

North Carolina Department of Public Safety



"OSDT Wellness Instructor"

"OSDT Wellness Instructor" is a 24 hour training program for instructors that will be teaching the Employee Fitness and Wellness In-Service Lesson Plan to employees within the Department of Public Safety, Division of Adult Correction & Juvenile Justice. As a Wellness Instructor, it is essential that you understand how the body reacts to different situations so that you can assist employees in reaching their fitness and wellness goals. This program consists of both psychomotor and academic participation. Participants will be provided information and the necessary tools to develop a Wellness Program at their respective facilities, which will enable you to support DPS employees in meeting their wellness goals. This course, will introduce you to some of the basic practices and guidelines of healthy living. The following blocks of instruction are designed to assist successful participants in becoming a confident and effective Wellness Instructor:

- *Introduction to Fitness/Wellness*
- *Cardiovascular Disease*
- *Nutrition Training*
- *Coronary Risk Factors*
- *Behavior Change*



- *Human Anatomy*
- *Cardiovascular Training*
- *Exercise and Safety*
- *Flexibility Training*
- *Circuit / Resistance Training*
- *Employee Fitness and Wellness*

Show your interest by completing these simple steps: Login to the LMS, search for "OSDT Wellness", click on the title "OSDT Wellness Instructor, select "Notify me of new sessions", Check the box "Notify me when sessions are scheduled at any location", select Submit