



Physical Fitness Readiness Testing Instructor Development Program

Class is limited to 30 students. Registration is now open!
Deadline to register: April 30, 2017

August 14-18, Sept 4-15, Oct 2-13, and Oct 30-Nov 3
5805 North Lamar Blvd; Austin TX 78752; Bldg. C- Gym/Classroom G

The Texas Department of Public Safety-Physical Fitness and Readiness Testing Instructor Development Program is a 6-week course designed to prepare future instructors with current fitness industry information. Week 1 will specifically be American College of Sports Medicine-Certified Personal Training (ACSM-CPT) workshop to help prepare the student for the ACSM written exam. Weeks 2-6 will cover additional fitness and wellness industry topics and workouts as well as provide exposure to DPS recruit training and incumbent fitness classes.

A Sample of Topics Covered

DPS Fitness Training & Testing Model ▪ Trending Legal Issues ▪ Basic Anatomy and Exercise Physiology ▪ Usage of Exercise Equipment ▪ Injury Prevention ▪ Principles of Training ▪ Physical Fitness Assessments ▪ Cardiovascular, Resistance, & Flexibility Recommendations ▪ Functional Fitness ▪ Nutrition Science ▪ Resilience Education ▪ Science of Sleep ▪ Self Myofascial Release Techniques ▪ Advanced Flexibility Training ▪ Wellness Coaching and Behavior Change Theory

The instructors within the Education, Training and Research Division- Fitness Wellness Unit are civilian and law enforcement personnel who have advanced degrees and/or certifications as well as substantial experience within the Fitness and Wellness industry. Instructor bios can be found on our website:

<http://www.txdps.state.tx.us/ETR/fitnessUnitBios.htm>

Prerequisites for Attendance

- Signed and completed ETR-162 form (Preventive Health Screening) stating that the employee can participate in all required fitness training elements
- Student should embrace and demonstrate a commitment to a healthy way of life
- Must take part in all 3 Physical Fitness Testing Protocols with a passing score of 90% on at least one assessment. The other two must be at 80%. Assessments include: Rower; Combat Fitness; and Standard PRT (Push-up, Crunch, 1.5 mile Run).
- Participants must possess a current and valid CPR/AED Certification from the American Heart Association or American Red Cross.

****NOTE: Detailed payment process for ACSM & Institute registration will be emailed in welcome letter; however, below is the breakdown of fees:**

1. ACSM workshop: \$375*; ACSM Exam: \$249; *Text books not included in price. New editions coming out in March/April. Prices and ordering information will be in welcome letter.
2. \$75 will cover DPS Fitness Institute Uniform Shirt, Photo, Diploma, and Graduation Ceremony. Not included: Lodging, meals, and expenses. Info regarding lodging will be distributed with the welcome letter.

Submit pre-registrations to: PhysicalFitness@dps.texas.gov