



## Seretean Wellness Center and Fire Service Training

*Proudly Present*

### **Fire Department Fitness Instructor Certification Training**

**November 12-15, 2007**

**Oklahoma State University**

**Stillwater, Oklahoma**

Oklahoma State University offers professional instruction and state-of-the-art health education resources in this specially designed train-the-trainer program for fire service personnel. The program continues its 17-year tradition of training and qualifying health-related fitness instructors for the fire service. While **heart attacks remain the number one cause of fire fighter fatalities**, recent acts of terror—followed by incessant alerts of more terrorism--add to an ever-increasing sense of environmental uncertainty. One could make the case that *health promotion education* for fire fighters is a pressing issue, and not just a "feel good" proposition. At least that's how we see it at OSU.

**From health risk appraisals to exercise physiology, firehouse nutrition to stress management**, this four-day training agenda aspires to one central purpose—and that is to certify that graduates have demonstrated the knowledge and skills necessary to help design and implement a health-related fitness program for their fire department community. In achieving its purpose, the program conforms to relevant provisions of the *NFPA 1583 Standard on Health-Related Fitness Programs for Fire Fighters*.

The training agenda is largely **inspired by American College of Sports Medicine (ACSM) guidelines**.

Designing health and fitness programs for various groups and individuals is a distinguished purview of OSU's Seretean Wellness Center. Helping emergency responders meet recognized standards of professional competence is the mission of OSU Fire Service Training. This unique collaboration of expertise and resources, forged by a long-standing dedication to the fire service, place the *OSU Fire Department Fitness Instructor Certification Training* program in a class by itself. OSU's friendly campus environment further distinguishes this training event, and adds immeasurably to the program's overall appeal.

**All sessions are held on-campus at the Seretean Wellness Center.** Through classroom lecture, small group discussion, activity sessions and workshops, participants receive in-depth knowledge of exercise and fitness training, fitness assessment, nutrition, stress management and safety. Successful completion of the certification training includes attendance at all classes, and a 70% grade on both the written and practical examinations.



## Fire Department Fitness Instructor Certification Training

### Course Topics and Behavioral Objectives

#### Basic Health and Fitness Components

- Have a basic understanding of the components of physical fitness,
- Understand the relationship between the components of fitness and chronic physical activity,
- Understand the benefits of regular exercise,
- Understand the basic guidelines to good health,
- Understand the safety factors involved with physical activity and moderate exercise,

#### Exercise Programming

- Demonstrate the ability to develop exercise prescriptions, including type, intensity, duration, frequency, progression, level of supervision, and monitoring techniques in exercise programs for an apparently healthy population,
- Understand the role of exercise and nutrition in the performance standards of fire fighters,
- Demonstrate an understanding for the components incorporated into an exercise session, and their proper sequence (i.e., warm-up, aerobic stimulus phase, cool-down, muscular endurance, and flexibility),
- Design a program to increase strength using the various types of calisthenic exercises and equipment available,
- Perform and instruct others to perform back strengthening exercises,
- Demonstrate an understanding of principles and practices of leading physical activity,

#### Fitness Assessments

- Demonstrate various techniques of assessing body composition, and discuss the advantages/disadvantages and limitations of the various techniques,
- Discuss and demonstrate various submaximal cardiorespiratory fitness

field tests using various modes of exercise, and interpret the information obtained from the various tests including possible errors,

- Explain what physiological measures are taken during and after cardiorespiratory fitness testing, and why,
- Perform fitness screening, appraisal, and assessment analyses for: body composition, flexibility, muscular strength and endurance, and physical work capacity,
- Understand the basic principles of evaluations on apparently healthy individuals and those with stable disease,

#### Stress Management

- Analyze the signs and symptoms of distress,
- Differentiate between distress and eustress,
- Understand the causes of stress, and the remedies for effective stress management,
- Evaluate causes of stress in relation to the fire service occupation,
- Evaluate the remedies for typical work-related stress in the fire service,
- Understand the role that exercise and nutrition play in stress management,

#### Nutrition

- Understand the caloric balance theory,
- Understand the basic nutrition guidelines,
- Understand carbohydrates, proteins and fats, and their role in energy production,
- Evaluate accepted nutritional guidelines applicable to physically active individuals,
- Demonstrate an understanding of healthier menus for firehouse cooking,
- Demonstrate an understanding of weight management and nutrition principles.



