

Online Northern Virginia Criminal Justice Academy

45299 Research Place

Ashburn, VA 20147

Online Classes - 2026

PoliceOne	Hours	Description	Coordinator
All registrations for PoliceOne Classes go through the Agency Training Officer			
<u>Situational Awareness for First Responders in Mass Casualty Incidents</u>	1 Hour Career Development	This course provides a comprehensive understanding of Situational Awareness techniques for first responders—police officers, firefighters, and EMTs—during mass casualty incidents (MCIs). The course highlights the critical role each group plays in assessing threats, securing scenes, and coordinating with other emergency personnel to manage dynamic and dangerous environments. Emphasis is placed on how the three disciplines work together in maintaining personal safety, establishing control through hot, warm, and cold zones, and ensuring the safe evacuation of injured civilians.	Tara Edwards
<u>Autism for Law Enforcement: Definition and Prevalence</u>	2 Hours Cultural Diversity	Autism is a lifelong developmental disability that affects how a person communicates with and relates to other people. It also affects how they make sense of the world around them. As law enforcement officers, you may encounter people with ASD, and it's important that you have a basic understanding of autism and its various types and presentations. In this course, learners will build a foundation of knowledge to assist them when faced with an individual that has autism and gain a generalized knowledge base to build upon so police officers become more comfortable when dealing with a person with autism.	Tara Edwards

<u>Autism for Law Enforcement: Promoting Safe Outcomes</u>	2 Hours Cultural Diversity	One in every five people with autism will interact with law enforcement before the age of 21. When an individual with autism is in crisis, officers need to be able to recognize the signs to be able to safely de-escalate the situation. In this second module of autism for law enforcement, officers will learn specialized de-escalation techniques and interventions specific to individuals with autism.	<u>Tara Edwards</u>
<u>Employee Free Speech</u>	2 Hour Career Development	This course examines the First Amendment right to free speech and its relevance to law enforcement professionals. Participants will learn to distinguish between protected and unprotected speech, including forms of expressive conduct. The course also introduces the legal criteria used to assess whether speech is protected under the First Amendment. Through the analysis of real-world law enforcement scenarios, participants will apply these criteria to better understand the potential workplace implications of various forms of speech.	<u>Tara Edwards</u>
<u>Extreme Ownership Leadership Training 101: Believe with Jocko and Leif</u>	1 Hour Career Development	The Believe module teaches the fundamental truth that a resolute belief in the mission is critical for any team or organization to win. In order to persevere through inevitable challenges or convince and inspire others to follow and accomplish a mission, a leader must be a true believer in that mission. Leaders must detach from the immediate tactical mission and understand how it supports strategic goals or ask questions for clarification when they cannot understand. Leaders must ensure they explain The Why behind the mission so that their teams can believe and successfully execute. With a combat example, detailed explanation of the principle, multiple examples of direct application to first responder situations, and role play demonstrations, this course illustrates the power of belief in the success of any team, in any arena.	<u>Tara Edwards</u>

Extreme Ownership Leadership Training 102: Extreme Ownership with Jocko and Leif	1 Hour Career Development	<p>The Extreme Ownership module teaches the foundational leadership principle of Extreme Ownership, a mindset where there are no excuses and no one else to blame. Leaders at every level of an organization, from Chiefs and Commissioners to those on the front line, must own everything in their world—everything that impacts their mission. The course illustrates the power of Extreme Ownership and its positive impact on organizations and their missions with combat examples, detailed explanation of the principle, direct application to first responders with multiple examples, and role play demonstrations of what to do and what not to do. It also explains the negative impact that results when Extreme Ownership is lacking.</p>	Tara Edwards
Extreme Ownership Leadership Training 103: Laws of Combat with Jocko and Leif	1 Hour Career Development	<p>The Laws of Combat are the behaviors we want to exhibit as leaders. The four Laws are (1) Cover and Move, (2) Simple, (3) Prioritize and Execute, and (4) Decentralized Command. These Laws are presented in order to help leaders understand the importance of each Law and how it fosters your ability to successfully implement others. When you focus on building good relationships, you open up the line of communication to ensure alignment. That simple, clear, and concise communication is then used in conjunction with detachment to ensure you are setting the correct priorities and clearly communicating them with others. Those relationships, clear communication, setting proper priorities, and an explanation of the why allows you to effectively decentralize command, and those four behaviors allow you to be most effective as a leader. In this module, Jocko and Leif explain all four Laws of Combat and how they apply to first responders using a combat example, detailed explanation of the principle, multiple examples of direct application to first responders, and role play demonstrations.</p>	Tara Edwards

