



So you want to be a police officer? You have applied, been accepted and now all you have to do is run the P.O.P.A.T test. The test is designed to simulate a chase, a fight and a carry to safety. You must complete the test in less than 4 minutes and 45 seconds. If not properly prepared the POPAT can be an extremely demanding test of strength, stamina and will. At HPC we train the body to accommodate the huge demands placed on it during this test. During training we break the course down bit by bit and work at each fundamental movement that is essential to producing, not just a good time, but a great time. 4:45 min is the minimum time allowance for a successful completion of the POPAT – Don't be the minimum. Because **"UNTIL YOU DO IT YOU HAVEN'T DONE IT"**!

Program Includes:

- Design and implementation of an 8-week physical training program specific to the requirements of the POPAT.
- Two 90 minute training sessions per week. A qualified instructor will lead applicants through specific training sessions. Individuals are encouraged to attend *at least* one supervised training session per week. **Sessions are Wednesday (7:00 –8:30 pm) and Saturday (10:30 am – Noon) at the Physical Activity Complex (87 Campus Drive, U. of S.)**
- Periodic physical testing of skills specific to the POPAT.
- Two practice trials on the official POPAT course

Call 966-1006 for start date

COST: \$175.00 for past participants, \$200.00 for new participants

To Register call 966-1001

For more registration information contact Jason Weber at 966-1006 or email human.performance@usask.ca