

Physical Fitness Trainer Course

September 24-27, 2012 Pre-registration Required

8 am – 5 pm Monday – Thursday Allstate Center room 220

Fee: \$384.48 Trust Funded for Region IX Officers

Physical Fitness Trainer Course is a 32 hour FDLE course designed to assist instructors who are responsible or are interested in developing a fitness or wellness program for their agency or academy. The course will cover nutrition, wellness, and fitness concepts, safety aspects, training liability and designing a physical fitness program. The goal of the course is to provide pertinent information on implementing a safe and effective training program.

Presenter Jeff Helms, has operated Diversified Training Services since 1998, and is a SEPSI adjunct instructor. He received his Bachelor of Science and Masters of Public Administration degrees from University of Central Florida. His work concentrates on the development and facilitation of advanced/specialized training programs for both law enforcement and corrections.

Those attending should wear work out clothing. Please bring a towel and calculator. If you plan on attending, please register early, sitting is limited.

Facilitator: Rosanne Beck

To register, please call (727) 341-4500 or fax (727) 341-4547

St. Petersburg College

SEPSI

Advance Registration of Seminar Applicants

Violations in attendance may interrupt your ability to pre-register for future trust fund training.

All Trust Funded courses need an authorization form marked for salary incentive or mandatory re-training.

In the space provided below, please *print* the names of those who will be attending the announced program.

Name of Attendee	SSN or DOB	Agency	Telephone Number
_____	_____	_____	() _____
_____	_____	_____	() _____

Signature: _____ Department/Agency: _____

Agency Administrator: _____ Address: _____

Title: _____ City/State/Zip: _____

FEE INCLUDES CLASS MATERIALS. Agency will be billed if fees are not paid when attendees arrive.

Return to: Southeastern Public Safety Institute
St. Petersburg College
P. O. Box 13489
St. Petersburg, FL 33733-3489
(727) 341-4500 or Fax (727) 341-4547

PLEASE: NO CASH PAYMENTS
Check/Money Order Only — To St. Petersburg College
 Check enclosed
 Credit Card #: _____ Exp. _____
(SPC accepts Visa, Master Card and American Express)

Name of Seminar: Physical Fitness Trainer September 24-27, 2012

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