

CRITICAL AND ESSENTIAL PHYSICAL JOB TASKS AND FUNCTIONS OF A DPS PEACE OFFICER

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DEFINITION OF CRITICAL AND ESSENTIAL "PHYSICAL" JOB-TASKS FROM DIFFERENT DATA SOURCES

Essential (BFOQ) Specific Physical Tasks

- Running/sprinting in pursuit for short distances
- Sustained running for 1-2 minutes
- Pushing heavy objects, people or equipment
- Pull self over obstacles
- Drag victims
- Extract victim from car or building
- Climbing over obstacles
- Dodging/running to get around objects
- Use of force for <1 min to control a person
- Use of force for >1 min to control a person
- Use of control holds to subdue resisting person
- Use of restraining devices to subdue resisting person
- Use of hands and feet in self-defense techniques
- Ability to use firearms
- Pursuit driving under emergency conditions

Underlying Fitness Factors

- Absolute strength
- Explosive strength
- Dynamic strength
- Trunk strength
- Extent flexibility
- Endurance (aerobic power)
- Anaerobic power
- Agility
- Balance
- Body composition

JOB-TASKS RATED BY BODY PART AND ACTIVITY FOCUS

LOWER BODY

Run/Sprint

Short distances

Run/Jog

Sustained run 1-2 min.

UPPER BODY

Push-Pull

Self over obstacle
Heavy objects/people/equipment

Drag

Victims
Victim from car or building

TOTAL BODY

Climb

Over obstacles

Use of force

Use of force < 1 min.
Use of force > 1 min.
Use control holds
Use restraining devices
Use of hands and feet

Dodging

Objects

NOT CLASSIFIED BY BODY PART

Driving

Emergency conditions

Shooting

Use firearms