 30 feet away from the first cone
 - C. Repeat the test 3 times and take the best score
 - D. Zigzag between 6 cones
24. A test that measures explosive power is the:
- A. Vertical jump test
 - B. Push-up test
 - C. 1-minute sit up test
 - D. Agility test
25. To conduct the push up test correctly, the officer:
- A. Must be in the modified position if female
 - B. Can rest in the up position
 - C. Must touch the chest to the floor
 - D. Should keep the hands outside of shoulder width
26. All of the following are one of the 11 principles of exercise EXCEPT:
- A. Specificity
 - B. Balance
 - C. Irreversibility
 - D. Moderation
27. The FITT principle stands for:
- A. Frequency, individuality, type, time
 - B. Frequency, individuality, time, talent
 - C. Frequency, incorporation, time, tension
 - D. Frequency, intensity, type, time

28. Benefits of cardiovascular endurance include all of the following EXCEPT:
- A. Lowers HDL cholesterol
 - B. Lowers LDL cholesterol
 - C. Lowers total cholesterol
 - D. Lowers triglycerides
29. If you see an increase in your resting heart rate, it could mean:
- A. You are improving in cardiovascular strength
 - B. You are improving in cardiovascular endurance
 - C. You are undertraining
 - D. You are overtraining
30. Using the Karvonen formula, calculate the intensity for a 42 year old male whose RHR is 73 and wants to exercise at 80% intensity.
- A. 151 bpm
 - B. 162 bpm
 - C. 157 bpm
 - D. 125 bpm
31. All of the following are important to follow when exercising in the heat and humidity EXCEPT:
- A. Use and oil based sunscreen to protect against both UVA and UVB rays
 - B. Drink 2 cups of water to replace every 3% of body weight lost from sweat
 - C. Reduce intensity and duration
 - D. Wear light-colored clothing
32. At what elevation does altitude begin to have a negative effect on the unacclimatized person?
- A. 2500 feet
 - B. 5000 feet
 - C. 3500 feet
 - D. 6000 feet
33. Richard is moderately fit. Following the FITT principles, a good workout routine for him would be:
- A. Walking 3-5 days/week, 50-60% intensity, 20-30 minutes
 - B. Running 3-5 days/week, 60% intensity, 30-60 minutes
 - C. Running 7 days/week, 75% intensity, 45 minutes
 - D. Walking 7 days/week, 75% intensity, 60 minutes
34. When stepping down a step, you are:
- A. Using the hamstrings eccentrically
 - B. Using the quadriceps eccentrically
 - C. Using the hamstrings concentrically
 - D. Using the quadriceps concentrically

35. Denise is an officer who is new to strength training. The best way to determine her weight on the leg press to build strength and endurance is to:
- A. Perform a 1 RM max test and take 60-80% of that weight to use as her workout weight
 - B. Perform a 1 RM max test and take 80-100% of that weight to use as her workout weight
 - C. Find a weight on the leg press machine that Denise can do 6 times safely and correctly and use That as her workout weight.
 - D. Find a weight on the leg press machine that Denise can do 8 times safely and correctly and use That as her workout weight
36. The speed at which weights should be lifted and lowered:
- A. Doesn't matter as long as it is safe
 - B. Should be lift on a 4 count, lower on a 2 count
 - C. Should be a 4 count on the eccentric phase, and a 2 count on the concentric phase
 - D. Should be a 2 count on the eccentric phase, and a 4 count on the concentric phase
37. Exercises that require a spotter include all of the following EXCEPT:
- A. Half knee bends
 - B. Bench Press
 - C. Bent Row
 - D. Military Press
38. When strength training it is best to:
- A. Exercise to complete failure
 - B. Exercise to momentary failure
 - C. Start with small muscles and work to larger muscles
 - D. Work shoulders before chest and back
39. Rest between strength training exercises should be:
- A. 1.5 – 2 minutes for endurance
 - B. 1.5 – 2 minutes for strength
 - C. 3-5 minutes for both strength and endurance
 - D. 30-60 seconds for strength
40. When using partner assisted exercises it is best to:
- A. Use a variety of partners so you can vary your strength
 - B. Achieve complete failure as you would with weights
 - C. Measure the resistance of the bands by multiplying the length by kilograms
 - D. Use the same partner since you cannot measure the resistance in pounds
41. Calisthenics:
- A. Are good for developing strength
 - B. Are usually performed for a total of 5 sets
 - C. Use body weight and gravity
 - D. Allow you to safely work muscles in any order

