



Law Enforcement Fitness Specialist

Course offered by

The Cooper  Institute

When: October 11-15, 2010

Where: Cleveland Clinic (Main Campus)
W.O. Walker Building
10521 Euclid Ave.
Cleveland, OH 44106

Who: This 5-day course is designed specifically for the law enforcement and public safety professional who is involved in developing or delivering physical fitness programs in their academy or department.

What: Physical fitness is increasingly used as a performance measure within the law enforcement and public safety industry. Understanding fitness standards, absolute cut point fitness scores and referencing normative data is critical when using fitness testing scores as a qualifying factor within the hiring process.

Topics Reviewed:

- Fitness and Wellness
- Coronary Risk Factors
- Medical Screening
- Exercise and Safety
- Anatomy and Kinesiology
- Body Composition (Skin-fold method)
- Fitness Assessment for Law Enforcement/Public Safety
- Exercise Physiology
- Goal Setting
- Exercise Safety
- Strength Training and Prescription
- Flexibility Training and Prescription
- Cardiovascular Training and Prescription
- Nutrition
- Motivation and Adherence
- Physical Fitness Testing in Law Enforcement/Public Safety
- Physical Fitness Standards in Law Enforcement/Public Safety

This is a curriculum-based testing course. Students who complete the course, and pass both written and practical exams, will receive a Cooper Institute Certificate.

Contact Hours: 33.0

Cost: \$695

Hosted by: Cleveland Clinic's Wellness Institute

To Register: Call Christina Roe at 216.445.8085