

Inver Hills Community College

PHED 1127: Law Enforcement Physical Skills Training

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Emphasizes the physical skills necessary to meet the demands of the profession, and help the student develop an individual on-going conditioning program. This course is required to graduate from the Law Enforcement Program.

B. COURSE EFFECTIVE DATES: 01/01/1998 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Fitness Components: 20%
2. Fitness Principles: 20%
3. Nutrition and Body Composition: 20%
4. Personal Wellness Issues: 20%
5. Required Skills Tests: 20%

D. LEARNING OUTCOMES (General)

1. Identify the fitness components and describe how to improve each component
2. Use fitness principles in designing a personal fitness program
3. Discuss nutrition and body composition guidelines
4. Train to pass the skills tests required for Law Enforcement

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted