

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**DEGREE CREDIT COURSE**

  x   Transfer Course     x   A.A. Degree applicable course  
(check all that apply)

**COURSE NUMBER AND TITLE:** AJ 122      Police Fitness

**UNIT VALUE:** 1

**MINIMUM NUMBER OF SEMESTER HOURS:** 32

**BASIC SKILLS REQUIREMENTS:** Appropriate language skills

**ENTRANCE REQUIREMENTS**

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:** None

**SCOPE OF COURSE:**

Life-long fitness techniques involving aerobic, strength, and flexibility programs will be emphasized.

**SPECIFIC COURSE OBJECTIVES:**

At the conclusion of the course the student will be able to:

1. Discuss two fitness theories.
2. Develop his/her own fitness program.
3. Demonstrate improvement in his/her personal fitness.
4. Pass the P.O.S.T. mandated fitness test for the completion of a basic police course.

**CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. Fitness Theory
  - A. Strength v. Aerobic
  - B. Life-long Fitness
  - C. Fitness Theories
  
- II. Fitness Program Development

- A. Aerobic
  - B. Strength
  - C. Endurance
  - D. Flexibility
- III. Fitness Testing
- A. Walking
  - B. Jogging
  - C. Swimming
  - D. Aerobic
  - E. Free Weights
  - F. Resistance
  - G. Calisthenics
- IV. P.O.S.T. Fitness Testing
- A. Distance Run
  - B. Short Run
  - C. Push-ups
  - D. Sit-ups
  - E. Obstacle Course

**REQUIRED READING:**

Handouts as distributed by the instructor

**SUGGESTED READING:** None

**REQUIRED WRITING:**

1. The student will develop and write a two-page personal life-long wellness philosophy.
2. The student will develop and write a two-page personal workout schedule.

**OUTSIDE ASSIGNMENTS:**

**Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.**

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination
- directed study

**DISTANCE LEARNING:**

**This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes  No

**If yes, check all that apply:**

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**GRADING POLICY AND STANDARDS** (include methods of determining whether the stated objectives have been met by students):

|                           |     |
|---------------------------|-----|
| Fitness Philosophy        | 10% |
| Personal Workout Schedule | 10% |
| Weekly Workouts           | 50% |
| P.O.S.T. Examination      | 30% |

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?**

Yes  No  Number of times course may be taken for credit: \_\_\_\_\_

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

**CONTACT PERSON:**      **Thomas B. Plotts, Director of Public Safety Programs, Ext. 1705**

**SIGNATURES ON FILE**