



**STATE OF CONNECTICUT  
DEPARTMENT OF EMERGENCY SERVICES and PUBLIC PROTECTION**

**Police Officer Standards and Training  
Council Connecticut Police Academy**

To: Chiefs of Police  
Police Training Officers  
State Police Resident Troopers  
CSP Training Academy

From: William E. Tanner, III  
Field Services Training Division

Date: May 11, 2023

Subject: **POST-C Physical Fitness Assessment Battery Examiner (Formerly Cooper Testing)**

Tuition: No Fee

**COURSE ANNOUNCEMENT**

The Department of Emergency Services and Public Protection, Police Officer Standards and Training Council's Field Services Training Division is offering a half day training seminar on "Physical Fitness Assessment Battery (PFAB) Examiner (Formerly known as the Cooper Test) on **Thursday, August 31, 2023**. The training will take place at the Connecticut Police Academy, 285 Preston Avenue, Meriden, CT from 8:00 a.m. to 12:00 p.m. The seminar will be presented by POST Academy staff.

The course will train law enforcement personnel to administer the POST Council's fitness test at both the 40% and 50% levels and will allow officers who successfully complete the training to administer, oversee, sign, and endorse the fitness test qualification paperwork for POST.

The course will address the following subject areas:

- The 4-component physical fitness entry test.
- The proper way to explain the test to trainees.
- How to evaluate trainees prior to and during testing.
- How to handle all failures and all re-testing issues.
- Paperwork required for testing and all record-keeping issues.

The class is limited to fifty (50) attendees. Please complete a registration form from the web and email it to William Tanner at [William.tanner@ct.gov](mailto:William.tanner@ct.gov) **no later than close of business, Thursday, August 10, 2023**. If you have any questions, please contact the Field Services Division at 203-427-2625.

Students successfully completing the course will receive Review Training Credit in the following areas:

- Area 307 Practical Skills (4 hours)

For this course, business casual attire is appropriate.

**Training Officers:** Please be sure to include your department email address and the **email AND POST ID of the student to be enrolled** (For all sworn personnel) on all applications to assure prompt communications of all in-service training matters regarding this training.

**DISCLAIMER:** The Police Officer Standards and Training Council (POSTC) makes every effort, within its ability and resources, to provide the highest quality, most relevant in-service training programs available at minimum cost to all Connecticut police officers and agencies. However, POSTC does not provide legal advice, and does not endorse the accuracy or completeness of specific in-service training programs provided by each of its many contractors and training providers. The materials and opinions of individual providers offered during the course of in-service training are those of the instructor alone, and do not necessarily represent the position of the Police Officer Standards and Training Council or the State of Connecticut. Given the multitude of disparate factual scenarios with which law enforcement personnel are presented in the discharge of their official duties, students and sponsoring agencies are strongly advised and encouraged to seek the advice and counsel of their own legal advisors before implementing concepts or adopting specific measures discussed or recommended during in-service training sessions.

Training on the Web: [www.ct.gov/POST](http://www.ct.gov/POST)