



# MERCYHURST

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## UNIVERSITY

5999 State Route 89  
P.O. Box 246  
North East, PA 16428

(814) 725-6121

[policeacademy.mercyhurst.edu](http://policeacademy.mercyhurst.edu)

### MUNICIPAL POLICE TRAINING ACADEMY

**1. Attend information session.**

- a. Dates are posted at [policeacademy.mercyhurst.edu/information sessions](http://policeacademy.mercyhurst.edu/information%20sessions)

**2. Successfully complete the Mercyhurst University application process:**

- a. Apply to Mercyhurst University at <https://apply.mercyhurst.edu/>. All Academy Cadets are considered full-time students of the University. If you are not registered or cannot be registered for any reason you may not be accepted into the Academy class.
- b. Complete the **Federal Application for Federal Student Aid (FAFSA)** <https://fafsa.ed.gov/>. All students are required to submit this application whether you are seeking financial aid or not.
- c. Request High School transcript through Guidance office to be mailed to:

**University Admissions**

Attention: Kathy Hill  
501 East 38<sup>th</sup> St  
Erie, PA 16546.

- d. GEDs can be requested online at <https://www.diplomasender.com/>
- e. If you have attended any college, you must supply each college transcript as well.
- f. If you are a **Veteran** and plan on using any military benefit you must submit your DD-214 and Letter of Eligibility.

**3. Successfully complete the Nelson-Denny Reading Test**

- a. The Nelson-Denny reading test is a standardized reading test that measures the reading ability of high school and college students. The Nelson-Denny includes two parts: Vocabulary and comprehension. The first part of the test, vocabulary, is made up of 80-100 multiple-choice items, each with five response options. The time allowed for this part of the exam is 15 minutes. The second part, comprehension, requires students to read 5-8 passages and to respond to 36-38 multiple-choice questions based on the content of those passages. The time allowed for this part of the exam is 20 minutes.

**4. Successfully complete physical fitness test battery (see below)**

**5. Successfully complete MMPI-2**

- a. It is recommended you make your appointment on a date after your scheduled physical assessment.
- b. The original Minnesota Multiphasic Personality Inventory (MMPI) was published in 1940 and the second revised version—the MMPI-2—was published in 1989. It is the most widely used psychometric test for measuring adult psychopathology in the world. The MMPI-2 is used in mental health, medical and employment setting.

**Dr. Richard Sekula**

2545 West 26 St  
Erie, PA 16509  
814-397-6077



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6. **Successfully pass medical physical examination by licensed MD, DO, NP, PA and meet legislated standards.** You will be supplied with the standardized form. It **MUST** be completed properly and signed by the physician and applicant.
  
7. **Successfully pass 10 panel drug screen**
  - a. A **Ten-panel drug screen** is often administered to test employees of law enforcement and occupational medicine, as well as to examine if a person on legal probation is violating the terms of that probation. Further, many civil servants are required to pass a 10-panel drug screen, particularly if their job entails dangerous work or work where the employee is responsible for the safety of others. A **standard 10-panel drug urine test** typically looks for cocaine, marijuana, PCP, amphetamines, opiates, benzodiazepines, barbiturates, methadone, propoxyphene, & Quaaludes.
  - b. **Instructions for 10-panel drug screen:**

Request a 10-panel drug screen to be completed at the below location. After you receive the results in the mail, you will then be responsible for turning them in to the Police Academy.

**Location of drug screening:**  
**St. Vincent Occupational Health**  
1910 Sassafras Street, Suite 200, Erie, PA  
814-452-7879  
Hours are Monday through Friday, 7:00a – 5:00p, no appointment necessary  
Cost is \$45.00 – payable by cash, check, or credit card

**Veterans** may be eligible for free drug screening at the VA Medical Center.
  
8. **Successfully demonstrate no disqualifying criminal history**  
<https://epatch.state.pa.us/>
  
9. **Have current driver's license and supply official driving record**  
<https://apps.pa.egov.com/idr>
  
10. **Demonstrate United States Citizenship.**
  - a. Two forms of identification. Most common are:
    - i. Valid Driver's License
    - ii. Social Security Card
    - iii. Passport
  
11. **Demonstrate proper demeanor and attitude in a personal interview with Academy staff**
  
12. **Forward all electronic copies of any of the above information to: [gbahm@mercyhurst.edu](mailto:gbahm@mercyhurst.edu)**



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### MUNICIPAL POLICE TRAINING ACADEMY

#### Physical Fitness Test Battery Protocols and Guidelines

Police officers in the Commonwealth of Pennsylvania need to be concerned about physical fitness and health. Physical fitness and health effects:

- A. Ability of police officers to perform essential functions of the job.
- B. The risk of an officer using excessive force in certain situations.
- C. The risks to an officer's health associated with a career in law enforcement.
- D. Legal considerations related to litigation and court challenges.

