HIBBING COMMUNITY COLLEGE
COURSE OUTLINE

COURSE NUMBER & TITLE: PE 1800: Physical Education for Law Enforcement
CREDITS: 2 (0Lec/2 Lab)
PREREQUISITES: Admission to HCC Law Enforcement Program

CATALOG DESCRIPTION:
Physical Education for Law Enforcement provides a conditioning program that emphasizes the importance of proper fitness for a police officer. The conditioning program includes running, a body drag and carry, various timed exercises, obstacle courses, physical exercises, and aerobic activities. Enrollment must be concurrent with the HCC Law Enforcement Program.

OUTLINE OF MAJOR CONTENT AREAS:

1. HCC Law Enforcement Performance Fitness Test Battery
   A. Pre-test
   B. Post-test
2. Exercises and activities for developing
   A. Flexibility
   B. Cardiovascular conditioning
   C. Explosive leg strength
   D. Upper-body strength
   E. Abdominal strength
   F. Grip strength
3. Fitness progression principles
   A. Frequency
   B. Duration
   C. Intensity
4. Individual fitness goals and plans
5. Teamwork
6. Sportsmanship and etiquette
7. Terminology and rules
8. Safety
COURSE GOALS/OBJECTIVES/OUTCOMES:
1. Students will complete the HCC Law Enforcement Performance Fitness Test Battery.
2. Students will demonstrate improvement in cardiovascular fitness.
3. Students will demonstrate improvement in flexibility.
4. Students will demonstrate improvement in explosive leg strength.
5. Students will demonstrate proper warm-up and cool-down techniques.
6. Students will demonstrate improvement in upper-body strength.
7. Students will identify and demonstrate the skills appropriate to each exercise and activity.
8. Students will demonstrate a progression in fitness exercises and activities.
9. Students will demonstrate improvement in abdominal strength.
10. Students will formulate short and long-term fitness goals.
11. Students will formulate an individual fitness plan.
12. Students will identify and use the terminology of physical fitness exercises and activities.
13. Students will apply etiquette and sportsmanship during exercises and game play.
14. Students will identify the unique needs of each individual and incorporate those needs into a team environment.
15. Students will identify the role of the player in establishing a team environment.
16. Students will employ proper safety precautions.
17. Students will gain an appreciation for attaining and maintaining physical fitness.

MNTC GOALS AND COMPETENCIES MET:
N/A

HCC COMPETENCIES MET:
Working productively and cooperatively
Thinking Creatively and Critically
Social/Civic Responsibility

STUDENT CONTRIBUTIONS:
Students are expected to attend all lectures and working sessions, participate in all activities and discussions, listen to and follow directions, complete assignments on time, and request assistance when needed. Students are expected to assist with equipment when necessary. Attendance and class participation are critical in this class.
STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.

ADDITIONAL INFORMATION:
This class is intended for students enrolled in the HCC Law Enforcement Program. Students must meet program eligibility criteria. Students must adhere to HCC and Law Enforcement Program policies. Any history of disease or disability requiring limited participation should be reported to the instructor.

Activity classes even under the safest possible condition can be hazardous. Safety rules must be followed to minimize the risk of injury.

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<tr>
<th>AASC APPROVAL DATE:</th>
<th>May 26, 2017</th>
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<tr>
<td>REVIEW DATE:</td>
<td>May 2022</td>
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