



IAFF/IAFC Wellness-Fitness Initiative

PEER FITNESS TRAINER CURRICULUM

PERFORMANCE REDEFINED: PFT Fitness Principles: Movement Matters An Integrated Approach to Fire Fighter Health and Wellness

Wellness is not a mission – it's a message. Building a wellness program that will improve the quality of fire fighters' lives begins with genuine, passionate and influential leadership from all levels of a department (e.g., labor, management, peer fitness trainers).

The program must be comprehensive, evidence-based and relevant to the unique demands of each participating fire fighter. It needs to be accessible, inclusive, designed to inspire cultural change and must place an emphasis on frequent collaboration and communication between all parties.

Central to this integrated approach is a framework that can be easily adopted and understood by all stakeholders – every fire fighter needs the capacity to meet his or her demands, both on and off the job.

This model provides an excellent foundation to establish recommendations for training, exercise or rehabilitation by focusing on the application to each fire fighter's life.

Ultimately, the same principles that are used by return-to-work specialists and peer fitness trainers (PFTs) can be adopted by training officers when discussing the safest and most effective ways to perform a given job duty.

Streamlining the continuum of care and providing a consistent message will provide every fire fighter with the opportunity (and motivation) to improve his or her health, wellness, performance and overall quality of life.



What to Expect

This course is an abridged version of the IAFF's Five-Day Peer Fitness Trainer Curriculum. Through a combination of lectures and hands-on activities, attendees will improve their ability to assess, design, implement and evaluate exercise sessions for fire fighters with varying interests.

Upon completion of this course, attendees will be given access to three peer-to-peer workshops that can be delivered to other members of their department.



Two-Day Course Overview

This two-day course is designed specifically for certified PFTs. Using a combination of teaching styles (lecture, reflection, discussion, observation, and demonstration), small and large-group activities, and hands-on exercise sessions, attendees will be provided with the knowledge and tools to design and implement exercise sessions for fire fighters with a range of personal objectives.

DAY 1

8:00-9:00 a.m.	Program Framework (Guiding Principles)	Lecture (With Demonstration) <ul style="list-style-type: none">• Overview guiding principles of PFT program (introduce key features)
9:00-11:00 a.m.	Observation and Coaching (Movement Fundamentals)	Hands On (Exercise) <ul style="list-style-type: none">• Observing the five patterns (squat, lunge, lift, push, pull)• Verbal, visual and tactile feedback• Effective coaching (positive and constructive)
11:00 a.m. -12:00 p.m.	A Fire Fighters' Demands (Rapport and Communication)	Lecture (With Demonstration) <ul style="list-style-type: none">• Building rapport, verbal and non-verbal, goal setting
12:00-1:00 p.m.	BREAK	
1:00-3:00 p.m.	A Fire Fighters' Capacity (Screening and Assessment)	Lecture and Hands On (Exercise) <ul style="list-style-type: none">• Formal and informal evaluation• Assessment design and implementation• Observation, measurement and progression
3:00-4:30 p.m.	Program Design 1 (F.I.T.T. Principle)	Lecture and Hands On (Exercise) <ul style="list-style-type: none">• F.I.T.T. Interactions (changing the reps, tempo and work period)• Speed/power, strength and endurance progressions• Small and large-group program design and implementation

DAY 2

8:00-9:00 a.m.	Energy Systems (Work to Rest)	Lecture <ul style="list-style-type: none">• Matching energy systems to training objectives (better vs. tired)
9:00-10:00 a.m.	Warm-Up (Movement Preparation)	Hands On (Exercise) <ul style="list-style-type: none">• Dynamic stretching, movement focus and gradual progression
10:00-11:00 a.m.	Energy Systems (RPE and Performance)	Hands On (Exercise) <ul style="list-style-type: none">• Subjective and objective feedback, session evaluation
11:00 a.m.-12:00 p.m.	Recovery (Stretching)	Lecture and Hands On (Exercise) <ul style="list-style-type: none">• Why, how and when should we stretch, performance and injury
12:00-1:00 p.m.	BREAK	
1:00-2:30 p.m.	Program Design II (A Four-Step Process)	Lecture and Hands On (Table Activity) <ul style="list-style-type: none">• General training adaptations (speed/power, strength, endurance)• Energy systems, work to rest, RPE
2:30-4:30 p.m.	Program Design II (Design and Implementation)	Hands On (Table Activity and Exercise) <ul style="list-style-type: none">• Design and implementation of an eight-minute training session• Instructions, observation, coaching, evaluation, progression• Small and large-group considerations
4:30-5:00 p.m.	Small Steps for Big Change	Application