Physical Fitness Requirements

The Lone Star College Law Enforcement Academy physical fitness program is designed to prepare each cadet to pass the physical fitness requirements for agencies with which they seek employment. Each cadet must participate and successfully demonstrate the minimum physical fitness standards set forth by the Lone Star College Law Enforcement Academy for the successful completion of the Basic Peace Officer Course.

Each cadet entering the Lone Star College Law Enforcement Academy should anticipate participating in the following physical training exercises on a daily basis while in the academy:

1. Push ups
2. Sit ups
3. Jumping Jacks
4. Jogging
5. Calisthenics
6. Aerobics

Each physical fitness session lasts approximately forty-five minutes. Day academy cadets will begin physical training at the end of class and night academy cadets will begin physical training at the beginning of class. On select days, physical fitness class will be conducted inside of the weight room.

Again, in order to complete the Basic Peace Officer Course, each cadet must participate and successfully demonstrate the minimum physical fitness standards set forth by the Lone Star College Law Enforcement Academy.