



Physical Fitness Readiness Testing Instructor Development Program

2022 12th Cohort

Class is limited to 30 students.

2022 Dates: August 15-19, Sept 6-9, Sept 12-16, Oct 3-7, Oct 10-14 & Oct 31-Nov 4

5805 North Lamar Blvd; Austin TX 78752

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 advanced applications.

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 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 at: <https://www.dps.texas.gov/section/training-operations-tod/dps-fitness-wellness-unit-bios>

Prerequisites for Attendance

- Signed and completed TOD-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
- 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 are able to maintain the physical requirements associated with training provided in the course:
 - Assessments include: 2,000m Row Test, 4 Minute Row Test, 500m Row Test, Combat Fitness Test, and 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
 - d. ACSM's Guidelines for Exercise Testing and Prescription 11th Edition
3. \$75 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