

LEMIT Chiefs and Executive Leadership Health & Fitness Survey

Sam Houston State University
Consent for Participation in Research

STUDY OF ATTITUDES AND PRACTICES REGARDING PHYSICAL FITNESS IN LAW ENFORCEMENT

You are being asked to be a participant in a research study about the attitudes and practices related to physical fitness in law enforcement agencies in the state of Texas. You have been asked to participate in the research because you lead a police agency in Texas, and you have unique knowledge about this topic.

WHAT IS THE PURPOSE, PROCEDURES, AND DURATION OF THE STUDY?

The study seeks to understand current attitudes and practices in physical fitness in law enforcement agencies by asking police leaders to report some basic information by responding to a brief survey.

WHAT ARE REASONS YOU MIGHT CHOOSE TO VOLUNTEER FOR THIS STUDY?

You may want to volunteer and complete this survey because you will be providing information the researchers can use to determine overall attitudes and practices regarding the importance of physical fitness in the law enforcement profession in Texas. You have specific and unique knowledge that you can share with us. Completing this survey should take approximately 7-10 minutes.

WHAT ARE REASONS YOU MIGHT CHOOSE NOT TO VOLUNTEER FOR THIS STUDY?

You may not want to participate because we are asking you to volunteer your time. You will not be compensated for participating in this study.

DO YOU HAVE TO TAKE PART IN THE STUDY?

You can choose whether to participate in this study or not. If you volunteer to be in this study, you may withdraw at any time without consequences of any kind. You may also refuse to answer any questions you don't want to answer and still remain in the study.

WHAT IF YOU HAVE QUESTIONS, SUGGESTIONS, OR CONCERNS?

The individuals in charge of this study are Dr. Matthew Wagner of the Department of Kinesiology and Dr. William Wells of the Law Enforcement Management Institute of Texas at Sam Houston State University. If you have questions, suggestions, or concerns regarding this study or you want to withdraw from the study, you can contact Dr. Wagner or Dr. Wells using their contact information listed below. If you have any questions, suggestions, or concerns about your rights as a volunteer in this research, contact the Office of Research and Sponsored Programs – Sharla Miles at 936-294-4875 or e-mail ORSP at sharla_miles@shsu.edu.

WHAT ABOUT PRIVACY AND CONFIDENTIALITY?

The only people who will know that you are a research participant are members of the research team. No information about you, or provided by you during the research, will be disclosed to others without your written permission.

When the results of the research are published or discussed in conferences, no information will be included that would reveal your identity. Any information that is obtained in connection with this study and that can be identified with you will remain confidential and will be disclosed only with your permission or as required by law.

To help ensure your anonymity, the research team recommends that you take this survey in a private area and clear the computer cache and history upon completion of the survey.

WHAT ARE MY RIGHTS AS A RESEARCH PARTICIPANT?

If you feel you have not been treated according to the descriptions in this form, or you have any questions about your rights as a research participant, you may call the Office of Research and Sponsored Programs – Sharla Miles at 936-294-4875 or e-mail ORSP at sharla_miles@shsu.edu.

You may choose not to participate or to stop your participation in this research at any time. Your decision whether or not to participate will involve no penalty or loss of benefits to which the subject is otherwise entitled, and the subject may discontinue participation at any time without penalty or loss of benefits to which the subject is otherwise entitled. You will not be offered or receive any special consideration if you participate in this research.

AGREEMENT TO PARTICIPATE

By completing the survey I acknowledge that read and understand the above information, and I willingly consent to participate in this study. I understand that if I should have any questions about my rights as a research subject, I can contact **Dr. Matthew Wagner at 936-294-1163 or mcw002@shsu.edu** or **Dr. William Wells at 936-294-4817 or wmw005@shsu.edu**.

The below survey is being conducted to collect information regarding current health and fitness status of chiefs and executive leadership, perceptions regarding the impact of body weight and fitness on performance, and perceptions regarding the potential barriers to programs and maintaining healthy weight and fitness levels. A goal will be to help bring awareness to these perceptions and help identify areas for attention within agencies. Additionally, feedback from this will help provide evidence regarding the impact of implementing or sustaining a health and fitness program within an agency. It will also assist in helping determine remedies to combat potential issues that may impact the performance of job duties.

