

Performance Training Course



The **Performance Training Course** is meticulously designed to equip law enforcement instructors and training officers with the skills to set, track, and achieve specific physical training goals within their agency. By incorporating advanced techniques such as periodization, progressive overload, and recovery strategies, the course ensures that officers involved in physical training can systematically and sustainably improve overall performance while preventing injury. The program emphasizes the importance of tailored exercise prescriptions, understanding biomechanics, and applying occupational fitness principles to optimize performance and promote long-term health and wellness. Through lectures and practical application sessions, participants gain the expertise needed to implement these strategies effectively, ensuring officers are well-prepared to meet the physical demands of their roles.

A vital component of the Performance Training Course is learning the importance of baseline screenings for data collection before and after training periods. Baseline screenings are necessary for precise exercise prescription, practical goal setting, and streamlined return-to-work protocols within the agency. Attendees are trained to utilize these screening tools to gather critical data, which informs fitness regimens and enhances overall performance. The course also focuses on injury prevention by educating attendees on implementing warm-up and cool-down routines, stretching protocols, and the significance of rest and recovery in maintaining musculoskeletal health. This comprehensive training ensures that officers in training are fit for duty and equipped with the knowledge to sustain their health and performance over the long term.

Attendees will gain an in-depth understanding of performance training principles through practical sessions and as participants in coached physical training sessions each day. Course content includes pre-built exercise programs for various job and activity roles within a law enforcement agency and pre-participation strength training recommendations for academy recruits that can be taken back and implemented in their agencies.

Course Objectives:

1. Equip officers to set, track, and achieve specific performance goals in various settings within their agency, utilizing techniques such as periodization, progressive overload, and recovery strategies.
2. Provide officers with a comprehensive understanding of exercise prescription, biomechanics, and occupational fitness principles to optimize performance and promote long-term health and wellness.
3. Demonstrate the use of movement screens as a baseline data collection tool to enhance exercise prescription, goal setting, and return to work protocols within the agency.
4. Provide officers with knowledge and implementation strategies for effective injury prevention, including warm-up and cool-down routines, stretching protocols, and the importance of rest and recovery in maintaining musculoskeletal health in the workplace.