

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**AJLE 100 - Law Enforcement Academy Physical Training**

**2 Unit(s)**

**Prerequisite(s):** NONE

**Co-requisite(s):** AJLE 140

**Recommended Prep:** NONE

**Transfer Status:** NT

11 hours Lecture

73 hours Lab

This course conforms to the California Commission on Peace Officer Standards and Training (POST) Basic Law Enforcement Academy requirements for Learning Domain #32, Lifetime Fitness. The course provides an overview of physical fitness for a healthy lifestyle for peace officers. Topics include proper nutrition, common health problems, causes of stress, stress management and physical conditioning.

### II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. Meet or exceed the requirements as set forth by Peace Officer Standards and Training (P.O.S.T.) for California Peace Officer Training for LD-32 Lifetime Fitness.
- B. Evaluate and manage their physical fitness and maintain a healthy lifestyle in order to safely and effectively perform peace officer duties.
- C. Describe the connection between proper nutrition and maintaining body composition, physical conditioning, and reducing the risk of illness or injury.
- D. Identify and describe common health problems and utilize appropriate risk management techniques to ensure health and physical fitness.
- E. List the causes of stress and explain how to manage it effectively in order to protect personal health and ensure the ability to perform peace officer duties.

### III. COURSE CONTENT

#### **A. Unit Titles/Suggested Time Schedule**

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Components of personal physical fitness programs, sessions conditioning programs and training	2.00
2. Evaluating personal fitness	1.00
3. Improving peace officer performance within seven components of a personal fitness program	2.00
4. Nutrition planning, supplementation and fitness goals	1.00
5. Training and treatment of fitness injuries	0.50
6. Injuries and illnesses commonly associated with law enforcement officers	3.00
7. Stress - signs, symptoms, coping, management	1.00
8. Physical training assessment	0.50
Total Hours	11.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Components of personal physical fitness programs, sessions conditioning programs and training	64.00
2. Evaluating personal fitness	3.00
3. Improving peace officer performance within seven components of a personal fitness program	3.00
4. Physical training assessment	3.00
Total Hours	73.00

#### **IV. METHODS OF INSTRUCTION**

- A. Lecture
- B. Group Discussions
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Demonstrations
- E. Multimedia Presentations
- F. Workbook assignments

#### **V. METHODS OF EVALUATION**

- A. Class participation
- B. Class Discussion
- C. Participation in physical activities
- D. Physical fitness assessment
- E. Participation in Work Sample Test Battery (WSTB) agility/obstacle course

#### **VI. EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Read provided material regarding “Caloric Intake and Expenditure,” and be prepared to discuss in class.
  - 2. Read an article about the benefits of physical fitness training for peace officers, and be prepared to discuss in small groups in class.
- B. Writing Assignments
  - 1. Write a journal for one week tracking everything that you eat. Be prepared to share your Journal during a class discussion on nutrition.
  - 2. List the components of the peace officer physical agility course, and briefly describe the relevance of each component to the law enforcement profession.
- C. Out-of-Class Assignments
  - 1. Research “Aerobic Target Heart Rate,” and be prepared to discuss in class.
  - 2. Choose a health related topic, research the topic, and be prepared to discuss in class.

#### **VII. RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

- A. Audio Visual Materials
- B. Handouts
- C. POST Learning Domain #32, Lifetime Fitness, Student Materials