

# **LawFit® Fitness Leadership Curriculum Overview (Copyright © 2026)**

To enhance instruction, every session has an associated activity component, which allows officers to apply in a practical manner the concepts that they are learning. This hands-on, experiential approach motivates fitness leaders in the LawFit® Program to lead by example and reinforces the fact that any successful fitness program must have the active support of senior management.

## **DAY ONE**

### **SESSION 1 (08:00-09:15) BREAK (09:15-09:30)**

#### **Officers and Physical Fitness**

#### **INSTRUCTIONAL SESSION**

Introduction to the training school:

- (1) Organization and schedule for the week
- (2) Staff objectives
- (3) Defining the components of fitness
- (4) Legal aspects of a physical fitness program for officers
- (5) The pre-hire screening process

### **SESSION 2 (09:30-(12:00)**

#### **ACTIVITY SESSION**

**During this session participants will complete a battery of health and fitness assessments.**

- (1) Height
- (2) Weight
- (3) Blood Pressure
- (4) Resting Heart Rate

- (5) Determination of Percent Body Fat: to analyze body composition
  - a. Bioelectrical impedance
  - b. Skinfold measurements
- (6) **Push-up Test:** to measure upper body muscular endurance
- (7) **1-Minute Sit-Up Test:** to measure abdominal muscular endurance
- (8) **Sit and Reach Test:** to measure hamstring and low-back flexibility

**Lunch (12:00-13:00)**

**SESSION 3 (13:00-15:45) Interpreting and Applying Assessment Information:**

**Cardiovascular Fitness**

**INSTRUCTIONAL SESSION**

- (1) Anatomical and physiological considerations of the circulatory and respiratory systems
- (2) Exercise and heart disease
- (3) Protocols for taking blood pressure

**ACTIVITY SESSION**

- (1) Evaluation of aerobic capacity
- (2) Determination of training heart rates
- (3) Safety considerations in aerobic fitness
- (4) **1.5-Mile Run:** to measure cardiorespiratory efficiency
- (5) Warm-down and stretching

**Session 4**  
**15:45-16:15**

**Interpreting and Applying Assessment Information: Flexibility**  
**INSTRUCTIONAL SESSION**

This session includes:

- (1) Do's and don'ts of stretching exercises
- (2) Importance of stretching in warm-up routines
- (3) Physiological factors related to stretching

**ACTIVITY SESSION**

This session acquaints participants with activities designed to develop, maintain, and improve flexibility including:

- (1) Static stretching regimens
- (2) Warm-up routines
- (3) Stretching to avoid injuries
- (4) Trainer-assisted isolated stretching

**SESSION 5**  
**16:15-17:00**

**Prevention and Treatment of Exercise-Induced Injuries**

**INSTRUCTIONAL SESSION**

- (1) Common injuries associated with conditioning programs
- (2) Care and treatment of exercise-induced injuries
- (3) Exercise in environmental extremes

**ACTIVITY SESSION**

Participants will preview state-of-the-art fitness and training equipment as well as the modalities which are used by athletic trainers and physical therapists to rehabilitate injuries.

## DAY TWO

### **SESSION 6** **(08:00-10:45)**

#### **Interpreting and Applying Assessment Information: Muscular Strength and Endurance**

#### **INSTRUCTIONAL SESSION**

In this session staff will discuss:

- (1) Anatomical and physiological factors related to the development, improvement, and maintenance of both muscular strength and endurance
- (2) The application of muscular strength and muscular endurance in the performance of policing duties
- (3) Interpretation of measures of muscular endurance and strength
- (4) Introduction of the overload principle

#### **ACTIVITY SESSION**

This session will acquaint participants with activities designed to develop and maintain muscular strength and endurance including:

- (1) **One-Repetition Maximum Bench Press:** to measure upper body strength
- (2) **Pull-Up Test and/or Lat Pull-downs:** to measure upper body muscular endurance
- (3) Review of the LawFit® Basic Five:
  - a. Bench Press
  - b. Lat Pull-Downs
  - c. Shoulder Press
  - d. Bicep Curls
  - e. Shoulder Shrugs
- (5) Leg training and strength development
  - a. Squats
  - b. Leg Press
  - c. Leg Extensions

- d. Leg Curls
- e. Calf Raises

**SESSION 7**  
**(11:00-12:00)**

**Work Performance Testing, Pre-hire Screening, and Special Operations Team Selection**

**INSTRUCTIONAL SESSION**

- (1) Discussion of the job task analysis process in the development of the Virginia Law Enforcement Work Performance Test
- (2) Job-related pre-hire screening
- (3) Utilizing fitness and work performance tests in the selection of special operations team members

**ACTIVITY SESSION (13:00-14:30)**

This session is designed to acquaint fitness leaders with a variety of options for developing work related screening tests for their departments.

- (1) The Virginia Law Enforcement Work Performance Test
- (2) Work Performance Test variations
  - a. Handcuffing
  - b. Target acquisition & shooting accuracy

**SESSION 8**  
**(14:30-15:30)**

**Interpreting and Applying Assessment Information and Results: Body Composition, Blood Pressure, Resting Heart Rate, and Fitness Test Scoring**

In this session staff will discuss:

- (1) Interpretation of measures of body fat
- (2) Measurement of height and weight- Calculation of Body Mass Index (BMI)

- (3) The importance of blood pressure and resting heart rate as indicators of cardiovascular health
- (4) Using the LawFit scoring system to determine levels of fitness

### **ACTIVITY SESSION**

Staff will assist participants in conducting physical assessment tests on one another. The purpose of this session is to refine the measurement and evaluation skills of fitness leaders.

- (1) Skin fold measurement
- (2) Blood pressure
- (3) Bioelectrical impedance
- (4) Heart Rate monitoring

## **SESSION 9** **(15:30-16:30)**

### **Nutrition and Weight Control for Officers**

### **INSTRUCTIONAL SESSION**

- (1) Diet and Nutrition
- (2) Weight Control and Hypertension
- (3) The role of exercise in weight control

### **ACTIVITY SESSION**

- (1) Nutrition and Physical Performance
- (2) Food Labeling for Better Nutrition
- (3) Eating Well - Eating Right

## **Session 10** **16:30-17:00)**

**This session will be used to answer questions about materials and activities that were introduced. Program staff will summarize salient aspects of the program.**

### **Awarding Fitness Leader Certificates**