



RIVERSIDE COUNTY PROBATION DEPARTMENT

Serving Courts • Protecting Our Community • Changing Lives



Course Title: (Class 16.3: Final Assessment)

Hours of Instruction: 2

Course Objectives:

- 16.3.1 On a straight track, complete a 75-yard sprint within 30 seconds. (BST)
- 16.3.2 For 30 seconds, support the weight of a hanging 150-pound bag or dummy so that all stress is taken off the rope or chain from which it is suspended. (BST)
- 16.3.3 Within 30 seconds, jog or walk briskly 150 feet while maneuvering around obstacles; lift and carry a 20-pound weighted object (such as a fire extinguisher) for 75 feet of the 150 total feet. (BST)
- 16.3.4 Drag a 150-pound bag or dummy for 20 feet within 30 seconds. (BST)