

# Arizona Peace Officer Standards and Training

## Basic Curriculum Lesson Plan

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**LESSON TITLE: PHYSICAL FITNESS - PROGRAM DEVELOPMENT AND LEADERSHIP 8.3**

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SUBJECT:	Section 3
AZ POST DESIGNATION:	8.3.3
HOURS:	1.0
INSTRUCTOR TO STUDENT RATIO:	
COURSE CONTENT:	Through lecture and practical application, the student will develop a balanced fitness program based on Cooper's five step process.
PERFORMANCE OBJECTIVES:	Upon completion of this course of instruction, students using notes, handouts and other support materials as references, within the allotted time, will be able to:
	8.3.3.1 Identify the most important ingredient in a fitness program
	8.3.3.2 Identify the 3 key factors for a successful fitness program
	8.3.3.3 Describe Cooper's five step process
	8.3.3.4 Identify the program strategies for a successful fitness program
	8.3.3.5 Develop a balanced fitness program based on Cooper's five step process

DATE FIRST PREPARED: August 2008  
PREPARED BY: Lt. Angela Kwan, Phoenix P.D.  
REVIEWED – REVISED: AZPOST (DocX) DATE: March 2022  
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REVIEWED – REVISED: DATE:  
AZ POST – APPROVAL: Richard Watling DATE: October 2008  
AZ POST – APPROVAL: Lori Wait DATE: March 2022

LIST ANY PREREQUISITES:

LEAD INSTRUCTOR:

BACK-UP INSTRUCTOR(S):

INSTRUCTOR REFERENCES: Physical Fitness Specialist Course Manual compiled by the Cooper Institute of Aerobic Research, Dallas, Texas. Revised 2007.

CLASS LEVEL: Instructor

TRAINING AIDS: Computer-aided slides on PowerPoint software, computer and projector or overhead projector, and handouts.

INSTRUCTIONAL STRATEGY: Instructional objectives will be obtained through the use of lecture and reading assignments

SUCCESS CRITERIA: Success in this functional area will be demonstrated through the attainment of a 100% passing grade on a written objective examination consisting of multiple choice, true/false, and/or short answer questions.

COMPUTER FILE NAME: 8.3.3 Sec 3 Fitness Program Development

DATE RELEASED TO THE SHARE FILE: May 27, 2022

**I. INTRODUCTION**

- A. The instructor.
- B. References.
- C. Performance objectives – At the end of the instruction, using notes from the lecture and handouts, the student will be able to:
  - 1. Identify the most important ingredient in a fitness program.
  - 2. Identify the 3 key factors for a successful fitness program.
  - 3. Describe Cooper’s five step process.
  - 4. Identify the program strategies for a successful fitness program.
  - 5. Develop a balanced fitness program based on Cooper’s Five step process.

**II. IMPLEMENTATION**

- A. Issues of Implementation.
  - 1. Compliance.
  - 2. Adherence. 50% of those who begin a workout program will quit within six months.
- B. Success Variance.
  - 1. Organization – 10%.
    - a. Equipment support.
    - b. Facilities.
    - c. Safe environment.
  - 2. Program – 40%.
    - a. Workout programs.
    - b. Assessments.
    - c. Industrial coverage.
  - 3. Leadership - 50%.

- a. Coaching.
  - b. Mentoring.
  - c. Motivator.
- C. Fitness Leader Traits – Most important ingredient in the success of a fitness program.
- 1. Behavior Change Agent.
    - a. Change human behavior.
    - b. Educate and counsel.
  - 2. Program Manager.
    - a. Functions as a planner and supervisor.
    - b. Lead by pragmatic design; be active behind the scene.
  - 3. Role Model.
    - a. Leads by example.
    - b. Does not have to be Mr./Ms. America.
- D. Skills for a successful program.
- 1. Ability to design a program.
  - 2. Administer assessments.
  - 3. Exercise counseling.
  - 4. Provide feedback.
  - 5. Motivate and encourage.
  - 6. Educate.
- E. Program development.
- 1. Develop individual and group programs.
  - 2. Prescribe in writing.
  - 3. Includes cardio, flexibility, strength training, and nutrition.

**III. FIVE STEP PROCESS**

- A. Medical screening.
  - 1. Questionnaire.
  - 2. Heart rate.
  - 3. Blood pressure.
  
- B. Fitness and Nutrition Assessment.
  - 1. Validated fitness tests determine fitness base.
  - 2. Nutrition assessment determines daily food intake. (3 days minimum; 7 days optimum.)
  - 3. Determine goals for flexibility, strength and cardio.
  
- C. Goal Setting.
  - 1. Must be measurable and attainable. (Write them down.)
  - 2. Set short, mid and long term. (Pass out worksheets.)
  
- D. Exercise and Nutrition Rx.
  - 1. Cardiovascular – anaerobic and aerobic.
  - 2. Dynamic Strength.
  - 3. Absolute Strength.
  - 4. Nutrition modification.
  - 5. Flexibility.
  
- E. Adherence.
  - 1. Between 76-82% drop out of exercise programs.
  - 2. More than 60% quit a cardiovascular program.
  - 3. Between 75-80% quit a diet program.
  - 4. More than 90% of diets do not reach their goal.

5. Between 60-90% will start smoking again.
6. More than 88% will not meet New Year's resolutions.
7. More than 50% do not take prescriptions correctly.
8. Between 20-50% fail to keep doctor's appointments.

**IV. PROGRAMMING STRATEGIES**

- A. Screening/assessment.
- B. Goal setting.
- C. Individual exercise prescription.
- D. Group exercise.
- E. Reinforcement.
- F. Supervision and leadership.
- G. Creating an environment.

**V. CONCLUSION**

- A. Review of performance objectives.
- B. Final questions and answers.
- C. Instructor closing comment(s).