

Public Safety Training Facility Program Announcement

Physical Fitness Instructor Course

Date/Time: October 12 through October 16, 2026
8:00 a.m. to 4:00 p.m.

The Monroe County Public Safety Training Facility (PSTF), under the auspices of the NYS Division of Criminal Justice Services (DCJS), will be holding the Municipal Police Training Council (MPTC) approved ***Physical Fitness Instructor Course*** at 1190 Scottsville Road, Rochester, New York. This course prepares attendees for instructing topics related to physical fitness training. Participants will learn the necessary life skills in physical fitness and wellness to instruct new officers and seasoned law enforcement personnel so they may live a longer and healthier life. The program includes classroom lecture, physical training, and practical exercises.

Students who successfully complete this course will receive DCJS certification as a Physical Fitness Instructor and two (2) college credits from Monroe Community College (MCC).

Prerequisites

- Full or part-time active duty NYS police, peace, or campus public safety officer;
- Completion of a DCJS approved Instructor Development Course;
- Successful completion of a physical fitness test on the first day. Candidates who are unsuccessful will be dismissed from the course (see Special Testing Requirements).

Required Attire and/or Equipment

- Attire (dress code)
 - Physical fitness training attire (including foul weather gear)
- Equipment
 - Water bottle

Instructional Areas Include

- Recruit-level fitness standards
- Screening devices
- Fitness training
- Nutrition
- Anatomy
- Exercise physiology
- Cardiovascular fitness training
- Coronary risk factors
- Flexibility training
- Exercise safety
- Exercise guidelines and program development
- Strength training
- Wellness
- Motivation

Graduation Requirements

- 90% attendance (policy set by Monroe Community College)
- 70% passing grade on written examination(s)
- Passing scores on all practical physical fitness components

Course Tuition and Fees

- Tuition: \$446.00 (per person)
- Estimated Student Fees: \$119.50 (Student fees may vary each semester)
- Agencies will be billed directly

Note: MCC may find it necessary to revise tuition and fees as necessary and reserves the right to do so.

Reservations: Please complete the online reservation process at the following link: [Law Enforcement Program Course Reservation Form](#) prior to the deadline of **September 18, 2026**. Submitting a reservation does not guarantee admittance. Confirmation notices will be emailed to the individual who submits the reservation request approximately 2 weeks prior to the class. Please remember to check your junk/spam folder.

To avoid double tuition billing, a [Certificate of Residence](#) is required from students who reside outside of Monroe County.