



POSTING DATE: July 15, 2010
TO: Agency Training Coordinators
FROM: Lori Ketron, Training Specialist
CLASS: Physical Fitness Instructor
CLASS DATE: August 30 – September 2, 2010
TRAINING SITE: Southern Arizona Law Enforcement Training Center (SALETC)
10,001 S. Wilmot Rd
Tucson, AZ 85706

PREREQUISITE: **Must be an AZPOST General Instructor.**

CLASS HOURS: 8:00 a.m. to 5:00 p.m., daily.

CLASS ATTIRE: Physical fitness attire.

Out of town students: Double occupancy is required and a room list is provided to the hotel. AZ POST will pay for room and tax only. We cannot pay for any other room charges; i.e. telephone calls, room service, movie rental, laundry, etc. Officers on per diem may choose their own eating establishments and AZ POST will reimburse municipalities according to the current Arizona Reimbursement Rate Index, per officer. If you live within 50 miles of the class AZ POST cannot pay per diem.

REGISTRATION: This class will be filled on a first come, first serve basis. You may submit a Training Request Form either by fax to 602-244-0477 or by e-mail to me at lorik@azpost.gov. You may also call me with the reservations at 602-223-2514 ext 269. **Only submit for the allotted number of slots for your Agency.**

DO NOT SEND AN OFFICER TO ATTEND CLASS IF NOT CONFIRMED

Class Description: **Physical Fitness Instructor**, 40 Hours – Continuing or 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 will 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, 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 pass, 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 norms). Students must pass all the physical fitness requirements in order to pass the course.