



# Physical Fitness Trainer

## Course CJSTC#1189

Officers who maintain a healthy lifestyle are better able to handle the stresses of the law enforcement profession. Officers who are fit for duty tend to have less on the job injuries, worker's compensation claims, use less sick days, and receive less complaints. This 32-hour FDLE course will guide instructors who are responsible for, or interested in, developing a fitness or wellness program and for officers interested in maintaining a fit for duty lifestyle. The goal of the course is to provide pertinent information on implementing a safe and effective training program. **Students will be required to pass a written multiple-choice examination and participate in practical exercises.**



Your Course Is Now  
Ready  
**Register  
HERE**



### Course Topics Include:

- Nutrition
- Wellness
- Fitness Concepts
- Safety Concepts
- Training Liability
- Designing a Physical Fitness Program

#### GENERAL INFORMATION

**March 25-28, 2024**

Time: 8:00 a.m. - 5:00 p.m. 32 hours

Fees: **Trust Funded for Region IX**

Information: (727) 341-4611

Facilitator: Paul Roach

Agency/ Self Registration  
<https://spcollege.augusoft.net>  
Registration & Hotel information

SEPSI Authorization form  
*Required*

**Training Calendar** <http://pstc.spcollege.edu>

*\*Priority for registration into this class is given to agencies within Pinellas County.  
Remaining seats will be open to all agencies 14 days from the start date.*

Casual clothing is recommended. Shorts, tank tops and/or offensive T-shirts are unacceptable attire. Law enforcement personnel not in uniform that are carrying exposed firearms must prominently display agency ID and/or badge at all times while on college property.

## Lead Instructor

Glenn Wilson started his law enforcement career with the Pinellas County Sheriff's Office in 1988. He is a Florida Department of Law Enforcement certified instructor, holds a Bachelor's degree in Criminal Justice and is a Cooper trained Law Enforcement Fitness Trainer.