



# Physical Fitness and Wellness Instructor

## 40 hours

### CWL – 0307

<p><b>Instructor:</b> Dr. Lisa Grossman</p> <p><b>Date(s):</b> September 24 – 27, 2018</p> <p><b>Time:</b> 7am – 6pm</p> <p><b>Location:</b> J-114 2990 College Dr. St. Augustine, FL</p> <p><b>Cost:</b> No cost to officers in Region V.</p> <p><b>Class Limit:</b> 25 Students enrolled</p> <p><b>Dress Code:</b> NO Flip Flops, Shorts, Tank tops, Jeans or T-shirts unless specified.</p> <p><b>All questions should be directed to:</b>  John Donlon- Instructor/Coordinator  (904) 808-7493  <a href="mailto:johndonlon@sjrstate.edu">johndonlon@sjrstate.edu</a> or  Connie Ramos – Program Assistant (904) 808-7491 <a href="mailto:ConnieRamos@sjrstate.edu">ConnieRamos@sjrstate.edu</a> Fax: 904-808-7424</p>	<p>The Physical Fitness and Wellness Instructor course is designed to provide the knowledge of basic anatomy and physiology, core fitness principles, nutrition, health and wellness for work-life balance, and introductory concepts in its care and prevention of injuries in order to systematically provide optimal physical training to all academy recruits and officers in a safe and effective manner. Students must pass a written end of course exam with a score of 85% or better.</p> <p>Class sized is limited so sign up early</p> <p><b>Deadline for Registration: September 10, 2018</b></p> <p>Officer's Name: _____</p> <p>SSN _____ - _____ - _____</p> <p>Officer's Email Address: _____</p> <p>Agency _____ Agency Phone # _____</p> <p>Agency FAX# _____</p> <p>Authorization Signature _____</p> <p>Printed Authorization Name: _____</p> <p>Authorizing Person's Email: _____</p> <p>Department Approved for:</p> <p>Salary Incentive: _____</p> <p>Mandatory Retraining: _____</p> <p>Other Training: _____</p>
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