

F3: Functional Fitness Facilitator Programming Effective Training for The Academy, the Street, and the Elite

Terrenyce J. Cooper
SHIELD FITNESS.COM
4745 Dundee Circle
Jacksonville, FL 32210
tj@ccijax.com
904-226-2288

In challenging economic and social times, agency and training academy administrators are forced to balance the stark realities of shrinking budgets, limited personnel, and logistical capabilities with an ever increasing demand for highly trained public servants. To complicate the process further, agency and academy requirements have to be accomplished within very limited time parameters. Public safety fitness is no exception to these realities and requires a thoughtful and carefully crafted system to meet these needs. Control Concepts International (CCI) has developed the Functional Fitness Facilitator (F3) system to accomplish this mission in a safe, cost-effective, and time-efficient manner.

With CCI's F3 System, law enforcement agencies will be equipped with all of the training tools and support needed to understand and implement the critical factors for fitness success. These factors include;

- 1) Survival and the General Physical Preparedness (GPP) Standard
- 2) High-liability training success
- 3) Identification of common causes of injury
- 4) Nutrition and overall physical wellness

CCI has developed the F3 system over the past ten years with great success in the law enforcement, corrections and civilian environments. The F3 system's practical and cost effective approaches promote a "common sense" training environment, which will benefit academies and law enforcement agencies at any level of experience and need. The F3 system has been effectively administered to Trainers and Students in the participant's format within several agencies statewide. The F3 system has proven itself an effective model for fitness and training success with agencies and training academies as well as preparing the public safety employees of today.