



BROWARD COMMUNITY COLLEGE COURSE OUTLINE

LAST REVIEW: 2008-2009
(i.e. 2003-2004)

NEXT REVIEW: 2013-2014
(i.e. 2008-2009)

STATUS: A
(A, I, D)

COURSE TITLE: Criminal Justice Officer Physical Fitness Training-LE

COMMON COURSE NUMBER: CJK 0096

CREDIT HOURS:

CONTACT HOUR BREAKDOWN

(per 16 week term)

CLOCK HOURS: 60
(Voc. Course ONLY)

Lecture: 2

Lab: 58

Clinic:

Other:

PREREQUISITE(S):

COREQUISITE(S):

PRE/COREQUISITE(S):

COURSE DESCRIPTION *(750 characters, maximum):*

This course is designed to introduce the student to physical conditioning, aerobic capacity, and wellness conditioning and training. It will help the student to better understand the need for a police officer to maintain physical conditioning and how an officer needs to possess those basic skills to perform the physical tasks required of criminal justice officers.

UNIT TITLES

1. Physical Conditioning and Wellness



BROWARD COMMUNITY COLLEGE COURSE OUTLINE

EVALUATION:

Please provide a brief description (250 characters maximum) that details how students will be evaluated on the course outcomes.

1. In-class exercises
2. Individual presentations
3. Group presentations
4. Written Examinations

**** Complete the following only if course is seeking general education status ****

GENERAL EDUCATION Competencies and Skills *:

Please highlight in **green** font all Competencies/Skills from the list below that apply to this course. In the box to the right of the Competency/Skill, enter all specific learning outcome numbers (i.e. 1.1, 2.7, 5.12) that apply.

1. Read with critical comprehension	
2. Speak and listen effectively	
3. Write clearly and coherently	
4. Think creatively, logically, critically, and reflectively (analyze, synthesize, apply, and evaluate)	
5. Demonstrate and apply literacy in its various forms: (highlight in green ALL that apply) (1. technological, 2. informational, 3. mathematical, 4. scientific, 5. cultural, 6. historical, 7. aesthetic and/or 8. environmental)	
6. Apply problem solving techniques to real-world experiences	
7. Apply methods of scientific inquiry	
8. Demonstrate an understanding of the physical and biological environment and how it is impacted by human beings	
9. Demonstrate an understanding of and appreciation for human diversities and commonalities	
10. Collaborate with others to achieve common goals.	
11. Research, synthesize and produce original work	
12. Practice ethical behavior	
13. Demonstrate self-direction and self motivation	
14. Assume responsibility for and understand the impact of personal behaviors on self and society	
15. Contribute to the welfare of the community	

** General Education Competencies and Skills endorsed by '05-'06 General Education Task Force*



BROWARD COMMUNITY COLLEGE COURSE OUTLINE

Common Course Number: CJK 0096

UNITS

Unit 1

General Outcome:

- 1.0 The student shall:** demonstrate knowledge and application of physical conditioning and a wellness program as measured by an examination.

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to:

- 1.1 Given a request to describe physical conditioning, identify the need for physical conditioning.
- 1.2 Given a request to describe the need for a wellness program, identify how to develop an effective wellness program.
- 1.3 Given a question about nutrition, identify effective ways to develop an effective nutrition program.
- 1.4 Given a question, identify proper eating habits necessary to maintain an effective nutrition program.
- 1.5 Given a question, identify various food groups.
- 1.6 Given a question, identify the affects of police related stress upon the body.
- 1.7 Given a question, identify strategies used to manage stress.
- 1.8 Given a request, demonstrate how to determine resting and target heart rate.
- 1.9 Given a request, demonstrate physical conditioning and aerobic capacity by running.
- 1.10 Given a request, demonstrate physical conditioning and aerobic capacity by conducting abdominal exercises.
- 1.11 Given a request, demonstrate physical conditioning and aerobic capacity by conducting pull-ups.
- 1.12 Given a request, demonstrate physical conditioning and aerobic capacity by conducting push-ups.
- 1.13 Given a request, demonstrate physical conditioning and aerobic capacity by conducting wind sprints.
- 1.14 Given a request, demonstrate physical conditioning and aerobic capacity by performing agility course activities.