



Course Description

CJK0340 | Officer Wellness and Physical Abilities | 1.00 credit

Students will learn the benefits of maintaining physical fitness to include nutrition and diet. Students will learn of the effects of stress and how to deal with it; 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 Wellness Nutrition by:

1. Discussing basic elements of wellness, including nutrition, weight control, stress management, and other related topics
2. Developing methods of incorporating wellness into a lifelong fitness regimen
3. Explaining the relevance of wellness in the performance of job duties

Competency 2: The student will learn the Physical Fitness Training Plan by:

1. Demonstrating the vertical jump
2. Demonstrating sit-ups for one minute
3. Running for 300 meters
4. Demonstrating the maximum number of push-ups
5. Running for 1.5 miles

Competency 3: The student will demonstrate physical fitness by:

1. Improving their score on the final fitness evaluation
2. Improving their understanding of various elements of wellness, e.g., nutrition, weight control, and stress management
3. Adopting a foundation for lifelong fitness

Learning Outcomes:

- Solve problems using critical and creative thinking and scientific reasoning
- Formulate strategies to locate, evaluate, and apply information