Physical Fitness Trainer
Course: FDLE # 1189

April 20-23, 2020
8am-5pm [32 Hrs.]
Criminal Justice Institute (LW)
Mandatory Only
Region XII - no fee
Non region – $ TBA

Note: Seats will NOT be held past the start time of the first day of class.
Registration MUST be through your agency training department or coordinator.
Registrations may be emailed on:
Authorization to Attend from Agency Letterhead to:
CJTRAINING@palmbeachstate.edu.
Students MUST wear appropriate clothing while attending courses at the Criminal Justice Institute: i.e. Business Casual or Agency Uniform (NO Shorts, Flip-Flops, Jeans or Tank Tops).

Course Description:
Physical Fitness Trainer Course # 1189. This course provides a general understanding of the necessary components and information to develop a physical fitness training program and facilitate and implement the program in a safe and effective manner.
Please wear exercise appropriate clothes.
This is a hands-on activity course. Please take H2O/Gym Bag, change of clothing for exercise activity

This class requires a calculator and the ability to participate in physical activity.

For more information contact: Joseph Tata Jr.
Advanced/Specialized Career Training Coordinator @: 561-868-3868

https://www.palmbeachstate.edu/career-pathways/pathway-publicsafety.aspx