
SECTION HEADING

CJS 1125: Physical Fitness for Peace Officers II

Description

Physical Fitness for Law Peace Officers II continues students' development in performing 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 need to meet the minimum standard for the Minnesota Peace Officer Standards and Training Board approved law enforcement-related physical fitness test by the end of the course.

Credits

1

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 for 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: 1

OJT: 0

MnTC Goal Area(s): None