



COURSE ANNOUNCEMENT

ADVANCED TRAINING

Your agency's personnel are invited to attend:

Subject: **Fitness Instructor**
CWL 0213

Instructor: Melinda Padgett/Andy Scott

Date(s): November 15th - 16th, 2008

Location: SJRCC - Criminal Justice Center – Room J149
2290 College Drive, St. Augustine

Time(s): 8 AM – 5 PM

Cost: None for Florida Certified Criminal Justice Officers

DRESS CODE: Clothing appropriate for physical training.

Please complete the pre-registration form at the bottom of this announcement and submit by facsimile or mail to:

Tina Guillotte, Program Assistant
Criminal Justice Center - SJRCC
2990 College Drive St. Augustine, FL 32084
(904) 808-7491 FAX (904) 808-7424

Deadline for pre-registration: November 6th, 2008

The primary focus of this course is to prepare Instructors to teach the Basic Recruit Conditioning Program

Topics covered:

- What is fitness?
- Program Development Keys
- Implementation Process / Energy Systems.
- Introduction to Program Exercises / Group Programming
- Mental Preparation for service.
- Performance Nutrition.
- Individual Programming Cues
- Objective Testing with Benchmark Workouts and Measurements.
- Exercise Mechanics

Please print the following information:

Agency _____ Agency Phone # _____
Agency FAX# _____

Officer's Name _____ SSN _____ - ____ - ____
Officer's Email Address: _____

Officer's Name _____ SSN _____ - ____ - ____
Officer's Email Address: _____

Authorization Signature _____

Printed Authorization Name _____

Authorizing Person's Email: _____