



Course: Police Wellness Instructor Course

Description: Upon completing the course, attendees will be authorized to teach fitness and wellness curriculum in police academy as well as in service agency settings. They will be qualified to conduct fitness assessments, design appropriate nutrition programs, deliver classroom as well as hands-on fitness and wellness sessions, develop and implement appropriate and functional police/fire academy and in-service fitness sessions whether in a group setting or one-on-one. Classroom topics include MCOLES curriculum requirements, instructor development, anatomy, exercise physiology, bioenergetics, biomechanics, liability issues, developing proper frequency, intensity, duration, and work:rest ratios for peak performance, training adaptations, program design, using heart rate monitors, proper documentation and evaluation, appropriate nutrition education information, exercise psychology, and covering 8 emergency service specific classroom topics.

This course incorporates numerous problem-based learning exercises including identifying and correcting liability issues, developing a performance improvement plan, designing appropriate fitness sessions, utilizing an injury report form, designing and critiquing a nutrition program, motivation and behavior change, designing workouts which require little or no equipment, and using a nutrition log.

Hands-on sessions include MCOLES physical fitness test administration procedures, conducting a dynamic warm up, activities which improve peak functional performance for speed, agility, quickness and explosiveness, reactionary drills which improve performance on the street, proper vertical jump technique, muscular endurance activities, correct resistance training technique, administering fitness assessments for in-service personnel, designing proper circuits, incorporating competition to elicit peak intensity, and appropriate team building sessions.



Date: October 31 – November 4, 2011.

Location: West Shore Community College, 300 N. Stiles Rd., Scottville, MI 49454

Time: 7 am to 5 pm each day

Cost: \$850.00 per student– MCOLES approved, 302 funded

Materials Provided:

- Michigan Police Wellness Instructor Manual
- Michigan Police Wellness Instructional memory stick loaded with all materials, report forms, fitness assessment forms, and power point presentations
- MCOLES Physical Fitness Test Proctor Manual
- NSCA’s Essentials of Personal Training textbook
- LouKa fitness instructor t-shirt (high performance material)
- LouKa Tactical Training water bottle

Participants will need:

- Laptop computer, cross trainer gym shoes, workout clothing.

Instructors:

Kathleen Vonk, LouKa Tactical Training LLC

Kathy has been a police officer (Ann Arbor PD, Mi) since 1988. She earned a BS in Exercise Science from Michigan State University, and a BA in Criminal Justice. She is considered a wellness expert, consultant, and instructor- trainer for MCOLES. She is a Certified Strength and Conditioning Specialist (CSCS) by the National Strength & Conditioning Association (NSCA), a Certified Physical Fitness Specialist and Health Promotion Director by the Cooper Institute of Aerobics Research in Dallas. She designed and implemented the fitness program for the Washtenaw Community College Police Academy in Ann Arbor, Michigan, and has been the primary fitness instructor since 2001. She is nationally published in numerous subjects including physical fitness, nutrition, the use of heart rate monitors in training, public safety cycling, and instructs nationally in those same areas.



LouKa Tactical Training LLC

Lou Ann Hamblin, LouKa Tactical Training LLC

Lou Ann has been a police officer since 1990. She earned a BA in Criminal Justice Administration and an MA in Human Performance Technology and Instructional Design from the University of Michigan. She instructs nationally in the areas of instructor development, firearms, defensive tactics, officer survival, training for female officers and specialty units, public safety cycling, and other areas. She is part of the Calibre Press instructional staff, and is an Advisory Board member for PoliceOne.com. In addition to these activities, she is the current In-Service Law Enforcement Training Coordinator for Schoolcraft College in Garden City, Michigan. She is nationally published in a variety of use-of-force subjects, and is a current board member for the International Association of Law Enforcement Firearms Instructors (IALEFI). She is a Police Wellness Instructor and fitness instructor for the Washtenaw Community College Police Academy in Ann Arbor, Michigan.

****All students must show proof of current First Aid/CPR/AED training to participate*

Registration Information:

Class size limited to 15 participants. Slots will not be reserved without payment or purchase order number. Call or e-mail to request a registration packet. Fill out and return packet, along with a check, money order or purchase order for \$850, made payable to Louka Tactical Training to:

LouKa Tactical Training
PWI Registration
650 Light Tower Drive
Belleville, MI 48111
kathyvonk@aol.com
Call: 734-260-2981 with questions
www.loukactical.com

Any applicant having health issues will be required to obtain medical clearance in order to participate.

