# COURSE OUTLINE OF RECORD

**Number:** CJ G065  
**Title:** Police Academy - Lifetime Health & Fitness

**Originator:** Derrick Watkins  
**Eff Term:** Summer 2018

**Formerly Known As:**  
**Date of Outline/Review:** 03-20-2018

**Cross Listed Course:**  
**Top No:** 2105.00

**Semester Units:** 2.0  
**Hrs Lec:** 15.0  
**Hrs Lab:** 65.0  
**Hrs Other:** 0.0  
**Contact Hrs Total:** 80.0  
**Study Non-Contact Hrs Recommended:** 30.0

**Catalog Description:**

The Lifetime Fitness course stresses the important components of a lifestyle that supports the development and maintenance of good physical and mental health and reduces the risk of illness or injury. The primary focus emphasizes sound physical and mental health and the direct impact on the fitness and endurance of the law enforcement professional, as developed by the California Commission on Peace Officer Standards and Training.

**Justification for Course:**

Co-requisite of CJ G064

**Prerequisites:**

- CJ G054: Police Academy, Regular Basic Course, Orientation with a minimum grade of C or better

**Corequisites:**

- CJ G064: Police Academy - Regular Basic Course

**Advisories:**

**Assigned Disciplines:**

Administration of justice (police science, corrections, law enforcement)

**Material Fee:** Yes [ ] No [X] Amount: $0.00

**Credit Status:** Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]

**Grading Policy:** Pass/No Pass [ ] Standard Letter [X] Not Graded [ ] Satisfactory Progress [ ]

**Open Entry/Open Exit:** Yes [ ] No [X]

**Transfer Status:** CSU Transferable [ ] UC/CSU Transferable [ ] Not Transferable [X]

**Basic Skills Status:** Yes [ ] No [X]  
**Levels Below Transfer:** Not Applicable

**California Classification Codes:** Y - Not Applicable

**Non Credit Course Category:** Y - Not applicable, Credit Course

**Occupational (SAM) Code:** B

**Repeatable According to State Guidelines:** No [X] Yes [ ] Number Repeats:  
**Required For Degree or Certificate:** No [ ] Yes [X]

Law Enforcement Option(Certificate of Achievement)  
Police Academy(Associate in Arts)  
Police Academy(Associate in Arts)  
Police Academy(Associate in Arts)

**GE and Transfer Requirements Met:**
COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:

1. Practice techniques used to evaluate physical fitness in a facilitated discussion, workbook assignment, computer-assisted training session or equivalent learning activity.

2. Identify common injuries, diseases and conditions brought on by the physical and psychological demands of the law enforcement profession.

3. Describe the effects of stress on psychological and physical demands of the body.

COURSE OBJECTIVES:

1. For a complete listing, please see the publication: Training and Testing Specifications for the Peace Officer Basic Course (Learning Domains 32 - Lifetime Fitness), issued by the California Commission on Peace Officer Standards and Training, February 15th, 2018. On file with the Criminal Justice Division Office.

2. Track exercise adaptation for the start of the program through conclusion.

3. Monitor exercise recovery and muscular endurance/growth during the duration of the program.

4. Make progress toward the ultimate goals of the Lifetime Fitness Program.

COURSE CONTENT:

LECTURE CONTENT:

A. Personal Fitness Programs
   1. Personal Lifetime Fitness Program
   2. Aerobic Conditioning
   3. Anaerobic Conditioning
   4. Muscular Strength
   5. Muscular Power
   6. Muscular Endurance
   7. Flexibility/Stability/Mobility
   8. Core
   9. Acceleration and Agility
   10. Body Composition and Performance
   11. Recovery

B. Nutrition for Life
   1. Components of Food
   2. Nutritional Planning
   3. Workbook Learning Activities

C. Common Medical Concerns for Police Officers
   1. Fitness Consequences
   2. Cardiovascular Disease
   3. Gastrointestinal Disorders and Disease
   4. Orthopaedic Injuries
   5. Anatomical Injuries
   6. Workbook Activities

D. Recognizing and Managing Stress
   1. Recognizing Stress Symptoms
   2. Alcohol Use and Abuse
   3. Tobacco Use and Abuse
   4. Caffeine Use and Abuse
   5. Drug Use and Abuse
   6. Stress Management
   7. Workbook Learning Activities
LABORATORY CONTENT:

A. Physical Training Sessions
   1. Distance running.
   2. Body weight conditioning.
   4. Plyometrics.
   5. Sprinting.
   6. Weight Training.
   7. Calisthenics.
   8. Ground Based Conditioning.

B. Physical Fitness Qualification Test Practice
   1. Solid six foot wall climb.
   2. Chain link six foot wall climb.
   3. 400 meter run for time.
   4. 165 pound simulated body drag.
   5. Obstacle course.
   6. POST Physical Fitness Qualification.

METHODS OF INSTRUCTION:

A. Lecture:
B. Lab:
C. Independent Study:

INSTRUCTIONAL TECHNIQUES:

Group ground based conditioning, formation runs, group stretching and weightroom training.

COURSE ASSIGNMENTS:

Reading Assignments

Textbook: Basic Course Workbook Series, LD #32- Lifetime Fitness, and instructor handouts.

Out-of-class Assignments

None

Writing Assignments

Students will complete written exercises addressing lecture topics. The instructor will facilitate class discussions, small group discussions, and practical exercises in lifetime fitness.

METHODS OF STUDENT EVALUATION:

Midterm Exam
Written Assignments
Projects (ind/group)
Problem Solving Exercises
Skills Demonstration

Demonstration of Critical Thinking:

Instructor facilitated group discussions, demonstrations, panel discussions, case studies, role-playing, simulations, and self-assessment quiz.

Required Writing, Problem Solving, Skills Demonstration:

Students will complete written exercises addressing lecture topics. The instructor will facilitate class discussions, small group discussions, and practical exercises in lifetime fitness.

TEXTS, READINGS, AND RESOURCES:
TextBooks:

LIBRARY:
Adequate library resources include:

Comments:

Attachments:
Attached Files