

Course Outline of Record

1. Course Code: KINE-037
2.
 - a. Long Course Title: Physical Training for the Public Safety Academy
 - b. Short Course Title: PSA FITNESS TRAINING
3.
 - a. Catalog Course Description:
 This course prepares students for the rigorous physical demands of career paths in the public safety academies. The students will have specialized individual and group training to improve cardiorespiratory endurance, stamina, muscular strength, endurance, core strength, agility, and flexibility to improve pre and post fitness assessments that are common in public safety academies.
 - b. Class Schedule Course Description:
 This course prepares students for the rigorous physical demands of career paths in the public safety academies. The students will have specialized individual and group training to improve cardiorespiratory endurance, stamina, muscular strength, endurance, core strength, agility, and flexibility to improve pre and post fitness assessments that are common in public safety academies.
 - c. Semester Cycle (if applicable): N/A
 - d. Name of Approved Program(s):
4. Total Units: 1.00 Total Semester Hrs: 54.00
 Lecture Units: 0 Semester Lecture Hrs: 0
 Lab Units: 1 Semester Lab Hrs: 54.00
 Class Size Maximum: 40 Allow Audit: No
 Repeatability No Repeats Allowed
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)
N/A
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) N/A
7. Entrance Skills: *Before entering the course students must be able:*

8. Course Content and Scope:

Lecture:

See lab content.

Lab: (if the "Lab Hours" is greater than zero this is required)

1. Components of Fitness
2. Cardio-respiratory fitness to improve stamina, muscular endurance and improve physical skills for the public safety academies
3. Muscular strength development and prescription to improve upper body strength specifically to skill testing in the public safety academy
4. Muscular strength development and prescription to improve lower body strength specifically in the public safety academy
5. Core strength and development to help with stamina and strength
6. Flexibility exercises and prescription to assist in mobility, coordination, and muscular regeneration
7. Specialized pre and post fitness assessments as specifically related to the public safety academy fitness requirements
8. Aging, fitness and exercise prescription for lifelong fitness
9. Sport nutritional counseling for optimal performance and wellness

9. Course Student Learning Outcomes:

1.
Demonstrate cardiorespiratory fitness improvements and stamina through specialized training and post assessments that reflect the requirements of the public safety academy.
2.
Design creative styles of exercise prescription to improve upper body muscular endurance.
3.
List ten flexibility exercises that will complement a well rounded fitness routine and improve muscular regeneration.
4.
Identify ten choices of body weight exercises to improve lower body muscular endurance.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Identify components of fitness.
- b. Apply principles of fitness within the realm of the public safety academies.
- c. Evaluate personal fitness levels.
- d. Utilize safe and effective weight training techniques.
- e. Evaluate muscle strength development.
- f. Develop cardiorespiratory endurance to improve stamina for overall body conditioning.
- g. Increase muscular endurance through specialized training to improve strength for careers in the public safety academy.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Activity
- b. Collaborative/Team
- c. Demonstration, Repetition/Practice
- d. Discussion
- e. Individualized Study
- f. Journal
- g. Laboratory
- h. Observation
- i. Participation
- j. Self-exploration

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 54.00

Outside Class Hours: 0

a. In-class Assignments

- | |
|--|
| <ol style="list-style-type: none">1. Pre and Post cardio-respiratory fitness testing2. Pre and Post muscular endurance fitness testing3. Pre and Post body composition analysis testing4. Pre and Post goal setting |
|--|

b. Out-of-class Assignments

- | |
|---|
| <ol style="list-style-type: none">1. Recording personalized fitness journal |
|---|

2. Reading current fitness, strength and conditioning articles for class

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Written homework
- Portfolios
- Self-paced testing
- Field/physical activity observations
- Presentations/student demonstration observations
- Group activity participation/observation
- Self/peer assessment and portfolio evaluation
- Student participation/contribution
- Student preparation

14. Methods of Evaluating: Additional Assessment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO - Career and Technical Education

Fulfill the requirements for an entry- level position in their field.

Display the skills and aptitude necessary to pass certification exams in their field.

IO - Personal and Professional Development

Display habits of intellectual exploration, personal responsibility, and physical well being.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
-------------------	--------	---------------	--------------	--------------

17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
------------------	---------------	------------

19. Provide Reasons for the Substantial Modifications or New Course:

This course will provide students with the necessary cardiorespiratory endurance, muscular strength and endurance, flexibility, agility, stamina, core strength and flexibility when participating in the specialized fitness testing of the Public Safety Academies.

20. a. Cross-Listed Course (*Enter Course Code*): *N/A*
 b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000576996
- b. T.O.P. Code [CB03]: 83500.00 - Physical Education
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: B = Transfer CSU
- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Not Occupational
- g. Course Classification [CB11]: Y - Credit Course
- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: *N/A*

KINE 037-Physical Training for the Public Safety Academy

j. Course Prior to College Level [CB21]: Y = Not Applicable

k. Course Noncredit Category [CB22]: Y - Not Applicable

l. Funding Agency Category [CB23]: Y = Not Applicable

m. Program Status [CB24]: 2 = Stand-alone

Name of Approved Program (if program-applicable): N/A

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 30

Third Year: 40

24. Resources - Faculty - Discipline and Other Qualifications:

a. Sufficient Faculty Resources: Yes

b. If No, list number of FTE needed to offer this course: N/A

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (Explain:)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Wendy Ansley Origination Date 08/28/16