

# METHODS OF INSTRUCTION

TRAINING PRACTICAL  
PROFESSIONAL POLICING SKILLS

✓ **Small Class Sizes for Individualized Expert Instruction**

✓ **12 Modules with Individual & Group Learning**

✓ **5 Days with 40 Hours In-Class Training**

**MAY 13 - 17  
2024**

New Britain Police Department  
10 Chestnut Street  
New Britain, CT 06051

**\$1,495/SEAT**



**REGISTRATION**

**+ LEARN MORE**

Course

# Overview

The **Methods of Instruction – Training Practical Professional Policing Skills** course fills a critical void in modern-day law enforcement training. During this intensive course, participants will be challenged by diving into paradigm-breaking scientific principles that can be immediately and directly applied to their academy or agency training program.

This learner-centric course utilizes an adult learning, problem-based approach. Individuals can expect to do a minimum of 20 hours of pre-class reading/viewing and assignments in addition to 40 hours of in-class instruction. Successful completion of this course requires the student to demonstrate a comprehensive understanding of the material and its application in a variety of contexts.

At the end of this course, participants will have a broad understanding of identifying critical training needs and building and instructing an evidence-based training program to address the essential skills required by law enforcement. In addition, instruction will include developing realistic, verifiable, and justifiable course training standards (CTS) to guide future teaching while protecting the agency and trainers.

The course is immensely challenging. It requires a willingness of the participant to leave behind strongly held biases and traditionalism and embrace a growth mindset.

Covered

## Topics

The course is delivered over a series of twelve modules with materials presented in scaffolded and interleaved methods with topics including:

- Scientific Foundations for Learning
- Skill Retention and Perishability
- Block vs. Interleaved Training
- Training Myths
- Applicable Neuroscience
- Mind Model
- Vision, Perception, Attention, and Performance
- Stress Arousal and Performance
- Decision-Making Models
- Decision Training and Behavior Training
- Implications of Memory / Applying Offline Modulators
- Principles of Motor Learning and Performance
- Types of Motor Movements; Motor Skill and Motor Learning Principles
- Memory and Motor Learning
- Role of Exercise to Enhance Learning
- Role of Sleep and Learning
- Mirror Motor Neurons
- Feedback Methods: Types and Timings
- Training 'Specificity'
- Contextual Interference, Effortful Retrieval, Spacing Effect, and Desirable Difficulties
- Skill Transfer to Novel Settings
- Skill Boosting and Priming
- Types of Performance Errors
- Identification and Validation of Critical Officer Skills / Gap Analysis
- Role of Student Motivation and Instructional Techniques to Enhance Learning
- How Imagery and Visualization Techniques Enhance Learning
- Course Training Standards – Design and Defense