



Physical Readiness Coordinator Course

Description

The intersection of physical fitness and the public safety job is **physical readiness**. There is both an individual and an agency responsibility to ensure a minimum level of safety and effectiveness. The focus of this intensive 24-hour course is to improve officers' physical job performance, officer's fitness, and overall health, thereby positively impacting the agency's liability exposure, productivity, as well as disability and health care costs. In addition, information about nutrition, weight management, stress management, and lifestyle management are provided.

The role of the agency **Physical Readiness Coordinator** in meeting this important mandate may include program development, testing, and training. During the course, specifically designed for public safety, participants will:

- Discuss the concepts of physical fitness in general and physical readiness as it relates to the public safety function from a legal, scientific, and practical perspective.
- Learn how to screen officers for safe participation in training and testing.
- Gain competence in assessing officers' current fitness level.
- Discover how to set fitness goals, develop exercise plans to meet those goals, and learn to monitor individual's progress.
- Learn the essentials of nutrition, weight management and performance and discuss methods for applying the information for incumbent officers.
- Review the fitness lifestyle areas and plan programming for them.
- Develop an understanding of how to apply safety, planning, and coordination procedures to an agency's program.

The course is highly interactive, with numerous activities to stimulate learning and encourage participants to share their experiences. The course materials include the **Coordinator Guide**, a valuable resource that serves as a workbook for the course.

Requirements

Participation in the physical activity including fitness testing is required; there are, however, no physical fitness requirements. **Exceptions or allowances can be made in the event of injury or disability.** Physical fitness training attire, including shorts is necessary, dress is casual. A hand-held pocket calculator, paper and writing tool are the only other requirements.

Testing

Successful course completion, leading to a three-year certification, requires passing scores on the written (90%) and practical exams as well as class participation. The written examination is administered via an online resource.