

\* **Assessment of the Physical Training Programme at the  
Kenya Police Training College, Kiganjo**

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**Abstract**

Policing has never been an easy job. Police Officers are often required to perform physically demanding tasks as part of their police duty. For this they need a reasonable level of physical fitness to deal effectively with situations as well as defending themselves or others against attack. It is essential that they possess a standard of physical fitness which will enable them to perform these tasks professionally, and without the risk of injury, when the need arises. It is for this reason that minimum standards of physical fitness must be achieved by candidates wishing to join the Police Service as well as serving officers. This paper examines the perceptions of the Police Recruits on the physical training programmes offered at the Kenya Police Training College, Kiganjo. It is intended that by understanding the perceptions of the programmes, suggestions for improvement will be made.

**Key words: Police Recruits, Physical Training Programme, Assessment, Physical fitness**