



Craig Guy
County Executive

**COUNTY OF HUDSON
DEPARTMENT OF LAW
PUBLIC SAFETY TRAINING CENTER
635 COUNTY AVENUE
SECAUCUS N.J. 07094**



Mark G. Miller
Director

Course – NJ PTC Physical Conditioning Instructor Course **Dates** – March 10 -14, 2025

Time - 0800hrs – 1600hrs

Available Seats - 20

Cost - \$125.00 (Excludes HCPO, HCSO, HCDC)

Equipment –

- P.T. gear (sneakers designed for running, t-shirt/sweatshirt, athletic shorts/sweatpants)
- Water bottle(s)
- Notebook, pens, pencils
- Lunch, healthy snacks (there are also local restaurant/deli options)

Course Description - This 40-hour Police Training Commission accredited course prepares an Officer to gain certification as a Physical Conditioning Instructor. Students will learn the implementation of the Police Training Commission Physical Conditioning Program. Instructional topics include fitness levels, physical fitness assessments, exercise physiology, substance abuse, diet and nutrition, and more. Officer must be in good physical condition in order to participate in the daily physical fitness sessions.

Students should be prepared to complete the following timed physical fitness assessments on day 1 of the course. **(Failure to complete any of the assessments in the allotted time will result in dismissal from the course)**

- Vertical Jump (15 inches, 3 attempts)
- Sit-ups (28 repetitions, 1 minute or less)
- 300 Meter Run (70.1 seconds or less)
- 1 Minute Push-up (24 repetitions)
- **1.5 Mile Run (13:30 or less)**

Prerequisite – MOI certificate is preferred

Checks are made payable to: County of Hudson
Public Safety Training Center
635 County Ave, Meadowview #12
Secaucus, NJ 07094

Send completed applications to HCPSTC@HCNJ.US no later than 3/1/25