42. When performing stretching exercises, one should:
- A. Always stretch before exercise, but post-exercise is optional
 - B. Stretch to the point of slight pain
 - C. Perform 2 repetitions of each stretch
 - D. Hold stretches for 30-60 seconds
43. All of the following are important to do when stretching EXCEPT:
- A. Warm muscles up prior to stretching
 - B. Use gradual stretches areas where you have a strain
 - C. Stretch muscles through full range of motion
 - D. Start with easy exercises and progress to harder ones
44. Anaerobic fitness for a police officer includes all of the following EXCEPT:
- A. Pushing for long distances
 - B. Defensive tactics
 - C. Running up stairs
 - D. Pulling for short distances
45. The most common anaerobic task for a police officer is:
- A. Jumping over obstacles
 - B. Pursuit sprinting
 - C. Defensive tactics
 - D. Carrying for short distances
46. When performing lower body explosive exercises, it is best to:
- A. Allow 72 hours between sessions
 - B. Use an 8:1 ratio for a beginner
 - C. Use a 5:1 ratio for a beginner
 - D. Rest 1 minute for every 12 seconds of exertion if a beginner
47. The six basic nutrients include all of the following EXCEPT:
- A. Cholesterol
 - B. Vitamins
 - C. Water
 - D. Proteins
48. The recommended amounts of nutrients in our diet should be:
- A. More than 300 milligrams of cholesterol
 - B. 20-25% protein
 - C. 50-60% carbohydrates
 - D. More than 30% fats
49. High glycemic foods are:
- A. Best eaten before exercise
 - B. Simple carbohydrates
 - C. Complex carbohydrates
 - D. Types of unsaturated fats

50. High Density Lipoproteins are:
- A. A preferable type of protein that helps build muscle faster
 - B. The reason why muscles is more dense that fat
 - C. Increased with exercise and weight loss
 - D. The bad type of cholesterol
51. Cholesterol is:
- A. Best limited to 500 milligrams per day
 - B. Made by the body naturally
 - C. Is the highest in plant sources
 - D. Unimportant to body functions
52. Unsaturated fats:
- A. Help lower LDL cholesterol
 - B. Help lower HDL cholesterol
 - C. Are the worst of the fats
 - D. Should be limited in your diet to less than 10%
53. Your average exercising police officer who weighs 178 lbs should have how much protein in his diet?
- A. 145 grams
 - B. 113 grams
 - C. 178 grams
 - D. 81 grams
54. Which statement is correct:
- A. One cannot overdose on antioxidants
 - B. Too much Vitamin A can cause night blindness
 - C. In order for calcium to be absorbed, it must be combines with magnesium
 - D. Vitamin K is found in carrots and sweet potatoes
55. Which statement is correct about minerals:
- A. Chloride is poisonous to the body
 - B. Phosphorous is found in dark green leafy vegetables
 - C. Sodium helps regulate blood pressure
 - D. Iron is found in iodized salt
56. Which of the following is NOT true about water:
- A. Water is the third most important nutrient
 - B. For every pound of fluid lost during exercise, one should drink $\frac{1}{2}$ a liter of water
 - C. Wearing rubber suits can create a dangerous dehydration situation
 - D. We get some water from some of the foods we eat
57. When following a safe and effective eating plan, one should:
- A. Eat 3-5 servings of carbohydrates
 - B. Eat 4 $\frac{1}{2}$ cups of fruit and vegetables
 - C. Include partially hydrogenated fats in the diet
 - D. Limit salt to 2-3 teaspoons per day