# Fire Department Fitness Instructor Certification Training

## Registration Form

### Certification Training Program

November 12-15, 2007 - \$650

### Recertification Examination

November 15, 2007 - \$150

By correspondence - \$150

#### BILLING ADDRESS:

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

#### MAILING ADDRESS (if different from billing):

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

#### PAYMENT METHOD

Check enclosed.  
Payable to OSU Fire Service Training.

Bill my organization.  
PO # \_\_\_\_\_

MasterCard# \_\_\_\_\_

Visa # \_\_\_\_\_

Expiration Date \_\_\_\_\_

Authorized Signature \_\_\_\_\_

#### TUITION

##### **Certification Training Program, November 12-15**

\$650 per person, which includes four days of instruction and evaluation by the Seretean Wellness Center professional staff, all manuals, workshop materials, activity fees, lunches, and breaks.

Lodging is not included in the registration fee. As a program extra, each student will receive a computerized, individual Health Risk Appraisal (HRA). The HRA includes blood cholesterol, blood pressure, body composition, and results counseling.

##### **Recertification Update & Exam, November 15**

\$150 per eligible candidate, which includes the update/review workshop on Thursday, April 26 from 1:30 to 3:00 p.m. followed by the re-certification exam at 3:00 to 5:30 p.m. Re-certification is required every 24 months for students who successfully complete the four-day, *Fitness Instructor Certification Training Program*. The recertification exam can now be taken by mail correspondence.

#### TO REGISTER

Pre-registration is required for both programs. To register, mail completed registration form, with check or payment arrangement clearly specified to:

#### **OSU Fire Service Training**

1723 W. Tyler Street  
Stillwater, OK 74078.

Or, fax completed registration form to  
(405) 744-7377. Or call (800)304-5727.

FOR INFORMATION call OSU Fire Service Training at (800) 304-5727 / (405) 744-5727.



## Fire Department Fitness Instructor Certification Training

### Program at a Glance

*(Subject to minor changes)*

MONDAY	Health Risk Appraisal (HRA) Components of Fitness Aerobic Exercise Principles Anatomy/Kinesiology Exercise Physiology Basic Nutrition Weight Control
TUESDAY	Risk Factor Identification/HRA Results Group Aerobic Activity Strength Training Principles Strength Practice Assessments and Appraisals
WEDNESDAY	Assessments and Appraisals Exercise Safety Back Safety Aerobic Exercise Prescription
THURSDAY	Strength Training Prescription Stress Management Wellness Programming Cooking Demonstration Exam Review Written Examination

**Class sessions** normally run from 8:00 a.m. to 5:00 p.m. A finalized class agenda, along with local information, will be mailed along with confirmation letters.

**Cancellation Policy:** Students who are unable to attend the program for which they are registered must call and cancel the registration at least 14 days prior to the class to avoid billing. After the 14-day cancellation limit, one student may be substituted for another. Otherwise, the student/organization will be billed the full amount for the class. When canceling a registration, each student needs to request a cancellation number.



## Fire Department Fitness Instructor Certification Training

### Lodging in Stillwater

**Hampton Inn & Suites**

717 E. Hall of Fame Avenue  
Stillwater, OK 74074  
(405) 743-1306

**Best Western**

600 E. McElroy  
Stillwater, OK 74074  
(405) 372-7010

**Fairfield Inn**

418 E. Hall of Fame  
Stillwater, OK 74074  
(405) 372-6300

**Holiday Inn**

2515 W. 6<sup>th</sup> Street (Highway 51)  
Stillwater, OK 74074  
(405) 372-0800

**Days Inn**

5010 W. 6<sup>th</sup> Street (Highway 51)  
Stillwater, OK 74074  
(405) 743-2570

**Atherton Hotel**

Adjacent to the Student Union  
& Conference Center,  
Oklahoma State University Campus  
(405) 744-6835