



Physical Fitness Trainer Course

CJSTC #1189

REGION XV

FPSI

Course Outline:

This 32-hour course will provide a general understanding of the necessary components and information to develop a physical fitness training program and facilitate and implement the program in a safe and effective manner. The students will learn the general concepts that are the building blocks for fitness training and be able to create a successful fitness training program. Topics include nutrition, wellness, fitness concepts, safety, training liability, and designing a physical fitness program.

- Please bring gym clothing/shoes/hydration to each day of class

Who Should Attend:

To attend this training the participant must be a Florida law enforcement officer, corrections officer, probation officer, or support personnel for a Florida law enforcement organization. For salary incentive courses, all officers outside Region III/XV must provide written authorization by agency representative requesting attendance and election of salary incentive or mandatory retraining.

Class Dates and Location:

Salary Incentive: No

Location: Classroom Building Room 219

Instructor: Sgt. Scott Cherry

Course Dates: November 3-6, 2025

Course Time: 8:00 AM to 5:00 PM

Course Costs:

Tuition for Florida trust funded classes are covered fully by the trust fund. Housing and meals are provided ONLY for Region XV officers attending classes held at the Florida Public Safety Institute where the student is traveling over 50 miles to attend.

Course Calendar:

Click [here](#) to view our training courses.

Enrollment Information:

To register, Region III & XV officers should contact their agency training coordinator(s); all others contact:

Mike Fraser at Michael.Fraser@tsc.fl.edu