



Course Description

CJK0096 | Criminal Justice Officer Physical Fitness Training | 2.00 credits

The student will learn the benefits of maintaining physical fitness to include nutrition and diet. The student will also learn the effects of and how to deal with stress, how to build up muscular and cardiovascular endurance and perform the exercises as required. For School of Justice students only.

Course Competencies:

Competency 1: The student will learn the benefits of physical fitness training by:

1. Increasing their physical fitness
2. Improving all components of physical fitness for performing the essential functions of a corrections officer
3. Adopting a foundation for lifelong fitness

Competency 2: The student will identify tasks and the components of fitness by:

1. Listing the five components of Physical Fitness
2. Defining Aerobic Power
3. Defining Cardio-vascular Fitness
4. Defining Anaerobic Power-muscular strength
5. Defining Flexibility
6. Defining Muscular endurance
7. Defining Body Fat Composition

Competency 3: The student will demonstrate physical fitness by:

1. Sprinting, and maintaining sustained foot pursuits
2. Lifting, dragging, and carrying objects
3. Using Force/Arrest techniques
4. Practicing survival stress reduction techniques

Learning Outcomes:

- Solve problems using critical and creative thinking and scientific reasoning
- Formulate strategies to locate, evaluate, and apply information
- Create strategies that can be used to fulfill personal, civic, and social responsibilities