2023 Fitness Institute Development Program
17th Cohort
Class is limited to 30 students.

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, Week 1 is dedicated to fundamental exercise science and programming, Weeks 2-6 covers DPS Physical Readiness assessments and advanced applications.

Example of Topics Covered

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
- 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 6th Edition
   b. ACSM’s 6th edition of PrepU
   c. ACSM’s 6th edition Certification Review
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