

Course Objectives/Course Outline
Spokane Community College

Course Title: Criminal Justice Physical Training

Prefix and Course Number: CJPE 133

Course Learning Outcomes:

By the end of this course, a student should be able to:

- Students gain an understanding of the advantages of wellness and fitness as a lifestyle.
- Students learn how to train properly for fitness success.
- Students learn to grapple, run, lift weights, and generally exercise in a fun yet demanding environment.
- Students demonstrate teamwork, goal setting and improvement in specific fitness test elements.
- Students learn proper nutrition to enhance fitness and wellness.

Course Outline:

- I. Overview
 - A. Fitness enhances quality of life
 - B. High fitness levels enhances wellness and quality of life
 - C. Low fitness levels reduces wellness and quality of life
- II. Life Spans
 - A. Average person – 74 years
 - B. Average police officer – 57 years
- III. Risk Factors
 - A. Sedentary job
 - B. Explosive physical demand
 - C. Coronary episodes
 - D. Back problems
 - E. Cholesterol
 - F. Blood Pressure
 - G. Smoking
 - H. Diabetes
 - I. Triglycerides
 - J. Stress (Law enforcement/Medical Field/Fire)
 - K. Type “A” personality
 - L. Age and Sex (Can’t be changed)
- IV. Wellness
 - A. Consider health, disease and risk potential.
 - B. Positive state to total well being
 - C. Positive lifestyle behaviors and good health habits.
- V. Fitness
 - A. Condition of the body enabling activity
 - B. Strength
 - C. Endurance
 - D. Stamina
 - E. Flexibility
 - F. Coordination
 - G. Power
 - H. Speed Accuracy
 - I. Balance

- J. Fatigue
- K. Exhaustion
- VI. Foundation
 - A. Rest, diet and exercise
 - B. Proper nutrition
 - C. Mental State
 - D. Goal setting
 - E. Positive lifestyle
 - F. Good health habits
- VII. Goal Setting
 - A. Individualized, progressive, and systematic process of accomplishing fitness standards
 - B. Fitness moves from the physical to the mental
 - C. Personalized fitness is a characteristic of goal setting
 - D. Setting achievable goals is the key to the process of establishing a personal fitness program
- VIII. Strength Training
 - A. Strength Development
 - B. Strength and force
 - C. Strength gains by system
 - D. General training principles
 - E. Specific training techniques
- IX. Flexibility
 - A. Purpose of stretching
 - B. Proper stretching
 - C. Timing of stretching
 - D. Types of stretching
 - E. Ballistic stretching
 - F. Static stretching
 - G. The stretch reflex
- X. Stretching Components
 - A. Warm muscle groups for 2-5 minutes before stretching
 - B. Easy Stretch
 - C. Development Stretch-slowly build length of muscle
 - D. Breath while stretching
 - E. Tempo
- XI. Nutrition
 - A. Essential Dietary Components
 - B. Carbohydrates
 - C. Proteins
 - D. Fat
 - E. Vitamins
 - F. Water
 - G. Carbohydrates
 - 1. Main source of fuel
 - 2. Function of carbohydrates
 - 3. Where do they come from?
 - H. Proteins
 - 1. Hair, eyes, skin, and muscle are primarily protein
 - 2. Normal diet should contain 12% to 20% protein
- XII. Fats
 - A. Function of fats
 - B. Fat is good

- C. Too much fat is bad
- XIII. Vitamins
 - A. Multiple vitamins recommended on daily basis
 - B. Supplements
- XIV. Water
 - A. No calories
 - B. Essential to body function
 - C. Energy content of foods depends on its water content
 - D. Approximately 45% of body weight is water
 - E. Proper hydration
- XV. Calories
 - A. How many are enough
 - B. How do we count them
 - C. How to reduce
- XVI. Workout Overview
 - A. Orientation
 - B. Medical coverage
 - C. Injuries
 - D. Absent
 - E. Tardy
 - F. Teamwork
 - G. Attire
- XVII. Workouts
 - A. Mentors
 - B. Calisthenics
 - C. Distance running
 - D. Sprinting
 - E. Line runs
 - F. Lateral movement
 - G. Obstacle Courses
 - H. Grappling
 - I. Short track
 - J. Jumping
 - K. Climbing
 - L. Swimming
 - M. Weight training
 - N. Sports drills
 - O. Cops & robbers
 - P. Campus tour
 - Q. Tortoise & hare
 - R. Rescues
 - S. Drags
 - T. Relays
 - U. Fast fitness Trust falls
 - V. Ballgames
 - W. Maximum effort
 - X. SWAT test
- XVIII. Fitness Tests
 - A. 300 meter sprint
 - B. Jump and reach
 - C. Push-ups
 - D. Sit-ups

Print Date: 5/5/15

E. 1.5 mile run