



# 2024 Fitness Institute Development Program

19<sup>th</sup> Cohort

*Class is limited to 30 students.*

**2024 Dates: August 19-23, Sept 9-13, Sept 16-20, Oct 7-11, Oct 14-18 & Nov 4-8**

5805 North Lamar Blvd Austin, Texas 78752

**The Fitness Institute 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, the course will cover fundamental exercise science and programing, DPS physical fitness assessments and advanced applications.

## Example of Topics Covered

DPS Fitness Training & Testing Model ▪ Trending Legal Issues ▪ Basic Anatomy, Kinesiology and Exercise Physiology ▪ Injury Prevention ▪ Principles of Training ▪ Physical Fitness Assessments ▪ Nutrition Science ▪ Class Design Development ▪ Fitness-Wellness Research Student Presentation...and much more.

The instructors within the Training Operations 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 available by clicking [here](#).

## Prerequisites for Attendance

- Signed and completed TOD-162 form (Preventive Health Screening) stating that the employee can participate in all required fitness training elements
- Submission with application indicating a 90% or higher passing score on at least one assessment, at least 80% passing score on 3 of the remaining assessments, and at least 70% passing score on the final assessment to help ensure individuals can maintain the physical requirements associated with training provided in the course:



### Assessments include (scan for details):

- 2,000m Row Test
- 4 Minute Row Test
- 500m Row Test
- Combat Fitness Test
- Standard PRT (Push-up, Crunch, 1.5-mile Run)

Details on each of the tests and requirements is available by emailing [PhysicalFitness@dps.texas.gov](mailto:PhysicalFitness@dps.texas.gov)

- A current and valid hands-on CPR/AED Certification from a credentialed training organization that provides proof of completion along with expiration date.

**\*NOTE: Detailed payment process & the ACSM links will be emailed in our “Welcome letter” at a later date. However, below is the tentative breakdown of fees:**

1. ACSM Exam: \$319
2. ACSM Text Books: approximately \$295
  - a. ACSM’s Personal Trainer 6<sup>th</sup> Edition
  - b. ACSM’s 6<sup>th</sup> edition of PrepU
  - c. ACSM’s 6<sup>th</sup> edition Certification Review
  - d. ACSM’s Guidelines for Exercise Testing and Prescription 11th Edition
3. \$90 will cover DPS Fitness Institute Uniform Shirt, Photo, Diploma/Certificate, and Graduation Ceremony.

*\*Not included: Lodging, meals, and expenses\**

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