2015

The impact of two different conditioning programs on fitness characteristics of police academy cadets

Charles Cocke
Bond University

Jay Dawes
University of Colorado at Colorado Springs

Rob Orr
Bond University, rorr@bond.edu.au

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Recommended Citation

The Impact of Two Different Conditioning Programs on Fitness Characteristics of Police Academy Cadets

Charles Cocke¹, Jay Dawes², Orr RM³

¹ Health Sciences and Medicine Bond University, AUST
² University of Colorado; Colorado Springs, USA
³ Tactical Research Unit, Bond University, AUST
Introduction

• Tactical athletes serve in a physically demanding occupation\(^1\)
• Adequate conditioning is needed as preparation for occupational duties\(^1\)
• Trainees have an increased risk of injury\(^2,3,4\)
  – Recruiting and training a new police officer: $85k\(^9\)
• Used adhoc /randomised PT
• Would a structured periodised program be better?
Methods

• Design
  – Retrospective data of Police Cadet training collected pre- and post- training programs

• Intervention
  – 6 month voluntary physical fitness training
  – 2 programs
    • Random, “workout-of-the-day,” 4 classes (n = 65)
    • Periodised, 1 class (n = 25)
Methods

• Anthropometric Measures
  – Body weight / Fat mass / Lean body mass

• Muscular Fitness Measurements
  – Bench press 1RM
  – Push-up reps and Sit-ups in 1 min
  – Vertical jump height / Power production

• Metabolic Fitness Measures
  – Anaerobic sprint (300 m) / Aerobic run (2.4 km)
Methods

• Statistics
  – Paired t-test within group changes
  – Independent sample t-tests for between group differences
  – ANOVA for between individual RTG and the PG differences

• Ethical approval provided by:
  – UCCS IRB (15-074)
  – BUHREC (RO 1927)
Results

• 4 RTG (n=65),
  – age=28.96±6.34 yrs
  – weight=79.44±18.06 kg
  – LBM=63.41±15.45 kg

• 1 PG (n=25),
  – age=21.76±5.37 yrs
  – weight=83.15.66 kg
  – LBM=67.55±11.62 kg
Results
Results
Results
Results
Discussion

- RTG and PG approaches both resulted in improvements
  - In general RTG > PG
- Previous research has shown periodised programs to be of greater benefit than a traditional basic training program in a military population\textsuperscript{5,7}
  - Push-up and sit up repetitions, long distance runs
  - Injury rate, attrition rate, and pass rate on a specific aggregated military fitness testing standard
Conclusion

• Standard Periodised programs may not be as effective for tactical athletes who are required to perform across a spectrum of activities

• PT programs – regardless of format – can improve the physical fitness of tactical personnel
  – PT is of benefit to new trainees and should remain part of their initial training
References


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