## **Notta Mercer County1101Notta Mercer County1101MERCER COUNTY POLICE ACADEMY**

**WILL**

#### BE HOSTING:

PHYSICAL CONDITIONING INSTRUCTOR COURSE

***Course Description****:* The Physical Conditioning Instructor Course is a 40-hour course conducted over five days. The course is designed to prepare law enforcement officers to implement and teach a physical fitness program in their agencies or in a police academy. It is a prerequisite for certification by the Police Training Commission as a Physical Conditioning Instructor. The Course requires participation in practical exercises as well as classroom instruction on fitness related topics. **Class size is limited (18).**

**Required Equipment - Appropriate exercise clothing should be worn to class. Extra exercise clothing and shower amenities must be brought everyday. Shower facilities will be provided after physical training.**

NOTE: EACH STUDENT MUST PASS THE PHYSICAL CONDITIONING TESTING REQUIREMENTS FOR RECRUITS set by the Police Training Commission. Also, This is a physically demanding course requiring attendees to fully participate in the following areas: fitness assessment, strength conditioning, running and be prepared to exercise each day of the course.

# **Date:** **March 12 – March 16, 2018 Time:** **8:00 am – 4:00 pm**

**Note:** March 12th (1st Day): Class will meet at the Police Academy Classroom, E/T Bldg., Rm. 207 and will perform Physical Conditioning Testing Requirements immediately after.

**Fee:** No Fee- Mercer County Agencies $50.00- Out of County Agencies

**Checks or Purchase Orders payable to : Mercer County Police Academy Trenton, NJ**

# **Instructor(s):** Mercer County Police Academy Staff

**Location:** **Mercer County Police Academy @ Mercer County Community College**

1200 Old Trenton Road

West Windsor, NJ 08690

E/T Building, Room: E/T-207

**Register:** **Complete this registration form and email or fax to:**

Mercer County Police Academy

At Mercer County Community College

##### Engineering and Technology Building 1st Floor Room 131

##### 1200 Old Trenton Road, West Windsor, NJ 08690

(609) 584-2302 office (609) 584-2306 fax

**Please print clearly or type below.** (Make copies of this form for additional students)

NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_RANK:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DEPARTMENT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_PHONE #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

APPROVED BY:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Chief or Designee) (Date)