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 programing, Weeks 2-6 covers DPS Physical Readiness assessments and advanced applications.

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

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 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
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