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 designed to prepare future instructors with extensive fitness industry knowledge. To help prepare students for the American College of Sports Medicine-Certified Personal Training (ACSM-CPT) exam, Week 1 is dedicated to fundamental exercise science and programming, Weeks 2-6 covers DPS Physical Readiness assessments and additional industry topics and workouts.

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: https://www.dps.texas.gov/ETR/fitnessUnitBios.htm

**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

**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 of the below listed assessments with 80% on all others listed below:
  - Assessments include: 2,000m Row Test, 4 Minute Row Test, 500m Row Test, Combat Fitness Test & Standard PRT (Push-up, Crunch, 1.5 mile Run).
- Participants must possess a current and valid CPR/AED Certification from the American Heart

**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: $319
4. $75 will cover DPS Fitness Institute Uniform Shirt, Photo, Diploma/Certificate, and Graduation Ceremony. Not included: Lodging, meals, and expenses.

*If interested in attending, please send email request to: PhysicalFitness@dps.texas.gov*