

**Course Objectives/Course Outline**  
**Spokane Community College**

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**Course Title:** Criminal Justice Physical Training

**Prefix and Course Number:** CJPE 243

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**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