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## SECTION HEADING

### CJS 1120: Physical Fitness for Peace Officers I

#### Description

Physical Fitness for Peace Officers I introduces students to strategies for physical conditioning, good nutrition and healthy eating habits for peace officers. Students will be required to perform stretching, aerobics and conditioning exercises at the direction of an instructor as part of an overall fitness program to enhance strength, agility, flexibility, speed, and cardiovascular endurance. Students will be introduced to and evaluated on their ability to meet the Minnesota Peace Officer Standards and Training Board approved law enforcement-related physical fitness test.

#### Credits

2

#### Prerequisite

None

#### Corequisite

None

#### Topics to be Covered

1. Officer Survival, Safety, and Health
2. General physical fitness, power generation and balance.
3. Kinesthetic principles for basic law enforcement skills.
4. Minnesota Peace Officer Standards and Training Board approved law enforcement related physical fitness test.

#### Learning Outcomes

1. Students will be able to successfully identify the knowledge base, respond to and properly handle all tasks associated with the following Professional Police Officer Education (PPOE) learning objectives required by the Minnesota POST Board:

- a. Officer Survival, Safety and Health1.8.9
- b. General physical fitness, power generation and balance1.8.10
- c. Kinesthetic principles for basic law enforcement skills3.9.1 and3.9.2
- d. Minnesota Peace Officer Standards and Training Board approved law enforcement related physical fitness test3.9.3

#### Credit Details

Lecture: 0

Lab: 2

OJT: 0

MnTC Goal Area(s): None