

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

COURSE OUTLINE

DEPT. CJS

COURSE NUMBER: 1120

NUMBER OF CREDITS: 2

Lecture: 0 Lab: 2 OJT: 0

Course Title:

Physical Fitness for Peace Officers I

Catalog Description:

Physical Fitness for Peace Officers I introduces students to strategies for physical conditioning, good nutrition and healthy eating habits for peace officers. Students will be required to perform stretching, aerobics and conditioning exercises at the direction of an instructor as part of an overall fitness program to enhance strength, agility, flexibility, speed, and cardiovascular endurance. Students will be introduced to and evaluated on their ability to meet the Minnesota Peace Officer Standards and Training Board approved law enforcement-related physical fitness test.

Prerequisites or Necessary Entry Skills/Knowledge:

None

FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)

- Goal 1: Communication: By meeting the following competencies:
- Goal 2: Critical Thinking: By meeting the following competencies:
- Goal 3: Natural Sciences: By meeting the following competencies:
- Goal 4: Mathematics/Logical Reasoning: By meeting the following competencies:
- Goal 5: History and the Social and Behavioral Sciences: By meeting the following competencies:
- Goal 6: The Humanities and Fine Arts: By meeting the following competencies:
- Goal 7: Human Diversity: By meeting the following competencies:
- Goal 8: Global Perspective: By meeting the following competencies:
- Goal 9: Ethical and Civic Responsibility: By meeting the following competencies:
- Goal 10: People and the Environment: By meeting the following competencies:

Topics to be Covered

Officer Survival, Safety, and Health

General physical fitness, power generation and balance.

Kinesthetic principles for basic law enforcement skills.

Minnesota Peace Officer Standards and Training Board approved law enforcement related physical fitness test.

Student Learning Outcomes

Students will be able to successfully identify the knowledge base, respond to and properly handle all tasks associated with the following Professional Police Officer Education (PPOE) learning objectives required by the Minnesota POST Board:

- Officer Survival, Safety and Health 1.8.9
- General physical fitness, power generation and balance 1.8.10
- Kinesthetic principles for basic law enforcement skills 3.9.1 and 3.9.2
- Minnesota Peace Officer Standards and Training Board approved law enforcement related physical fitness test 3.9.3

Is this course part of a transfer pathway: Yes No

***If yes, please list the competencies below**

Revised Date: 8/22/2022