

OSDT Fitness Instructor Conversion Training Program

The Office of Staff Development and Training congratulates the following Prisons instructors on completing the “FIRST” OSDT Fitness Instructor Conversion Training Program, which was conducted at the North Carolina Justice Academy – East Campus, from May 4 – 8, 2015. This thirty-two (32) hour program provides specialized certification to Prisons Instructors, which qualifies 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 on April 13, 2015 by successfully completing a pre-qualification in order to be selected into the 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 and 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 participated in daily physical fitness sessions, which included circuit training, body weight exercises and they completed an individual physical fitness assessment consisting of push-ups, sit-ups, dynamic strength testing, and a timed 1.5-mile run event.

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



First Row: Al Whitney (Bertie), Jamie Prichard (Alexander), Jesse Swartz (OSDT Fitness Instructor), Mary Wilson (Career Coach – Triangle), Robert White (Foothills) **Middle Row:** Jason Banner (Foothills), Davy Bullard (Lumberton), Curtis Melvin (Sampson), Neil Moody (Avery Mitchell), Thomas Carter (Greene), Wallace Koonce (Eastern) **Last Row:** Mike Williams (OSDT Fitness Instructor), Jason Smith (Columbus), Scott Kurtyka (Columbus), Jason Fowler (OSDT Southern Coastal), Billy Cooper (Polk) Christopher Williams (Craven), Robby Millard (OSDT Fitness Instructor)