



MASTER COURSE OUTLINE

A. CRJU 1145 Physical Training and Wellness for Peace Officers

B. COURSE DESCRIPTION:

This course is designed to assist students in engaging in a physical fitness program that is applicable to the training they will encounter in the skills training component. Topics covered are overall wellness, fitness exercises, components of fitness, and fitness assessments by the Cooper testing standards, and strengthening the areas necessary. Nutrition and how it must be balanced with an exercise program for success in weight loss, gain, or maintenance will be covered. Students will be exposed to a variety of physical agility testing as set by current peace officer standards.

(1 Cr – 0 lect, 1 lab)

C. **Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ☒ ILO 1: critical thinking (*Core Theme Goal 2*)
- ☐ ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ☐ ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ☐ ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Physical fitness and wellness
- Principles of nutrition for wellness
- Cooper testing standards
- Principles of weight control and management
- Cardiovascular endurance and assessment
- Principles of muscular flexibility
- Skill related components of physical fitness
- Peace officer physical agility standards

F. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

GOAL	OBJECTIVES Students will be able to	OUTCOMES The student will successfully
** Critical Thinking	gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	1. create a fitness program and wellness program which meets strenuous demands put on an individual in the criminal justice field.
<u>CS</u>	assess personal current levels of fitness and evaluate what areas need improvement.	1. complete the Cooper physical fitness test.
<u>CS</u>	understand the importance of why certain exercises are necessary for overall fitness.	1. apply basic exercises to improve all components of fitness.
<u>CS</u>	understand proper information about nutrition and how nutrition needs must be balanced with prudent exercise program.	1. implement proper nutrition choices along with adhering to exercise program.
<u>CS</u>	understand the importance of maintaining flexibility in their conditioning program.	1. complete physical agility testing of different peace officer agencies.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION:

Course Code D/Class Maximum 30; Pass/No Credit

Revision date: 01/19/16; 03/14/23

AASC Approval date: 02/16/16; 04/18/23

*Riverland Community College Disciplines	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

**Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

*These five MnTC Goals have been identified as Riverland Community College Disciplines.

** These five MnTC Goals have been identified as Riverland Community College Core Themes.

NOTE: The Minnesota Transfer Curriculum “10 Goal Areas of Emphasis” are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.