

Stand Alone 4 – Lifetime Fitness
Session – Weight Room Certification
LD 32 – Lifetime Fitness

Date Revised: 11/06/19

Course Goal: To develop recruit officers’ physical fitness and to teach them to apply the principles of lifetime fitness.

Session Goal: To teach recruit officers how to use the weight room.

Learning Objectives: Recruit officers will be certified to use department weight training facilities.

Session Time: 1 hour

| <p>Resources:</p> <ul style="list-style-type: none"> • Mat room • Weight room • First aid kit/AED | |
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| <p>Session Summary: The students will be taught the rules and protocol for using department weight training facilities. The students will then participate in a high intensity training session including a warmup and cool down, utilizing the weight room during the session.</p> | |
| Outline | Instructor Notes |
| <p>I. Weight room certification [1]</p> <p>A. Documentation of use</p> <ol style="list-style-type: none"> 1. Sign in on the sign in sheet <ol style="list-style-type: none"> a. Name b. Date c. Time d. Type or activity 2. Sign out <ol style="list-style-type: none"> a. Date b. Time 3. Must be full duty status without any restrictions <p>B. Safety guidelines</p> <ol style="list-style-type: none"> 1. Use equipment only for its intended use 2. Use a spotter whenever necessary if using free weights 3. Wear appropriate workout attire <ol style="list-style-type: none"> a. Avoid hanging jewelry b. Avoid open toed shoes 4. Do not sacrifice proper form to lift more weight | <p>[1] Run training session – <u>Weight room certification</u></p> |

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| <ul style="list-style-type: none">C. Use of weight room equipment<ul style="list-style-type: none">1. Pay attention to your surroundings2. Be respectful of other people using the facility3. Clean all surfaces after use4. Rerack the weights after useD. Injury reporting<ul style="list-style-type: none">1. Report to department supervisor2. Seek medical treatment if necessary3. If you choose to self-treat, document on a 15.07 and submit it to a supervisor | |
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Training Session – Weight Room Certification

Purpose: To develop a recruit officer's physical fitness and to apply the principles of lifetime fitness.

Description:

Warm Up: The class will complete a warm up consisting of laps around the mat room. Next, the class is to complete a variety of dynamic stretches and agility drills.

Training Session: The instructor will take the class to the weight room and give the students a tour of the facility. The instructor will show the students where the sign-in sheet is and how to properly sign in and out. The instructor will inform the class of weight room etiquette and safety outlined above.

Students will then workout for 30 minutes on their own, emphasizing muscular strength, power, and endurance.

Cool down: Class will complete a variation of either static stretching or walking back to the locker room in formation.

NOTE: Instructors may modify the above workout as necessary based on the fitness level of the class, availability of resources, and/or necessary individual accommodations if the workout meets the functional equivalency of all components of the training session.

Resources needed:

- Mat room/weight room
- First aid kit/AED

Components of Fitness:

- Muscular – Strength
- Muscular - Power
- Muscular – Endurance
- Flexibility/Stability/Mobility
- Core
- Acceleration and Agility

Time required: 60 minutes