

**Public Safety Wellness Instructor Course**

**Hosted by:** LouKa Tactical

**Location:** Macomb Criminal Justice Training Center 21901 Dunham Rd. Clinton Township, MI 48036

**Dates:** June 23-27th 8am – 5pm

**Cost:** $995 due at time of resignation

**Materials Provided:** PWI Instructor Manual, PWI memory stick loaded with all materials, report forms, fitness assessment forms, and power point presentations. Also provided are fitness instructor t-shirts and water bottles, NSCA’s Essentials of Tactical Strength and Conditioning (text book), and MCOLES pre-employment testing manual.

**Participants will need:** Laptop computer, cross trainer gym shoes, workout clothing.

**Course description:** Upon completing the course, participants will be qualified to teach fitness and wellness curriculum to in-service officers/fire fighters/ tactical teams as well as to cadets in an academy setting. 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 fitness curriculum requirements, instructor development, needs analysis and task analysis, anatomy, exercise physiology, bioenergetics, biomechanics, liability issues, developing proper frequency, intensity, duration, and work-to-rest ratios for peak performance, training adaptations, program design, proper documentation and evaluation, appropriate nutrition education information, exercise psychology, and covering emergency service specific classroom topics.

This course incorporates numerous problem-based learning exercises including identifying and correcting liability issues, job specific task analysis, 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 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.

**Registration Information:**

Class size limited to 22 participants. Slots will not be reserved without payment or purchase order number. Call or e-mail [kathyvonk@aol.com](mailto:kathyvonk@aol.com) to request a registration packet. Return completed packet along with payment. PO, check, Visa, M/C accepted, +3.5% for credit card payments.

**LouKa Tactical Training**

[**kathyvonk@aol.com**](mailto:kathyvonk@aol.com)

**Call: 734-260-2981 with questions**

[**www.loukatactical.com**](http://www.loukatactical.com)

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

**Instructors:**

***Kathleen Vonk, LouKa Tactical Training LLC***

Kathy has been a police officersince 1988 and is currently a Sergeant with the Nevada State Police in Las Vegas. She earned a BS in Exercise Science from Michigan State University, and a BA in Criminal Justice. She has been the Fitness Chair for the National Tactical Officer’s Association. 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, and a USA Weightlifting Sport Coach Level 1. She designed and implemented the fitness program for the Washtenaw Community College Police Academy in Ann Arbor, Michigan, and was the primary fitness instructor from 2001-2013. She is nationally published in numerous subjects including physical fitness, nutrition, use of heart rate monitors in training, public safety cycling, and instructs nationally in those same areas.

She can be reached at [kathyvonk@aol.com](mailto:kathyvonk@aol.com)

***Lou Ann Hamblin, LouKa Tactical Training LLC***

Lou Ann is a retired 22 year veteran police officer. She earned a master’s degree in Human Performance Technology and Instructional Design from the University of Michigan, and a BA in Criminal Justice Administration. She instructs nationally in the areas of instructor development, firearms, defensive tactics, officer survival, leadership and skills training for female officers and specialty units, public safety cycling, and other areas. She assisted in the design of the Calibre Press Street Survival for Women Seminar and is an Advisory Board member for PoliceOne.com. In addition to these activities, she is the former 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 PWI Instructor-Trainer and was a fitness instructor for the Washtenaw Community College Police Academy in Ann Arbor, Michigan.

She can be reached at [louannblackwidow@aol.com](mailto:louannblackwidow@aol.com)