58. Your 200-lb. officer wants to lose 15 lbs. Since safe and effective weight loss is 1-2 lbs per week, how long will it take him to lose 15 lbs correctly if he cuts out 200 calories per day?
- A. 27 weeks
 - B. 20 weeks
 - C. 15 weeks
 - D. 38 weeks
59. Your 150 lb female officer should be is 23% body fat. What category does she fall into according to the American Dietetic Association?
- A. Overweight
 - B. Obese
 - C. Ideal
 - D. Underweight
60. Helpful goals and guidelines to follow for a weight management diet include all of the following EXCEPT:
- A. Choose quality over quantity
 - B. Count calories
 - C. Eat less LDL cholesterol
 - D. Delay, substitute or avoid
61. Physical changes that can occur during stress are:
- A. Trouble sleeping and decreased heart rate
 - B. Headaches and less adrenaline released
 - C. Indigestion and increased breathing rate
 - D. Sleepiness and irritability
62. The three stages of the process of stress in order are:
- A. Perception, reaction, fight or flight
 - B. Reception, reaction, stress mechanism
 - C. Perception, fight or flight, reaction
 - D. Stress mechanism, perception, reaction
63. Officer Daniels pulled a woman over for speeding. When he asked her for her driver's license, she told him she didn't have it on her. He responded by yelling at her and threatening to "throw her in jail." He is showing signs of:
- A. Low adaptive energy
 - B. High adaptive energy
 - C. Eustress
 - D. Hyperkinetic disorder
64. Stressors for many police officers include all of the following EXCEPT:
- A. Startle-reaction situations
 - B. Role conflicts
 - C. Inactivity
 - D. Support from the criminal justice system

65. A cause and effect of stress is:
- A. Smoking
 - B. Inactivity
 - C. Poor diet
 - D. Overeating
66. Which of the following is NOT a long-term effect of suppressing muscle activity?
- A. Imbalance adrenal glands
 - B. Less than normal stress
 - C. Reduction in muscle elasticity
 - D. Inability to respond to stressors
67. The ways in which exercise helps to reduce stress are numerous. Which one is NOT a way to help reduce stress?
- A. Improved well-being
 - B. A releaser of stress
 - C. Decreased fatigue tolerance
 - D. Normalize heart rate
68. Which physiological system is being trained through exercise and why?
- A. Sympathetic because it slows down the body functions
 - B. Limbic because it slows down the body functions
 - C. Parasympathetic because it slows down the body functions
 - D. Parasympathetic because it speeds up the body functions.
69. In addition to cancer, what is another problem with which smokers must contend?
- A. Slim bodies
 - B. High metabolisms
 - C. Low metabolisms
 - D. High fat to lean ratios
70. The number one killer in the U.S is:
- A. Heart attacks
 - B. Tobacco use
 - C. Alcohol abuse
 - D. AIDS
71. The percentage of smokers who try to quit that succeed for only one year or less is:
- A. 60%
 - B. 50%
 - C. 40%
 - D. 30%
72. What percentage of lung cancer deaths are directly related to smoking?
- A. 95%
 - B. 90%
 - C. 85%
 - D. 80%

73. The percentage of smokers that die before at 55 is:
- A. 4%
 - B. 28%
 - C. 11%
 - D. 10%
74. What substance in cigarettes prevents the hemoglobin from carrying oxygen to vital parts of the body?
- A. Nicotine
 - B. Asbestos
 - C. Tar
 - D. Carbon monoxide
75. When compared to nonsmokers, smokers tend to:
- A. Obtain more benefit from exercise
 - B. Suffer from shortness of breath three times as often
 - C. Have lower heart rates at the same level of exercise
 - D. Reach exhaustion sooner
76. All of the following are immediate effects of smoking cessation EXCEPT:
- A. Reduction of a heart attack within 24 hours of quitting
 - B. Disappearance of smokers breath with 8 hours
 - C. Stroke risk reduced within 2 years
 - D. Blood pressure drops to normal within 20 minutes
77. Of the 75% of smokers who have tried to quit:
- A. 22% started smoking again within 1 month
 - B. 32% started smoking again within 3 months
 - C. 44% started smoking again in less than 1 month
 - D. 15% quit smoking for longer than 1 year
78. The acronym used to help people quit smoking is START. It stands for:
- A. Start, talk, anticipate, remove, tell
 - B. Set, tell anticipate, remove, talk
 - C. Stick, trigger, anticipate, remove, talk
 - D. Set, trigger, anticipate, remove, talk
79. Common symptoms of smoking withdrawal include all of the following EXCEPT:
- A. Depression
 - B. Clear thought
 - C. Lack of sleep
 - D. Nervousness

