



## Physical Fitness Readiness Testing Instructor Development Program

Class is limited to 40 students.

**August 12-16, Sept 2-13, Sept 30-Oct 11, and Oct 28-Nov 1**  
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. The program is academically challenging and it's designed to prepare future instructors with extensive fitness industry knowledge. To help prepare the students for the American College of Sports Medicine-Certified Personal Training (ACSM-CPT) exam, Week 1 will be dedicated to fundamental exercise science and programming, Weeks 2-6 will cover DPS Physical Readiness assessments and additional industry topics and workouts.

### Example of Topics Covered

DPS Fitness Training & Testing Model ▪ Trending Legal Issues ▪ Basic Anatomy, Kinesiology 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 ▪ Self Myofascial Release Techniques & Advanced Flexibility Training ▪ Various Behavior Theories & Consulting Techniques ▪ Class Design Development ▪ Fitness-Wellness Research Student Presentation

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 various Physical Fitness Testing Protocols with a passing score of 90% on at least one assessment. Others must be at 80%. Assessments include: Various Rower protocols; 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 & the ACSM registration form will be emailed in our "Welcome letter" at a later date. However, below is the tentative breakdown of fees:**

1. ACSM workshop: \$375
2. ACSM Exam: \$249
3. ACSM Text Books: order from <http://fittednet.com/cpt-textbooks.html>
4. \$75 will cover DPS Fitness Institute Uniform Shirt, Photo, Diploma/Certificate, and Graduation Ceremony. Not included: Lodging, meals, and expenses. Info regarding lodging will be distributed with the welcome letter.

***If interested in attending, please send email request to: [PhysicalFitness@dps.texas.gov](mailto:PhysicalFitness@dps.texas.gov)***