

COURSE SYLLABUS

CJLE 1175 (1:0:3)

POLICE ACADEMY FITNESS I

Law Enforcement Technology

Department of Professional Services & Energy

Technical Education Division

SOUTH PLAINS COLLEGE

Levelland Campus

Campus: _____Levelland, Texas _____Reese Center

COURSE SYLLABUS

COURSE TITLE: **CJLE 1135 Police Academy Fitness I**

INSTRUCTORS: **Kenny Burns and SPC Law Enforcement Technology Staff**

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VISION: SOUTH PLAINS COLLEGE IMPROVES EACH STUDENT'S LIFE

I. GENERAL COURSE INFORMATION:

- A. Course Description: This course will provide information regarding personal health, fitness and stress management. Motivational techniques and dietary considerations along with instruction in flexibility and stretching will be emphasized along with self-test concepts for students to monitor when involved in fitness programs. This class is basic preparation for new peace officers. This course is taken in conjunction with Police Academy Fitness II, III, and IV and Basic Peace Officer 1506, 1512, 1518, 1524, and 1329. This course may be offered only by institutions licensed as a Police Academy by the the Texas Commission on Law Enforcement (TCOLE.) SPC's Academy License Number is 511249. All students must complete academy applications processes. Admission to South Plains College does not guarantee admission to the police academy.
- B. TCOLE RULES 215.15 AND 217.1: Each student must meet all requirements stated in TCOLE Rules 215.15 (Enrollment Standards and Training Credit) and 217.1 (Minimum standards for Initial Licensure) to be admitted to the academy and seek licensure to become a Texas peace officer. For a complete set of current rules see also <http://www.tcole.texas.gov> which is the TCOLE Web Site. (Note: Completion of academy does not make the graduate a "Texas Peace Officer." Graduates must be commissioned by a law enforcement agency and meet all other employment criteria as required by employing agency.) Applicants to the academy are screened and must meet TCOLE standards

prior to admission. Failure to meet these standards will result in the student being immediately dropped from the class and program of study.

During “Orientation” at the beginning of this course, students will receive an Academy Rules and Regulations, as well as information relative to academy procedures that serve as basic requirements for the course of study and criteria necessary for a student to remain in good standing in the academy. A student must acknowledge receipt of this information and abide by the academy rules as directed by the Academy Coordinator. Violation of any rule may subject the student to dismissal from the police academy.

II. GENERAL COURSE REQUIREMENTS:

- A. Course Competencies: Upon successful completion of this course, each student will have demonstrated through comprehensive examinations, with a score of 80% or better, a competent understanding of specific elements listed in objective required in this course. Any motor skill competency will meet minimum course evaluations and receive a Pass/Fail grade.
- B. Academic Integrity: It is the goal of the SPC Law Enforcement faculty to foster a spirit of complete honesty and a high standard of integrity in education and training endeavors. It is a serious offense for any student to present as his or her own work that he or she has not honestly performed; such action renders the offender liable to serious consequences that may include suspension from the academy. Students should refer to the SPC General Catalog policy regarding consequences for cheating and plagiarism. (See “Academic Integrity” as well as “Student Conduct” sections in the college catalog.) If any student has a question as to whether he or she may work with other students on any assignments, **SEEK GUIDANCE FROM THE INSTRUCTOR** to ascertain whether or not the student is in compliance with course guidelines.
- C. Verification of Workplace Competencies. Successful completion of this course meets one of the TCOLE mandated requirements that permit a student to take the state License Examination to be a Texas Peace Officer. A student who successfully passes the state’s examination does not become a peace officer until he or she is employed by an official law enforcement/criminal justice organization empowered to commission a peace officer in the state of Texas. Successful passing score on the state licensure examination is one of many employment criteria that permit a person to seek employment with law enforcement agencies.
- D. The SPC Police Academy Handbook: Each Academy student is provided an Academy Handbook that contains Rules and Regulations. The Handbook is considered a part of the Syllabus as if written in this document.

