

IMPLEMENTATION OF THE PHILIPPINE NATIONAL POLICE PHYSICAL FITNESS PROGRAM AT POLICE STATION 4, QUEZON CITY POLICE DISTRICT: BASIS FOR AN ENHANCED FITNESS PROGRAM

ABSTRACT

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This study assessed the implementation of the Philippine National Police Physical Fitness Program in Police Station 4, Quezon City Police District, as a basis for developing an enhanced fitness program responsive to the physical and psychological demands of police work. Employing a descriptive-comparative research design, the study involved sixty respondents consisting of thirty police officers and thirty members of the Administrative Training Section. Data were collected using a validated survey questionnaire and were analyzed through frequency distribution, weighted mean, and independent samples t-test to determine the respondents' demographic profiles, evaluate the extent of program implementation, identify challenges encountered, and propose appropriate fitness interventions. The study found that the majority of respondents were male, aged 30-40, with police officers having more service experience than those in the Administrative Training Section. The Philippine National Police Physical Fitness Program earned positive ratings for health benefits, operational readiness, and physical fitness, specifically in areas like nutrition seminars and disease-prevention initiatives. However, mental health activities and access to trained fitness coaches received lower ratings, suggesting the need for enhancements. Statistical analysis showed no significant differences in health benefits and operational readiness assessments between police officers and the Administrative Training Section, stemming from standardized training. Challenges like stress, trauma, and irregular schedules impacted motivation and participation. While the Philippine National Police Physical Fitness Program was effective, there is a need for a more holistic approach that combines physical training with mental health support to improve overall well-being and operational readiness.

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