

# LWE 218 - PHYSICAL TRAINING/WELLNESS

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- Identify their best learning modality.
- Critique real-life situations based on course concepts.

## Course Description

This course will provide students with the ability to demonstrate an understanding of the educational concepts and components of fitness, wellness, safety and nutrition. The physical fitness portion will include workouts with a focus in the following areas: cardiovascular training, muscular/endurance fitness, flexibility/range of motion, circuit/interval training, plyometrics. Students must be registered for the Police Academy in order to sign up for this course. Group 2 course.

## Credit Hours

2

## Contact Hours

4

## Lecture Hours

0

## Lab Hours

4

## Required Prerequisites

Must be approved by MCOLES and registered with the Director of the Police Academy prior to enrollment.

## Course Learning Outcomes

### Knowledge:

- Describe the fundamentals of fitness and wellness.
- Articulate the importance of physical and mental health in performing the duties of a police officer.
- Describe the importance of proper nutrition and exercise incorporated into their daily routine.

### Application:

- Demonstrate their physical fitness through testing in sit-ups, push-ups, 1 ½ mile run and vertical jump.
- Describe methods of evaluating their body makeup and set personal limitations while recognizing room for improvement.

### Integration:

- Compare and contrast the police department and society's expectations in the physical ability of a police officer.
- Evaluate their proficiency in physical fitness.

### Human Dimension:

- Articulate the need that Police Officers have for mental and physical preparedness.
- See him/herself as an officer.

### Caring - Civic Learning:

- Describe the role that stress has in policing and being able to determine risk / reward in physical encounters.
- Correlate which encounters with citizens have to become physical in nature and which encounters do not.

### Learning How to Learn: