

PHYSICAL FITNESS AND TRAINING

Course Title

CJ 109

Dept. & Course No.

I. COURSE DESCRIPTION

The emphasis of this course is to prepare the pre-service students for the Palau Law Enforcement Academy's physical training and to assist the in-service police officer in meeting and maintaining standard police department physical training requirements.

II. SEMESTER CREDITS: 1

III. CONTACT HOURS PER WEEK: 0                      3                      3  
Lecture                                      Lab                                      Total

IV. PREREQUISITES: None

V. STUDENT LEARNING OUTCOME:

Upon completion of the course, the student will be able, with 65% proficiency, to:

1. Demonstrate proper body conditioning to withstand the physical training.
  
2. Demonstrate abdominal strength and proper mental attitude to withstand the rigorous training required by the Law Enforcement academy.
  
3. Demonstrate upper body strength and proper mental attitude to withstand the rigorous training required by the Law Enforcement academy.

VI. COURSE CONTENT:

- A. General stretching and warm up
  1. Trunk rotation
  2. trunk bending
  3. Trunk twister
  4. Windmill
  5. Side twister stretcher
  6. Trunk side stretcher
  7. Leg stretches
  
- B. Exercise for abdominal strength
  1. Sit ups
  2. flutter kicks
  3. leg raises
  4. Planks
  5. Abdominal crunches
  6. Leg thrusts
  7. Knee raises
  
- C. Exercise for upper body strength
  1. Regular Push ups
  2. Resistance Push ups
  3. Extended push ups
  4. Wide push ups
  5. Staggered push ups
  6. Pull ups
  
- E. Side and back strength

5. Demonstrate lower body strength and proper mental attitude to withstand the rigorous training required by the Law Enforcement academy.

1. Side leg raises (leg lifts)
2. Lunges
3. Squat thruster
4. Squats
5. Fire hydrants
6. Leg presses

4. Demonstrate endurance to withstand the rigorous training required by the Law Enforcement academy.

- D. Exercise for upper body strength
1. Running
  2. Jumping jacks
  3. Jump ropes
  4. Mountain climbers

## VII. MATERIALS AND EQUIPMENT

- A. Running shoes
- B. Exercise clothes

## VIII. TEXTS:

Text:

There is no textbook available at this time.

## IX. METHOD OF INSTRUCTION

- A. On sight instruction
- B. Demonstration
- C. Application

## X. METHOD OF EVALUATION

Final grades will be computed from percent to letter grades as follows:

1. Participation.....20%
2. Midterm Exam.....40%
3. Final Exam.....40%
4. Total.....100%

Transmutation of percent to letter grade is as follows:

90 – 100%	A
80 – 89%	B
70 – 79%	C
65 – 69%	D
0 – 64%	F

**Palau Community College**  
**CJ109 Physical Fitness and Training**  
**Course Learning Outcomes**

During the course experience, the course learning outcomes (CLOs) will be assessed through the use of signature assignments. A rating scale will be used to determine the students' proficiency level of each CLO using specifically aligned assignments. The numerical ratings of 4, 3, 2 and 1 are not intended to represent the traditional school grading system of A, B, C, D and F. The descriptions associated with each of the numbers focus on the level of student performance for each of the course learning outcomes listed below.

- Rating Scale:**
- 4 – Exceeds Expectations
  - 3 – Meets Expectations
  - 2 – Developing
  - 1 – Below Expectations

CLO 1: At the completion of the course, students will be able to combine abdominal strength and proper mental attitude to overcome physical demands of the Law Enforcement academy.

Numerical Value	
4	Perform sit ups. <ul style="list-style-type: none"> <li>▪ Perform more than 36 sit ups in 1 minute 30 seconds.</li> </ul>
3	<ul style="list-style-type: none"> <li>▪ Perform 28 sit ups in in 1 minute 30 seconds.</li> </ul>
2	<ul style="list-style-type: none"> <li>▪ Perform 28 sit ups in 1 minute 30 seconds.</li> </ul>
1	<ul style="list-style-type: none"> <li>▪ Perform less than 26 sit ups in in 1 minute 30 seconds.</li> </ul>

CLO 2: At the completion of the course, students will be able to combine upper body strength and proper mental attitude to overcome physical demands of the Law Enforcement academy.

Numerical Value	
4	Perform push ups. <ul style="list-style-type: none"> <li>▪ Perform more than 36 push ups in 1 minute 30 seconds.</li> </ul>
3	<ul style="list-style-type: none"> <li>▪ Perform 28 push ups in 1 minute 30 seconds.</li> </ul>
2	<ul style="list-style-type: none"> <li>▪ Perform less than 28 push ups in 1 minute 30 seconds.</li> </ul>
1	<ul style="list-style-type: none"> <li>▪ Perform less than 26 push ups 1 minute 30 seconds.</li> </ul>

CLO 3: At the completion of the course, students will be able to combine physical strength and stamina to overcome aerobic and physical demands of the Law Enforcement academy.

Numerical Value	
4	Perform 1.5-mile run. <ul style="list-style-type: none"> <li>▪ Complete 1.5-mile run in less than 16 minutes and 6 seconds</li> </ul>
3	<ul style="list-style-type: none"> <li>▪ Complete 1.5-mile run in 18 minutes and 18 seconds or less.</li> </ul>
2	<ul style="list-style-type: none"> <li>▪ Complete 1.5-mile run in less than 18 minutes and 18 seconds or less.</li> </ul>
1	<ul style="list-style-type: none"> <li>▪ Complete 1.5-mile run less than 18 minutes and 45 seconds.</li> </ul>