Position (Please select one)

- Chief
- Assistant Chief
- Major
- Captain
- Other (Please explain) _____

Number of years in law enforcement _____

Age _____

Gender

- Male
- Female
- Other

Height (feet)

- 3
- 4
- 5
- 6
- 7

Height (inches)

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

Weight in pounds (lbs.) _____

Number of commissioned officers in agency: (Please select one)

- 0-1
- 2-4
- 5-9
- 10-24
- 25-49
- 50-99
- 100-249
- 250-499
- 500-999
- 1000+

Type of agency represented: (Please select one)

- Federal
- State
- County
- City/Municipal
- Special Jurisdiction Agency
(School District, Transportation Authority, Hospital District, etc.)

What type of fitness requirements do you have for incumbent officers within your agency?
(Please select one)

- Mandatory requirement with incentives offered
- Mandatory requirement with no incentives offered
- Voluntary requirement with incentives offered
- Voluntary requirement with no incentives offered
- No requirement
- Other (please explain) _____

What do you feel is your current fitness level? (Please select one)

- Very Poor
- Poor
- Average
- Above Average
- Excellent

Q13 What do you feel is your current body weight classification? (Please select one)

- Underweight
- Normal Weight
- Overweight
- Obese
- Morbidly Obese

On average, how often do you engage in strength training activities per week?
(Please select one)

- None
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 or more days a week

On average, how many minutes of cardiovascular training (walk, run, elliptical, stair stepper, bicycle, spin bike, rower, swim, or other similar activities) do you engage in per week? (Please select one)

- 0-29 minutes per week
- 30-89 minutes per week
- 90-149 minutes per week
- 150-249 minutes per week
- 250 or more minutes per week

Indicate the degree to which you feel each of the following are **impacted by a police officer being overweight or obese** on a scale of 1-5? (One [1] would indicate no impact and five [5] would indicate the strongest negative degree of impact.)

	No Impact - 1	2	Moderately Negative Impact - 3	4	Strongest Negative Impact - 5
Ability to assist other officers when requesting backup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ability to defend and protect oneself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ability to perform all required job components	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ability to promote/advance in career	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ability to protect the general public	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Arrest control tactics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Burden on joints	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Command presence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Confidence from the public	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Confidence from colleagues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Movement ability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Response Time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sick leave	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stamina	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Susceptibility to injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (please explain)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If other, explain here _____

How important do you feel it is for police officers to be at a **healthy body weight**? (Please select one)

- Important
- Somewhat important
- Somewhat unimportant
- Unimportant

Please rate the importance of the following **possible barriers** to commissioned law enforcement personnel's abilities to maintain **a healthy weight**. Please rate each potential barrier on a scale of 1 to 5.

	Not a Significant Barrier - 1	2	A Moderately Significant Barrier - 3	4	An Extremely Significant Barrier - 5
Cost	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of Knowledge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of Resources	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Options/Equipment Available	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shift Worked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unwillingness/Laziness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (please explain)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If other, explain here _____

Indicate the degree to which you feel each of the following are **impacted by a police officer being unfit or physically inactive** on a scale of 1-5? (One [1] would indicate no impact and five [5] would indicate the strongest negative degree of impact.)

	No Impact - 1	2	Moderately Negative Impact - 3	4	Strongest Negative Impact - 5
Ability to assist other officers when requesting backup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ability to defend and protect oneself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ability to perform all required job components	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ability to promote/advance in career	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ability to protect the general public	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Arrest control tactics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Burden on joints	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Command presence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Confidence from the public	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Confidence from colleagues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Movement ability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Response Time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Sick leave	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stamina	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Susceptibility to injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (please explain)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If other, explain here _____

How important do you feel it is for police officers to be **physically fit**? (Please select one)

- Important
- Somewhat important
- Somewhat unimportant
- Unimportant

Please rate the importance of the following **possible barriers** to implementing **fitness requirements for incumbent officers** within your agency? Please rate each potential barrier on a scale of 1 to 5.

	Not a Significant Barrier - 1	2	A Moderately Significant Barrier - 3	4	An Extremely Significant Barrier - 5
Administration/City Council/City Manager	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cost	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Legal Concerns	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Legal Precedence for Implementation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Union or Association	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (please explain)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If other, explain here _____

Please rate the importance of the following **possible barriers** to commissioned law enforcement personnel's abilities to **maintain the minimum fitness** levels to perform the requirements of their jobs. Please rate each potential barrier on a scale of 1 to 5.

	Not a Significant Barrier - 1	2	A Moderately Significant Barrier - 3	4	An Extremely Significant Barrier - 5
Cost	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of Knowledge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of Resources	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Options/Equipment Available	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shift Worked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unwillingness/Laziness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (please explain)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If other, explain here _____

Additional overall comments regarding topics from the survey:
