

Oklahoma Department of Corrections

BASIC CORRECTIONAL OFFICER TRAINING – PHYSICAL STANDARDS

As a portion of physical training in the Basic Correctional Officer course, employees will be required to actively participate in physical conditioning and successfully complete a course in basic self-defense.

Listed below are the academy's physical conditioning activities that begin on the second day of training with a basic physical assessment which includes a 1.5 miles run/walk, one (1) minute of push-ups and one (1) minute of sit-ups. These activities are performed at the individual student's own pace and current ability. Physical conditioning will continue, at a minimum of, one hour per day, three days per week. The duration and endurance maximums listed below are goals rather than requirements, and not all activities are performed every day.

Students are also required to act as a subject during self-defense training, which will include having wrist joints, elbow joints, and shoulder joints manipulated to a controlling posture.

Aerobic Activities	Duration
Walking	3-5 miles
Jogging	1-3 miles
Running	.25 - .5 mile
Sprinting	100 yards
Aerobics	45 minutes
Climbing Stairs	20 flights
Jumping	30-50 reps
Side Straddle Hop	50 reps
Lateral Runs	20 yards X 10
Backward Runs	20 yards X 10

Flexibility Activities	Duration
Bend and Reach	1 hour daily
Deep Knee Bends	1 hour daily
Hurdler Stretch	1 hour daily
Wrist Twists	1 hour daily
Arm Rotations	10 minutes
Lateral Stretch	1 hour daily
Tie Touch Stretch	1 hour daily
Biceps/Triceps Stretch	1 hour daily
Step Lunging	10 X 10 reps

Strength Activities	Duration
Push Ups	25-50
Sit Ups	25-50
Push/Pull Drills	45 minutes
Subject Control	2.5 hours daily
Squats	50-100 daily
High Knee Raises	20 minutes
Leg Lifts	15 minutes

Endurance Activities	Duration
Group Runs	1-3 miles
Falls Forward	25 daily
Patterns of Movement	45 minutes
Counter Strikes with Hands	50-100 daily
Crunches	10 minutes
Falls Backward	25 daily
Pivot Steps	200 daily
Counter Strikes with Knees	50-100 daily
Tactical Recovery	100 daily
Falls to Both Sides	100 daily
Knee Pivots	200 daily
Counter Strikes with Feet	50-100 daily

FOR: **Correctional Officer Cadet Applicant** _____

My signature below indicates that I have evaluated this individual and believe that (s)he is physically capable of performing the above identified activities.

Signature of Physician

Date