

# Course Syllabus

**Department:** Physical Education & Integrated Health Care

**Date:** March 2012

**I. Course Prefix and Number:** PE 124

**Course Name:** Criminal Justice Physical Conditioning

**Credit Hours and Contact Hours:** 1 credit hour – 2 contact hours

**Catalog Description including pre- and co-requisites:** The course is intended to provide criminal justice students the opportunity to prepare for fitness tests used in the selection of entry level police officers. Fitness testing and training for standardized fitness levels that include Sit-ups, Push-ups and a 1.5 mile run will be the focus of the class. No prerequisites.

**II. Course Outcomes and Objectives**

**Student Learning Outcomes:**

**The student will:**

1. Recognize fitness performance levels used in the selection of entry level police officers.
2. Identify and execute basic components of physical fitness.
3. Identify the wellness benefits of a cardiovascular fitness program.
4. Analyze and evaluate the results of fitness tests and implement plans for improvement.
5. Execute fitness tests for New York State Police and municipal police agencies.

**Relationship to Academic Programs and Curriculum:**

The course is intended primarily for Criminal Justice majors, but any student may enroll to fulfill 1 credit of the college Physical Education requirement.

**College Learning Outcomes Addressed by the Course:**

- |   |   |
|---|---|
| <input type="checkbox"/> writing                      | <input type="checkbox"/> computer literacy        |
| <input type="checkbox"/> oral communications          | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> reading           | <input type="checkbox"/> citizenship              |
| <input type="checkbox"/> mathematics                  | <input type="checkbox"/> global concerns          |
| <input checked="" type="checkbox"/> critical thinking | <input type="checkbox"/> information resources    |

### **III. Instructional Materials and Methods**

#### **Types of Course Materials:**

Portfolio/folder

Fitness Chart

Fitness testing packet

#### **Methods of Instruction (e.g. Lecture, Lab, Seminar ...):**

Demonstrations

Practicums

Discussions

Handouts

### **IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):**

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of cardiovascular fitness and performance of specific fitness activities. Such assessments and related assignments will develop critical thinking techniques, reading, along with developing ethics and values regarding an appreciation of lifetime physical fitness.

### **V. General Outline of Topics Covered:**

Use of safe exercise techniques

Muscular strength training exercises

Muscular endurance training exercises

Flexibility exercises

Aerobic activities

Body composition/body fat percentages

Strategies for exercise adherence

Healthy lifestyle behaviors

New York State Police Physical Fitness Test

Municipal Police Physical Fitness Test