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PHYSICAL READINESS COORDINATOR COURSE

Mississippi Law Enforcement Officers Training Academy, March 17-19, 2025

The **MLEOTA** and FitForce™ are pleased to announce this program. The course is open to all public safety personnel.

Description

The intersection of physical fitness and the public safety job is **physical readiness**. 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:

- Learn how to screen officers for safe participation in training and testing,
- Gain competence in assessing officers' current fitness levels,
- Discover how to set fitness goals and develop plans to meet those goals,
- Study ways to monitor individual's progress, and
- Develop an understanding of how to apply safety, planning, and coordination procedures to an agency's fitness 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 reference that serves as a workbook for the course.

Requirements

Participation in the physical activity including fitness testing is required; there are no physical fitness requirements. **Allowances can be made in the event of injury or disability.** Physical fitness training attire, including shorts is necessary, dress is casual. 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.

Tuition

The cost of the course is \$495.00. Please contact FitForce to arrange payment.

Registration

Registration can be completed at <https://www.fitforceinc.com/registration>

Please contact Director Tony Carleton, tcarleton@dps.ms.gov with questions about the location or info@fitforceinc.com regarding the course.