ALEXANDRIA TECHNICAL AND COMMUNITY COLLEGE

LENF 1525: Physical Fitness / Use of Force Training

A. COURSE DESCRIPTION
   Credits: 3
   Lecture Hours/Week: 1
   Lab Hours/Week: 2
   OJT Hours/Week: *.*
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None
   This course provides instruction in the concepts and techniques of physical exercise and training to further improve physical ability and build on the ability to work with others in team activities. This course teaches the ability and confidence to cope with physical situations that may confront peace officers and to appropriately and effectively react to physical confrontations. The course exposes learners to the basic factors of exercise; types of exercise; and their frequency, duration, and intensity.

B. COURSE EFFECTIVE DATES: 02/26/2019 - Present

C. OUTLINE OF MAJOR CONTENT AREAS
   1. Define principles of nutrition.
   2. Define principles of fitness.
   3. Improve physical fitness levels.
   4. Meet a minimum fitness standard for completion.
   5. Create a life-long fitness program.
   6. Demonstrate principles of control standing.
   7. Demonstrate principles of control on the ground.
   8. Explain the principles of a force continuum.

D. LEARNING OUTCOMES (General)
   1. The learner will demonstrate understanding of the concepts and techniques of physical exercise.
   2. The learner will demonstrate understanding of physical conditioning testing.
   3. The learner will demonstrate understanding of physical control techniques.

E. MINNESOTA TRANSFER CURRICULUM GOAL AREA(S) AND COMPETENCIES
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted