COMMON COURSE OUTLINE: Course discipline/number/title: PHED 1189: Boot Camp

A. CATALOG DESCRIPTION
1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): LAWE Skills Pre-Test
4. Co-requisites (Course discipline/number): Instructor permission
5. MnTC Goals (if any): NA

This course is designed for Law Enforcement students who need additional assistance in performing to the physical standards set by their field. Students taking this course will have been directed to this structured physical training format to enable them to both reach their desired goal of passing the physical training portion of their skills, as well as to gain a comprehensive understanding of the complexities that diet, healthy lifestyle choices and continued daily physical training contribute toward maintaining optimal fitness levels throughout their career. Any RCTC student may enroll in this course with instructor permission.

B. DATE LAST REVISED (Month, year): February, 2011

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Cardiovascular Efficiency
   a) Examine the “Training Effect” and weight management roles in cardiovascular endurance and controlling body fat levels.
2. Muscle Strength
   a) How to assess current levels, increase and maintain muscle strength.
3. Muscle Endurance
   a) How to assess current levels, increase and maintain muscular endurance.
4. Flexibility
   a) How to assess current levels, increase and maintain optimal flexibility for enhanced movement and reduction of injury possibility.
5. Body Composition
   a) Implement various field tools for assessing, and evaluating the ratio of lean tissue to fat tissue.
   b) Utilize various physical training tools and diet management techniques to reach desired body composition.
6. Explore proper nutrition for weight management while balancing nutrients and activity.
7. Recognizing common injuries and how to prevent and treat them.

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. List the components of health-related and skill-related fitness.
2. Describe the relationship between the body systems and fitness.
3. Explain the importance of regularly engaging in a physical activity program.
4. Determine your present level of physical fitness.
5. Define cardiovascular efficiency and indicate its significance to health and performance of skill.
6. Identify and demonstrate methods for assessing cardio respiratory endurance.
7. Explain the relationships of heart rate, stroke volume, cardiac output, and rate of oxygen use.
8. Describe the function of the heart, blood vessels, and lungs in oxygen transport.
9. Describe the oxygen transport system and the concept of maximal rate of oxygen use.
10. Discuss the risk factors associated with coronary heart disease.
11. Describe aerobic and anaerobic activity, various techniques and their applications.
12. Identify the skeletal muscles, their function, and location.
13. Define muscle strength and indicate its significance to health and performance of skill.
14. Define muscle endurance and indicate its significance to health and performance of skill.
15. Identify and implement methods for assessing muscular strength and endurance.
17. Identify strength and endurance training exercises for specific muscle groups.
18. Demonstrate proper techniques for using progressive resistance training.
19. Define flexibility and indicate its significance to health and performance of skill.
21. Identify and demonstrate methods of assessing flexibility.

D. LEARNING OUTCOMES (GENERAL): The student will be able to: Continued...
22. Identify factors that limit flexibility.
23. Explain the difference between ballistic, static and PNF stretching.
24. Describe stretching exercises that may improve flexibility.
25. Assess body composition and indicate its significance to health and performance of skill.
26. Explain the difference between body weight and body composition.
27. Explain the principle of caloric balance and set point theories.
28. Explain the importance of lifestyle modification in weight loss.
29. Describe methods for losing and gaining weight.
30. Identify the six classes of nutrients.
31. Describe the major functions of the nutrients.
32. Identify your nutritional strengths and weaknesses.
33. Develop daily logs that chart both energy expenditure and caloric intake.
34. Explain how to design a nutritious diet using various tools as your guide.
35. Discuss the societal impact that being overweight/obese in America today creates.
36. Discuss the principles and guidelines of injury prevention.
37. Differentiate between acute and chronic injury.
38. Discuss chronic overuse injuries.
39. Describe the general treatment of common injuries associated with general fitness training.
40. Identify exercises that may be dangerous or contraindicated.
41. Describe the advantages and disadvantages of various fitness activities.
42. Explain the importance of identifying and implementing methods of motivation in an exercise program.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Fitness Testing – RCTC Law Enforcement Performance Test
2. Pre and Post Fitness Testing
3. Periodic Fitness Evaluation
4. Assignments
5. Quizzes
6. Exams

G. RCTC CORE OUTCOME(S) ADDRESSED:
☒ Communication
☒ Civic Responsibility
☒ Critical Thinking
☒ Personal/Professional Accountability
☒ Global Awareness/Diversity
☒ Aesthetic Response

H. SPECIAL INFORMATION (if any): None