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## **The Importance of Physical Fitness: Physical Fitness Standards and Fitness Program Implementation**

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THE IMPORTANCE OF PHYSICAL FITNESS: PHYSICAL FITNESS  
STANDARDS AND FITNESS PROGRAM IMPLEMENTATION

by

RONALD GENE AARON, B.S.

RESEARCH PROJECT REPORT

Presented to the Graduate Faculty of Education

The University of Texas of the Permian Basin

in Partial Fulfillment

of Requirements

for the Degree of

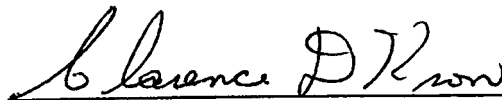
MASTER OF SCIENCE

THE UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

May 1990

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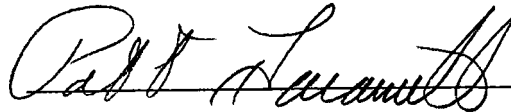
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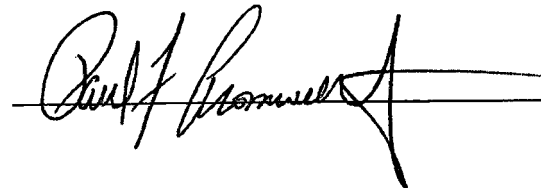


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## Abstract

Due to the nature of law enforcement work, a large majority of an officer's time on the job is spent doing sedentary tasks. As a consequence, personnel develop a sedentary lifestyle which minimizes physical readiness and maximizes health risks. This paper examines the relationship existing between the over-all fitness level of a law enforcement agency and costs associated with absenteeism, major illnesses and civil liability, and suggests the need for a fitness program to be implemented at the Midland Police Department.