



Los Angeles County **Sheriff's Department**

Physical Training

Participants are required to participate in health education and physical fitness training, such as sit-ups, push-ups and jogging. Physical training is designed to assist students in becoming more physically fit, improve self-esteem, and create a sense of accomplishment and teamwork with fellow participants. Additionally, close-order drills (marching in formation) are designed to address impulse control issues by helping participants to collectively breakdown complex directions into simpler tasks, aid VIDA staff members with teaching, and emphasize the concept that positive results can be achieved when individuals act as a team.

