



Physical Fitness Trainer Region XV

October 7-10, 2024 ♦ 8:00 PM - 5:00 PM
Florida Public Safety Institute

Course Description:

This 32-hour course will provide a general understanding of the necessary components and information to develop a physical fitness training program and facilitate and implement the program in a safe and effective manner. The students will learn the general concepts that are the building blocks for fitness training and be able to create a successful fitness training program. Topics include nutrition, wellness, fitness concepts, safety, training liability, and designing a physical fitness program.

Course Objectives:

- Describe the general concepts and explain the benefits of a physical fitness training program.
- Describe the general concepts of nutrition and the guidelines that affect good health
- Describe components of a healthy lifestyle by explaining the different causes, identifiers, and management of stress, along with blood pressure and cholesterol which can be directly affected by stress
- Learn sound fitness principles used in the development and implementation of a fitness training program for basic recruits
- Identify and understand the safety aspects involved with physical fitness training.
- Examine the liability issues affecting instructors. Topics include negligence and other tort claims, discrimination, sovereign immunity, failure to train, and ethics.
- Review the general concepts required to instruct a physical fitness program to include testing, training locations, and types of exercises.
- Demonstrate the five components of the CJSTC assessment and develop a sample physical fitness exercise program.

Program: Advanced (applicable for salary incentive)

Location: FPSI, 75 College Dr, Havana, FL 32333

Instructor: Sgt. Scott Cherry, Tallahassee Police Department

Course Dates: October 7-10, 2024

Course Time: 8:00 PM – 5:00 PM

Enrollment Information:

To register, Region 3 & 15 officers should contact their agency training coordinator(s)

For additional information please contact Mike Fraser at Michael.Fraser@tcc.fl.edu