



# MERCER 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).**

**Who should attend:** Law enforcement officers who require physical conditioning instructor certification by the Police Training Commission.

**NOTE:** 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. **Appropriate exercise clothing should be worn to class.**

**Date:** August 25, 2014 – August 29, 2014    **Time:** 8:30 am – 4:30 pm  
**Note:** August 25th (1<sup>st</sup> Day): Class to be held at the Police Academy, E/T Bldg., Rm. 207

**Fee:** No Fee- Mercer County Agencies    \$50.00- Out of County Agencies  
**Checks or Purchase Orders payable to :** County of Mercer, c/o Mercer County Police Academy, Mercer County Prosecutor's Office, 1589 Lamberton Road, P.O. Box 8068, Trenton, NJ 08650.    **No Cash Accepted**

**Instructor(s):** Mercer County Police Academy-Det. Robert Gioscio

**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 mail 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)