- E. Attendance Policy: The South Plains College attendance policy is stated in the General Catalog. In addition, the SPC Police Academy Handbook includes additional requirements that meet TCOLE policies and the “Handbook” is to be followed in details outlined therein. Punctual and regular attendance in class is required of all law enforcement students. Each student is responsible for all class work covered while she or he was not in class. At the discretion of the instructor, a student may complete make-up work assignments for unavoidable absences. An instructor uses discretion to administer an “X” or “F” grade when a student has excessive absences. In the event a student is not able to complete course work, she or he is expected to take initiative to initiate a student withdrawal notice that results in grade of “W” when completed before the last college “drop date.” All students must complete or remain in compliance with TCOLE and academy requirements. (Note: See “Academy Rules and Regulations, Standard for Student Dismissal From Class/Program.” Police Academy attendance standards are in full force and effect as if written in this Syllabus.)
- F. Assignment Policy: All required work must be turned in “on-time” in order that the student may benefit from the corrections and study for future examinations. Assigned outside work is **DUE ON THE CLASS PERIOD ASSIGNED BY THE INSTRUCTOR**. Late work generally is not acceptable; however, special consideration is subject to instructor discretion for exceptional circumstances. The instructor has sole discretion whether the exception is cleared and whether or not the make-up work is acceptable.
- G. Accommodations: South Plains College strives to accommodate the individual needs of all students in order to enhance their opportunities for success in the context of a comprehensive community college setting. It is the policy of South Plains College to offer all educational and employment opportunities without regard to race, color, national origin, religion, gender, disability or age (SPC Equal Opportunity Policy—General Catalog). Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities who wish to request accommodations in such case should notify the Special Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Special Services coordinator on the Levelland Campus at (806) 894-9611, ext. 2529.
- H. Diversity Statement: Instructors in the program will establish and support an environment that values and nurtures individual and group differences and encourage engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. Promoting diversity and intellectual exchange will not only mirror society as it is, but also model society as it should and can be so that each person may live in harmony with others.

IV. SPECIFIC COURSE/INSTRUCTOR REQUIREMENTS:

- A. Grading Policy/Procedures/or Other Methods of Evaluation: An accumulative point system will be utilized to determine the final grade that the student will receive for the class. Each student must make a grade of “B” or better in order to continue to the next class in the sequence. Skill classes that require “demonstration of procedures” (driving, handgun qualification, defensive tactics, etc.) will be graded as “Pass/Fail” only and will not receive a point evaluation score. However, each student **MUST** receive a “Pass” grade in each tactic/procedure in order to pass the entire course; failure to pass a skill assessment will result in a grade of “F” for the entire course regardless of any other course grades or point accumulation. As long as the student in skill classes receive a “PASS” score for each required competency, the following scale will be used to calculate the final grade based on the accumulation of all other points earned through testing scores:
- 90% or better of all possible points = A
 - 80%-89% of all possible points = B

(Note: Any student that receives a grade below “B” will not be permitted to proceed to the next session of the police academy and will be dropped from the academy. See also “Academy Rules and Regulations, Grade Policy” which are in full force and effect as if written in this Syllabus.)

- B. Textbook and Other Materials:
- Handouts by instructor and materials presented in class.
 - Athletic Gym trousers and top; athletic shoes
 - Towel and toiletries following workout

IV. Course Learning Outcomes: The student will meet or exceed the following learning outcomes.

- Student will focus the importance and relevance of health habits, fitness and wellness to the law enforcement profession.
- Student will identify the guidelines and principles of a safe exercise program
- Emphasis will placed on the principles of a sound exercise program
- Students will identify FITT guidelines for thresholds of fitness training related to cardiovascular, strength, anaerobic and flexibility training.
- Student will identify safety measures for fitness training
- Student will describe the relationship between nutrition and performance

- Student will demonstrate an understanding of the role of basic essential nutrients to a proper diet.
- Student will identify healthy nutritional strategies.
- Student will identify strategies for personal weight control
- Students will explore types of stress related to the law enforcement profession.
- Students will identify the emotional and physical symptoms of the stress response physiology of stress
- Students will identify common symptoms and illnesses associated with stress
- Students will identify common stressors of peace officers
- Students will recognize strategies to manage stress
- Students will examine what happens physically and psychologically when confronted with survival stress such as a use of force situation and explore ways to positively channel these changes.