

JAMESTOWN COMMUNITY COLLEGE
State University of New York

MASTER COURSE SYLLABUS

Course Title: Physical Fitness for CJ

Course Abbreviation and Number: CRI 1290

Credit Hours: 2

Course Type: Lecture/Lab

Course Description: This is a specialized physical education program for criminal justice students and will emphasize an understanding of physical fitness and its direct application to the criminal justice profession. Specific instructions will cover wellness, physical fitness, and self-evaluation. The general requirements for the police physical agility portion of the civil service examination are explained and incorporated into this course.

Prerequisite: criminal justice majors or permission of the instructor.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Understand the importance of and requirements for physical fitness in relations to a career in Law Enforcement.
 2. Improve post-test scores in the three required categories of push-ups, sit-ups, and 1.5 mile run by 10% over pre-test scores.
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Topics Covered:

- Medical and physical fitness standards and procedure for police officer candidates
 - Muscular endurance for core body and upper body
 - Cardiovascular capacity for 1.5 mile run
 - Body fitness assessment: weight, height, blood pressure, resting heart rate, pulse, body fat composition, flexibility, strength testing, and aerobic fitness
 - Proper technique for stretching to enhance physical fitness, reduce risk of injury, and enhance development of body awareness
 - Effective methods for warming up and cooling down
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Information for Students

- Expectations of Students
 - Civility Statement (<http://www.sunyjcc.edu/current-students/classroom-civility>)
 - Student Responsibility Statement (<http://www.sunyjcc.edu/academics/student-responsibility>)
 - Academic Integrity (<http://www.sunyjcc.edu/faculty-staff/academic-integrity>)
- Disability/Special Services
 - Any student who requires accommodations to complete the requirements and expectations of this course because of a disability should make their needs known to the Coordinator of Accessibility Services, 716.338.1251.
- Emergency Closing Procedures (<http://www.sunyjcc.edu/student-life/campus-safety/jcc-alert>)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.
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Effective Date: Fall 2019