80. The significance for concern when dealing with substance abuse are:
- A. Family, pledge to society, friends
 - B. Honor, service, protection
 - C. Legal, social, health
 - D. Family, friends, community
81. All of the following are more commonly abused EXCEPT:
- A. Steroids
 - B. Alcohol
 - C. Prescription drugs
 - D. Gambling
82. The most common problem that occurs from drinking is:
- A. Car accidents
 - B. Unintentional discharge of weapons
 - C. Domestic violence
 - D. Suicides
83. Alcohol-related illness:
- A. Do not tend to be reported
 - B. Are responsible for 6% of all deaths
 - C. Account for about 4% of alcohol abusers
 - D. Cause the abuser to become defensive to the senses of fellow employees
84. Which of the following statements is FALSE?
- A. Caffeine abuse can cause heart arrhythmias
 - B. Abuse of anti-decongestants can cause heart palpitations
 - C. Abuse of anti-inflammatories can cause stomach problems
 - D. Anti-histamine abuse can cause mental attention problems
85. Signs of possible drug problems include all of the following EXCEPT:
- A. Unexplained weight loss
 - B. Odd hours
 - C. Becoming unusually social
 - D. Loss of interest in normal activities
86. Steroids have been shown to:
- A. Increase HDL cholesterol
 - B. Increase LDL cholesterol
 - C. Cause hypoglycemia
 - D. Create long term gains in strength
87. Steroid use:
- A. Will lower the voice in males
 - B. Will give females characteristics of males including sex organs
 - C. Is not addictive
 - D. Has decreased among police officers

88. When discussing performance enhancement drugs, you can point out that:
- A. Growth hormone is safe
 - B. Creatine has had many studies done on its effectiveness
 - C. Very few studies have been done on many performance enhancement substances
 - D. The FDA has been able to stop the production of new performance enhancement drugs.
89. Which one is NOT one of the four steps in determining your goals:
- A. Evaluate your present condition
 - B. Make your program challenging
 - C. Determine where you want to be
 - D. Schedule regular evaluations
90. The difference between a norm and a standard is:
- A. A norm is performance related
 - B. A standard is performance related
 - C. A norm will become agency standard
 - D. A standard compares you to a reference group
91. The CHAMPS acronym for setting goals stands for:
- A. Challenging, helpful, attainable, measurable, performance oriented, short, mid- and long range
 - B. Challenging, homed in, attainable, measurable, performance oriented, short, mid- and long range
 - C. Challenging, homed in, accessible, measurable, performance oriented, short, mid- and long range
 - D. Challenging, homed in, attainable, measurable, performance oriented, simple
92. When designing your goal-setting worksheet, you should:
- A. Focus only on physical goals
 - B. Not write down your test scores since this does not compare you to yourself
 - C. Only post your goals at work since you are there the most
 - D. Make several copies
93. How long should an officer wait before being re-evaluated?
- A. 4-12 weeks
 - B. 6 months
 - C. 3-4 weeks
 - D. Once per year
94. The drop out rate for a new exerciser is:
- A. 75%
 - B. 60%
 - C. 50%
 - D. 45%
95. The failure rate for following healthy eating plans is:
- A. 90%
 - B. 40-60%
 - C. 20-80%
 - D. 60-80%

96. The two most advantageous things an officer can do to help be successful in their program is:
- A. Motivate and act
 - B. Be aware and act
 - C. Motivate and re-evaluate
 - D. Support and motivate
97. Common psychological factors that can cause a set back in an exercise program include:
- A. High body fat percentage
 - B. Inflexible goals
 - C. Lack of family support
 - D. Apathy
98. All of the following are behavioral factors that can cause one to drop out EXCEPT:
- A. Type B personality
 - B. Poor credit
 - C. No previous exercise regimen
 - D. Feeling of being rushed
99. The RICE principle stands for:
- A. Recovery, intensity, calisthenics, exertion
 - B. Rest, ice, compression, elevation
 - C. Re-evaluate, identify, challenge, exert
 - D. Rapid Intensity to Challenge for Exercise
100. Which of the following is NOT an exercise myth?
- A. The elderly should strength train
 - B. Abdominals will reduce the size of your waist
 - C. No pain, no gain
 - D. The more you exercise, the hungrier you will be