<u>Extreme Ownership Leadership Training 104: Mindsets for Victory with Jocko and Leif</u>	1 Hour Career Development	<p>As human beings, we all have some common tendencies. We tend to lack discipline. We tend to freeze up when we see problems or prefer to wait for more information before taking action. We tend to avoid change and prefer to stay in our comfort zone. We tend to listen to our ego instead of checking our ego and being honest about our shortfalls. The Mindsets for Victory are the mindsets we must cultivate as a leader to fight against these natural tendencies we have. If we can be disciplined in a way that is not overly rigid, be decisive when faced with uncertainty, embrace necessary change, and check our ego, then we can successfully implement the leadership behaviors we are striving for – The Laws of Combat. This module illustrates the power of The Mindsets for Victory with combat examples, a detailed explanation of the principle, direct application to first responders with multiple examples, and role play demonstrations of what to do and what not to do.</p>	Tara Edwards
<u>Extreme Ownership Leadership Training 105: The Dichotomy of Leadership with Jocko and Leif</u>	1 Hour Career Development	<p>Balance in leadership is crucial to victory. It must be always monitored and adjusted to specific situations as they arise. It is not easy to maintain the constant shift, continual modulation, and frequent adjustment necessary to balance all the dichotomies across every spectrum of leadership characteristics. Yet this skill is essential for effective leadership. The goal of The Dichotomy of Leadership is to help leaders overcome that struggle through examples of how to find the right balance in leadership – to moderate the idea of leading from the extremes and maintaining balance – within teams, among peers, and both up and down the chain of command. With a combat example, detailed explanation of the principle, multiple examples of direct application to first responders, and role play demonstrations, this course illustrates the importance of balance in the success of any team, in any arena.</p>	Tara Edwards

<p><u>Extreme Ownership Leadership Training</u></p> <p><u>106: Leading Up and Down the Chain of Command with Jocko</u></p>	<p>1 Hour Career Development</p>	<p>Leading down the chain of command requires regularly stepping out of your office or workspace and personally engaging with your frontline troops or individual contributors, understanding their particular challenges, and reading them into the bigger picture. Leading up the chain of command entails building relationships with your leaders so you can engage directly with them in order to obtain the decisions and support necessary to enable your team to accomplish its mission and ultimately help you win. With a combat example, detailed explanation of the principle, multiple examples of direct application to first responders, and role play demonstrations, this course gives you the tools necessary to lead up, down, and across the chain of command to achieve victory.</p>	<p>Tara Edwards</p>
<p><u>Human Trafficking 101</u></p>	<p>1 Hour Career Development</p>	<p>The course aims to equip learners with a fundamental understanding of the complexities surrounding human trafficking, its root causes, and its devastating impacts on individuals. It will explore topics such as the different forms of human trafficking, including sex trafficking, labor trafficking, and domestic servitude, and the methods used by traffickers to control and exploit their victims. This course also explores strategies for victim identification and support and emphasizes the importance of public education in preventing human trafficking.</p>	<p>Tara Edwards</p>
<p><u>Managing Fatigue in 24/7 Operations</u></p>	<p>1 Hour Career Development</p>	<p>This comprehensive course explores the relationship between human fatigue and important biological functions that impact not only personal well-being and officer safety but also organizational liability and overall risk management. This course describes the factors that cause fatigue and the individual and organizational strategies that can be used to mitigate the negative effects of fatigue. Participants will be exposed to multiple areas designed to raise awareness of fatigue factors, both within and outside of their control, in order to improve performance and mitigate the risks from fatigue.</p>	<p>Tara Edwards</p>

<u>Overcoming Resistance: Start with Mental Preparation</u>	1 Hour Career Development	<p>Human beings have a general desire for a schedule and a routine. However, in law enforcement operations, complacency because of routine can get us killed. Discover how mental preparation is a key ingredient to changing our perspectives regarding our routines, and therefore increases our safety on the street. In this course, we take a deeper look at mental preparation and the important role it plays in our lives as law enforcement professionals.</p>	Tara Edwards
<u>Officer Safety and Procedure in Domestic Violence Response</u>	1 Hour Career Development	<p>This two-hour course will equip officers with the knowledge that will help them address domestic violence calls.</p>	Tara Edwards
<u>Court Tactics and Techniques</u>	1 Hour Career Development	<p>There are few places more dynamic, emotional, and potentially dangerous to transport an inmate than a courthouse. Anytime you transport an inmate out of a secure correctional facility, you must be vigilant of your surroundings. This is exponentially true for courthouses and courtrooms. Inmates, their family, victims, and enemies know in advance when then court proceedings will be held. This provides ample opportunity for escape attempts, passing of contraband or assaults. That coupled with the emotional context around court proceedings, testimony, and sentencing, the courtroom requires a heightened level of awareness and security. This course will focus on transporting and monitoring inmates going to court, in a way that is safe and efficient for the inmate, yourself, and others.</p>	

Spanish On Patrol	Hours	Description	Coordinator
<u>Spanish on Patrol</u>	28 Career Development 2 hours Cultural Diversity	Knowing how to give basic Spanish commands, or ask basic questions, leads to greater effectiveness on the street. If a police officer can ask a Spanish speaking witness for a description of an assailant, or a description of a car used in a drive-by, it will speed up the investigation. Spanish On Patrol's Spanish for Law Enforcement covers Spanish spoken in Mexico, Central and South America, as well as street slang, Spanglish, cuss words, vulgar and other threatening language.	<u>Tara Edwards</u>