

Course discipline/number/title: PHED 1189: Boot Camp

A. CATALOG DESCRIPTION

1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): None
4. MnTC Goals (if any): NA

This course is designed for Law Enforcement students who need additional assistance in performing to the physical standards set by their field. Students taking this course will have been directed to this structured physical training format to enable them to both reach their desired goal of passing the physical training portion of their skills, as well as to gain a comprehensive understanding of the complexities the diet, healthy lifestyle choices and continued daily physical training contribute toward maintaining optimal fitness levels throughout their career. Although designed for LAWE students, this course is open to any student.

B. DATE LAST REVISED (Month, year): February, 2017

C. OUTLINE OF MAJOR CONTENT AREAS:

1. Five components of fitness-Cardiovascular Efficiency, Muscle Strength, Muscle Endurance, Flexibility, and Body Composition.
2. Analyze and determine your present level of physical fitness.
3. Implementation of methods for assessing and improving muscular strength and endurance.
4. Implementation of methods for assessing and improving flexibility.
5. Implementation of methods for assessing and improving cardiovascular endurance.

D. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Explain the five components of fitness.
2. Identify the major skeletal muscles.
3. Demonstrate the proper technique for effective warm-up and cool down.
4. Identify and demonstrate methods for assessing muscle strength and endurance.
5. Describe specific methods for improving muscular strength using progressive resistance training.
6. Demonstrate proper technique for flexibility exercises and indicate its significance to well-being and performance of skill.
7. Describe aerobic and anaerobic activity, various techniques for improvement and their applications.
8. Identify and demonstrate methods for assessing cardio respiratory endurance and efficiency and indicate its significance to health and performance of skill.
9. Explain the importance of regularly engaging in physical activity program.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:

1. Class participation
2. Daily assignments
3. Pre/Post fitness testing
4. Written exam

G. RCTC CORE OUTCOME(S) ADDRESSED:

Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

H. SPECIAL INFORMATION (if any): None