

OSDT Fitness Instructor Conversion Training Program

The Office of Staff Development and Training congratulates the following instructors on completing the OSDT Fitness Instructor Conversion Training Program, which was conducted at the North Carolina Justice Academy – East Campus, from January 11 – 15, 2016. This thirty-two (32) hour program provides specialized certification to Instructors, which certifies them to administer the Correctional Officer Physical Abilities Test (COPAT) to potential applicants for the Department of Public Safety – Prisons.

These instructors began this journey by initially completing the OSDT Wellness Instructor Training Program which is a twenty-four (24) hour training program which provides training in fitness and wellness, coronary risk factors, human anatomy, exercise and safety, flexibility training, cardiovascular training, nutrition training and behavior change. Each of these instructors continued their training by successfully completing a COPAT pre-qualification in order to be selected into the OSDT Fitness Instructor Conversion Training Program. Each instructor had to successfully complete the COPAT Assessment within the Instructor Level Standards which is set forth by the OSDT Fitness Instructor Curriculum.

During the OSDT Fitness Instructor Conversion Training Program, instructors were provided a review of the OSDT Wellness Instructor curriculum as it relates to the COPAT Assessment and the overall fitness and wellness of the human body. This course provided specialized training on the COPAT process for potential applicants, which included an Introduction to COPAT, COPAT Pre-Testing Procedures, COPAT Standards, Medical Screening Procedures, COPAT Testing Station/Equipment Set up and COPAT Testing Procedures. Instructors participated in and successfully completed several proficiency examinations which required each instructor to demonstrate the ability to perform all skills and abilities as required by the training program. Instructors also demonstrated the ability to deliver the COPAT Assessment and completed a written examination.

Instructors also participated in daily physical fitness sessions as well as individual and team competitions which included circuit training, body weight exercises and completed a physical fitness assessment consisting of push-ups, sit-ups, dynamic strength testing, flexibility testing and a timed 1.5 mile run event. The winner of the individual competition was James Dycus by completing the COPAT Timed Events in the fastest time of 1 minute and 4 seconds. The winner of the team competition was TEAM A which consisted of Robert Bilberry, Landise Cutrell, James Dycus, Chris Ferrell, Bryan Herndon, Tommy Hurley and Patrick White. This competition consisted of numerous body weight, dynamic strength and agility exercises which was decided in a best of three format.

Please join us in congratulating the newest OSDT FITNESS INSTRUCTORS.....GREAT JOB!



First Row: Michael Blancher (Central Prison), Todd Wyke (Caldwell CC) **Middle Row:** Mike Williams (OSDT Fitness Instructor Trainer), Nathan Triche and Tommy Hurley (Guilford County Sherriff's Office), Robert Bilberry (Prisons Administration), Christopher Ferrell (Foothills CI), Charles Vandiford (OSDT – Eastern) **Last Row:** Bryan Herndon (Guilford County Sherriff's Office), Landise Cutrell (Hyde CI), Bryan Conway (Carteret CC), Patrick White (OSDT – Southern Coastal), James Dycus (OSDT – Central), James McLain (Scotland CI), Jesse Swartz (OSDT Fitness Instructor Trainer)