



Rockland County Police and Public Safety Academy

50 Sanitorium Road

Building G

Pomona, New York 10970

845-364-8700

www.rocklandcountypoliceacademy.com

- Course Name:** NYS DCJS Physical Training Instructor
- Length:** 32 hours / 4 days
- Tuition:** \$600
- Prerequisites:** Sworn Law Enforcement or authorized Security Personnel
Medical Evaluation form required - signed and stamped by Physician.
Students must achieve 70 percent of the NYS DCJS Cooper Standard.
- Required:** Note taking materials
Hydration
- Attire:** Physical Fitness Training gear
- Description:** This is a DCJS certified course. This course prepares students to instruct the Physical Fitness portion of the Basic Course for Police Officers. Students learn principles of nutrition, exercise, injury prevention and methods to conduct Physical Fitness tests.
- Registration:** [Available Training - Acadis® Portal \(rcpin.net\)](http://rcpin.net)

Male:			
Age	Sit-ups (1 minute)	Push-ups (unbroken)	Run (1.5 miles)
20-29	45	41	10:59
30-39	41	34	11:22
40-49	36	26	11:58
50-59	31	21	12:53
Female:			
Age	Sit-ups (1 minute)	Push-ups (unbroken)	Run (1.5 miles)
20-29	41	24	12:51
30-39	32	18	13:24
40-49	27	14	13:58
50-59	22	9	15:43