

LWE 218 - PHYSICAL TRAINING/WELLNESS

Course Description

This course is designed to give the students a complete understanding of wellness/physical fitness. The goal of the class is to develop a mentality that fitness is long term. Includes course lectures on the following topics: Fitness and wellness, benefits and guidelines for exercise, coronary risk factors, stress management, nutrition, weight control, low back care, motivation and behavior change, and various ways to perform fitness tasks. This class also includes workouts, and testing students against Cooper Standards. Student must be registered with LWE coordinator prior to class enrollment. Group 2 course.

Credit Hours

4

Contact Hours

5

Lecture Hours

2.5

Lab Hours

2.5

Required Prerequisites

Must be approved by MCOLES and registered with the Director of the Police Academy prior to enrollment.

General Education Outcomes supported by this course

Communications - Direct

Course Learning Outcomes

Knowledge:

- Describe the fundamentals of fitness and wellness.
- Articulate the importance of physical and mental health in performing the duties of a police officer.
- Describe the importance of proper nutrition and exercise incorporated into their daily routine.

Application:

- Demonstrate their physical fitness through testing in sit-ups, push-ups, 1 ½ mile run and vertical jump.
- Describe methods of evaluating their body makeup and set personal limitations while recognizing room for improvement.

Integration:

- Compare and contrast the police department and society's expectations in the physical ability of a police officer.
- Evaluate their proficiency in physical fitness.

Human Dimension:

- Articulate the need that Police Officers have for mental and physical preparedness.
- See him/herself as an officer.

Caring - Civic Learning:

- Describe the role that stress has in policing and being able to determine risk / reward in physical encounters.
- Correlate which encounters with citizens have to become physical in nature and which encounters do not.

Learning How to Learn:

- Identify their best learning modality.
- Critique real-life situations based on course concepts.