



COURSE OVERVIEW

PCP-11PT, Physical Training 1, will take place in the gym and on the Jiu Jitsu mat. Prior to the commencement of Physical Training 1, students will undergo a physical abilities test. The test standards will be the same as those used by industry for pre-employment hiring purposes. The results will direct the structure of the physical fitness training plan in this course. All students will be expected to participate in 4 workouts per week, 2 resistance training workouts and 2 Self-defense (Jiu Jitsu) sessions.

Resistance Training

Those students who met the physical standard, will be permitted to submit their own logged resistance training workouts for approval. Those students that did not meet the physical standard will be expected to follow a provided resistance training workout and their progress will be monitored throughout the program.

The Academy provided workout plan is as follows (exercise substitutions will be considered when physical limitations exist):

Wednesdays:

- Push exercises
 - Barbell squats (5 sets of 5 repetitions)
 - Barbell bench press (5 sets of 5 repetitions)
 - Overhead barbell press (5 sets of 5 repetitions)

Fridays:

- Pull exercises
 - Barbell deadlift (5 sets of 5 repetitions)
 - Bent barbell row (5 sets of 5 repetitions)
 - Romanian deadlift (5 sets of 5 repetitions)

Self-defense (Jiu Jitsu) Sessions

During this 16-week module, the focus will be on worst-case scenario positions and situations in which a Paramedic may find themselves. The aim will be to give students the confidence they will need to survive against a bigger, stronger patient or bystander who may attempt to inflict harm (either voluntarily or involuntarily). The goal is to give students a baseline understanding.

Specific lessons include: overview of positions, punch blocks, takedowns, escapes, holds, and submissions



MEETING TIMES & INSTRUCTIONAL METHODS

Resistance training:	Wednesdays (Groups A&B)	09:00 – 10:00 / 13:00 – 14:00
	Fridays (Groups A&B)	09:00 – 10:00 / 13:00 – 14:00
Self-defense:	Tuesdays	15:00 – 16:00
	Thursdays	15:00 – 16:00
Total hours:	53	

REQUIRED MATERIALS, PREREQUISITES, & COREQUISITES

Class Materials

All students should bring the following items to each physical training session:
Athletic wear suitable for physical activity, water bottle for hydration, note pad & pen/pencil if you wish to take notes.

Prerequisites: None

Corequisites: PCP-105, PCP-107, PCP-112, PCP-113, PCP-114, PCP-116, PCP-117, & PCP-119

INSTRUCTOR(S)

Instructor(s):

Troy Berteit, PFT

E-mail: troy.bertheit@omnilifesupport.com

Voice: (506) 830-4277

Quantum Jiu Jitsu

E-mail: info@quantumjj.com

- Professor Alexander MacKinnon
- Professor Mike Lorette
- Adam Westfield
- Kyle Johannesen



LEARNING OUTCOMES

Upon successful completion of this course, it is expected that students will have improved their physical fitness and their ability to defend against physical confrontation in the course of performing their duties as a Paramedic. By the end of the course, the student will be able to:

- Demonstrate safe and proper execution of a Barbell squat
- Demonstrate safe and proper execution of a barbell bench press
- Demonstrate safe and proper execution of an overhead barbell press
- Demonstrate safe and proper execution of a barbell deadlift
- Demonstrate safe and proper execution of a bent barbell row
- Demonstrate safe and proper execution of a Romanian deadlift
- Demonstrate a 10% increase in initial lifting capacity when performing all exercises in their respective resistance training workouts
- Demonstrate basic ground positions
- Demonstrate blocking punches and closing the distance from an attacker
- Safely standup when an attacker is attempting to strike with punches
- Perform armlock from mount position
- Demonstrate the guillotine choke
- Demonstrate a choke from guard
- Demonstrate a defensive guard position
- Perform a sweep from a defensive position to a dominant position
- Perform an escape from in the mount position
- Perform a takedown from standing position
- Perform a standing headlock defense.

GRADING

While we do place a great deal of importance on physical fitness in this program, *Physical Training 1* is provided to the students more as an added value rather than a course that must be passed in order to proceed with the program. Attendance is mandatory but successes in this course will not be graded.

EXPECTATIONS & TIPS FOR SUCCESS

Gym Protocol: Students are expected to be courteous and respectful of others, and mindful that, while physical training should be fun, the gym is a shared working space with the primary goal of physical fitness goal attainment.



**OLS
Academy**

Primary Care Paramedicine 2023-24
Term 1 | Block 1 & 2
PCP-11PT Physical Training 1
OLS Academy
Course Outline

Unless otherwise notified by the class instructor, attendance to all classes is mandatory. Absences will be dealt with on a case-by-case basis.

Communication Methods: Students can email the instructor at troy.bertheit@omnilifesupport.com.

This outline is subject to change at the discretion of academy administrators.