



Learn about the latest in fitness for your health and become a training resource for your department at the same time!

The Prince George's County Police is hosting a course by advanced degreed instructors from The Cooper Institute®.

Law Enforcement Fitness Specialist

Your Name
Address
City, State Zip
Stamp

Place First Class

Prince George's County Police
Training & Education Division
C/O Lt. M. Snyder #2297
4380 Forbes Blvd.
Lanham, MD 20706

Mail in Registration Form

What: Law Enforcement Fitness Specialist

When: April 29, 2013 – May 03, 2013

Where: 4380 Forbes Blvd. Lanham, MD 20706

Who: This 4.5-day course is designed specifically for the law enforcement and public safety professional who is involved in developing or delivering physical fitness programs in their academy or department.

Topics Reviewed:

- Fitness and Wellness
- Coronary Risk Factors
- Medical Screening
- Exercise and Safety
- Anatomy and Kinesiology
- Body Composition (Skin-fold method)
- Fitness Assessment for Law Enforcement/Public Safety
- Exercise Physiology
- Goal Setting
- Exercise Safety
- Strength Training and Prescription
- Flexibility Training and Prescription
- Cardiovascular Training and Prescription
- Nutrition
- Motivation and Adherence
- Physical Fitness Testing
- Physical Fitness Standards



This is a curriculum-based testing course. Students who complete the course, and pass both written and practical exams, will receive a Cooper Institute Certificate.

Contact Hours: 29.0

Cost: \$645 (prior to March 15, 2013)

\$695 (March 16 – 29, 2013)

Questions? Please call Lt. Snyder at (301) 794-1135 to learn more.

Register Today!

First Name	
Middle Name	
Last Name	
Sex:	<input type="checkbox"/> M <input type="checkbox"/> F
Address	
Address	
City	
State	
Zip Code	
Home Phone	
Cell Phone	
Email	
Employer	

Payment Information

**Please make check payable to:
Cooper Institute.**

Check #	
Card Type	<input type="checkbox"/> MC <input type="checkbox"/> Visa <input type="checkbox"/> AMEX <input type="checkbox"/> Disc
Card #	
Name on Card	
Expiration	
Code	
Signature	
Date	

**Mail payment to: PGPD TED Lt. Snyder
4380 Forbes Blvd.
Lanham, MD 20706**