

Physical Fitness Instructor * *Prerequisite*

40 Hours – Proficiency Training Credit

This course is designed to provide the student with the current information and skills to conduct police physical fitness screening, assessments, and fitness training programs. Topics include: fitness case law; physical assessment processes; nutrition; aerobic conditioning; strength conditioning; flexibility; weight control; heart disease; exercise physiology; stress management; exercise training principles; police fitness norms; personal exercise prescriptions; and the Peace Officer Physical Aptitude Test (POPAT).

Students attending this course should be involved in pre-employment testing, basic academy training, or in-service physical fitness training. Students must be in above average physical condition and have some basic knowledge of physical fitness and exercise prior to attending.

To obtain certification, the student will be required to successfully complete a written examination; a proficiency skills test; and a physical fitness assessment; i.e., bench press, leg press, flexibility, full body pushups, sit ups, 1.5 miles run, and the POPAT test. The minimum passing score in each testing phase is the 60th percentile of the Institute for Aerobics Research Police Fitness Norms (gender and age normed). Students must pass all the physical fitness requirements in order to pass the course.

****Prerequisite for Physical Fitness Instructor*** – Must be an AZPOST General Instructor