The Fitness Test Batteries required of applicants and cadets measure the following areas of physical conditioning that effect police officers.

- |                  |                                      |
|------------------|--------------------------------------|
| A. Sit-ups       | Muscular Endurance (abdominal)       |
| B. 300 Meter Run | Anaerobic Power (sprinting ability)  |
| C. Push-ups      | Muscular Endurance (upper body)      |
| D. 1.5 Mile Run  | Aerobic Capacity (cardiorespiratory) |

**MPOETC** uses the Cooper Health-Based norms and Cooper Health-Based protocols for assessing and testing cadets' physical fitness levels. Two different tests are given, one to applicants prior to enrollment and one to cadets prior to graduation from the academy. Both are designed to measure the cumulative effect on the cadet and therefore each complete test battery must be given at one time, on a single day, exactly as outlined below within established protocols.

Due to the cumulative nature of the test battery, each event must be successfully completed with at least the minimum score before the next event can be attempted. If an individual does not successfully meet the required minimum standard in any event of a fitness battery, the test is immediately terminated, and no other events can be attempted at that time.

**By regulation, an applicant must successfully complete the Entrance Fitness Test Battery for enrollment in the police academy.**

Based on Title 37 § 203.11 Qualifications, **MPOETC** requires each applicant to achieve a 30<sup>th</sup> percentile (Cooper standards) in each listed event of the Fitness Test Battery, in the order indicated, prior to being enrolled in a police academy:

- A. 300 Meter Run
- B. One (1) Minute Push-ups
- C. One (1) Minute Sit-Ups
- D. 1.5 Mile Run



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## MUNICIPAL POLICE TRAINING ACADEMY

### Fitness Test Requirements

	[Male Standards]					[Female Standards]				
AGE	20-29	30-39	40-49	50-59	60+	20-29	30-39	40-49	50-59	60+
<b>1 Minute Sit-up</b>										
50TH	40	36	31	26		35	27	22	17	
30TH	35	32	27	21		30	22	17	12	
<b>300 Meter Run</b>										
50TH	56.0	57.0	67.6	80.0		64.0	74.0	86.0		
30TH	62.1	63.0	77.0	87.0		75.0	82.0	106.7		
<b>1 Minute Push-up</b>										
50TH	33	27	21	15		18	14	11		
30TH	26	20	15	10		13	9	7		
<b>1.5 Mile Run</b>										
50TH	11:58	12:24	13:12	14:23		14:04	14:34	15:34	17:19	
30TH	13:15	13:44	14:34	15:50		15:46	16:42	17:29	19:10	
<b>1 RM Bench Press Ratio</b>										
30TH	0.93	0.83	0.76	0.68	0.63	0.56	0.51	0.47	0.42	0.40

#### Final Testing Order:

- 1 Minute Sit-up
- 300 Meter Run
- 1 Minute Push-up
- 1.5 Mile Run

#### Pre-Academy testing order:

- 300 Meter Run
- Push Ups
- Sit Ups
- 1.5 Mile Run

This is a cumulative test. Each event is pass/fail; thus, if one event is failed, the entire test is failed. There is no “averaging” of scores.



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**Information/Application Sessions** for Police Academy Class 118 which begins July 2021

- Tuesday, March 16, 6PM
- Wednesday, March 24, 6PM
- Wednesday, March 31, 1PM
- Wednesday, April 7, 6PM
- Wednesday April 14, 1PM
- Wednesday, April 21, 6PM
- Wednesday, May 5, 6PM
- Wednesday, May 12, 1PM
- Wednesday, May 19, 6PM
- Wednesday, June 2, 6PM, if needed

All sessions to be conducted at the **Municipal Police Training Academy**. We are located on Rt. 89 just north of Interstate 90. The physical address of the Academy is 5999 State Rt. 89, North East, PA 16428.