HIBBING COMMUNITY COLLEGE
COURSE OUTLINE

COURSE TITLE & NUMBER: LAW 1550: Street Survival
CREDITS: 2 (Lecture 0 / Lab 2) PREREQUISITES: Enrollment in the Law Enforcement Program.

CATALOG DESCRIPTION:
This course is designed for the new law enforcement cadet and is designed to enhance their physical fitness level with physical conditioning utilizing a rigorous exercise program combined with a martial arts style conditioning including sparring. The class will be taught in a disciplined martial arts atmosphere and will be structured to teach the cadet the skills they need to survive a street encounter using hand and foot striking techniques. The cadet will learn how to block and strike with their hands and feet though sparring exercises. The cadet should expect to be hit and to hit back in the exercises however, special equipment will be required.

This course must have a doctor’s signoff for physical activity.

This course is a prerequisite for the defensive tactics program.

RESTRICTED TO LAW ENFORCEMENT STUDENTS ONLY.

OUTLINE OF MAJOR CONTENT AREAS:

1. HCC Law Enforcement Physical Fitness Assessment
   A. Test passing grade of 70%.
2. Nutrition
   A. Review and enhancement of personal nutritional habits.
   B. Documentation of personal history.
3. Exercise enhancement of anabolic and anaerobic conditioning
   A. Strength exercises
   B. Running/walking
4. Sparring Techniques
   A. Strikes
   B. Kicks
   C. Blocks
   D. Free sparring
5. Team work
6. Sportsmanship

COURSE GOALS/OBJECTIVES/OUTCOMES:

1. Students will complete the HCC Law Enforcement Cooper Fitness test.
2. Students will explain ways to maintain proper nutrition.
3. Students will demonstrate healthy fitness training.
4. Students will demonstrate proper sparring techniques.
5. Students will demonstrate sportsmanship by working as a team.

**HCC COMPETENCIES MET:**
- Working productively and cooperatively
- Communicating clearly and effectively
- Thinking creatively and critically
- Social and civic responsibility

**STUDENT CONTRIBUTIONS:**
The students are expected to attend all classes, participate in class activities, participate and implement input into class discussions, fill out and complete all necessary forms and handouts and conduct the same or similar exercises at least one more time outside of class each week.

**METHODS FOR EVALUATING STUDENT LEARNING:**

**ADDITIONAL INFORMATION:**
We cannot plan, and subsequently establish training for every conceivable eventuality or situation which an officer will confront. However, we intend to increase awareness of risks and show various tactics at a basic entry level with the understanding that procedures may change from department to department.

*Curriculum Committee Approval Date: February 8, 2018*

AASC APPROVAL DATE: February 21, 2018
REVIEW DATE: February 2023