

# TRAINING ANNOUNCEMENT



## Fit-To-Enforce Fitness Instructor Course

40-hr Course

**DATE:** March 11-15, 2024

**TIMES:** 8:00 a.m. - 5:00 p.m.

**FIT-TO-ENFORCE.COM**

**LOCATION:** Lafayette Police Department  
900 E. University Ave  
Lafayette, LA 70508  
3<sup>rd</sup> Floor Training Room

**CURRICULUM:** This course is designed to provide information on all basic aspects of fitness training and instruction including: learning the components of fitness, how to lead exercise in a group setting, proper execution of exercises and administration of fitness tests to produce accurate training and testing results. The course curriculum includes daily physical training, lectures on: physical fitness, basic and sports nutrition, injury prevention and fitness testing.

**ATTIRE:** Conservative fitness attire is required.

**REQUIREMENT:** Conservative exercise attire is required everyday with a towel and change of clothes for classroom instruction. A water bottle, pen and paper are also required. A final exam will be administered at the end of class and a minimum of 80% passing grade is required. Liability waivers must be signed prior to any participation in the course.

**COST:** Register early online until Monday, February 12, 2024 for \$995.00, register on or after February 13, 2024 for \$1095.00.

**ENROLLMENT:** Applicants must register first online at [www.Fit-to-Enforce.com](http://www.Fit-to-Enforce.com). You will be invoiced via E-mail and payment can be made through the invoice, PayPal or over the phone.

**INSTRUCTOR:** Kelly Kennedy, PhD one of the nation's leading experts in fitness training for police. Since 1999, she has worked with over 4,800 police and corrections recruits and officers, is certified with ACSM, NSCA, ISSN, (former) a State Certified EMT, Certified Defensive Tactics Instructor, USA/W Sport Performance Coach and earned a Masters Degree in Exercise Physiology from Florida International University and a PhD in Global Leadership from Lynn University. Contact Kelly Kennedy, PhD at (305) 389-5399 or e-mail at [kelly@Fit-to-Enforce.com](mailto:kelly@Fit-to-Enforce.com) for further information.

**Accommodation for participants with special needs:**

To ensure that we can accommodate persons with disabilities who wish to attend our courses, please be sure to identify the accommodation needed when you register, or if applicable, at the time you register by phone.