



Western Technical College

## 10807115 Fitness and Wellness for Public Safety

### Course Outcome Summary

#### Course Information

<b>Description</b>	An introduction to fitness and wellness that provides guidelines for enhancing health and physical fitness in relation to a career in public safety. Participants will assess his/her own levels of fitness and wellness and develop a prescription for behavior modification toward a healthier lifestyle. Learners will participate in exercise labs that will prepare them for the physical rigors of a career in the fire areas. In lecture, learners will discuss contemporary, personal health issues that relate to wellness and fitness in public safety.
<b>Career Cluster</b>	Law, Public Safety, Corrections and Security
<b>Instructional Level</b>	Associate Degree Courses
<b>Total Credits</b>	2
<b>Total Hours</b>	36

#### Textbooks

*Principles and Labs for Fitness & Wellness – with Code*. 16th Edition. Copyright 2023. Hoeger, Werner W.K. and Sharon A. Hoeger. Publisher: Cengage Learning. **ISBN-13:** 978-0-357-72750-8. Required.

#### Course Competencies

##### 1. Examine the Candidate Physical Ability Test (CPAT)

###### Learning Objectives

- 1.a. Identify the physical stations in the CPAT.
- 1.b. Explore actual performance of the CPAT.
- 1.c. Identify strategies to prepare physically to pass the CPAT.

##### 2. Analyze the type of lifestyle the student is leading

###### Assessment Strategies

- 2.1. Written exams
- 2.2. Lab assignments

#### **Criteria**

*Criteria - Performance will be satisfactory when:*

- 2.1. you describe the dimensions of wellness.
- 2.2. you complete wellness lifestyle questionnaire.

#### **Learning Objectives**

- 2.a. Analyze health of current lifestyle.
- 2.b. Explore dimensions of wellness.
- 2.c. Identify tools used to assess the dimensions of wellness.

### **3. Determine level of fitness by assessing cardiorespiratory endurance, body composition and weight, flexibility, resting heart rate, muscular strength and endurance tests.**

#### **Assessment Strategies**

- 3.1. Written exams
- 3.2. Fitness tests

#### **Criteria**

*Criteria - Performance will be satisfactory when:*

- 3.1. you determine gender/age related public safety standards for fitness tests.
- 3.2. you complete all required physical tests.

#### **Learning Objectives**

- 3.a. Determine which health, wellness or fitness variables are examined by each test.
- 3.b. Correlate required standards to personal fitness goals and needs.
- 3.c. Examine the five components of fitness.

### **4. Identify components of cardio respiratory exercise prescription**

#### **Assessment Strategies**

- 4.1. Written exams
- 4.2. Written Product

#### **Criteria**

*Criteria - Performance will be satisfactory when:*

- 4.1. you identify frequency, intensity, type and time for cardiorespiratory exercise.
- 4.2. you summarize the benefits of cardiorespiratory exercise.
- 4.3. you include cardiorespiratory exercises in personal fitness program.

#### **Learning Objectives**

- 4.a. Identify modes of cardiorespiratory training.
- 4.b. Apply components of cardiorespiratory exercise to personal fitness program.
- 4.c. Summarize benefits of cardiorespiratory exercise.
- 4.d. Examine resting heart rate, max heart rate and target heart rate calculations.
- 4.e. Identify how target heart rate relates to personal fitness program.

### **5. Identify components of a flexibility routine**

#### **Assessment Strategies**

- 5.1. Written exams
- 5.2. Written Product

#### **Criteria**

*Criteria - Performance will be satisfactory when:*

- 5.1. you describe the different types of stretching (dynamic and ballistic).
- 5.2. you identify frequency, intensity, type and time for flexibility training exercises.
- 5.3. you summarize the benefits of flexibility exercises.
- 5.4. you include flexibility exercises in personal fitness program.

### **Learning Objectives**

- 5.a. Explore different types of stretching.
- 5.b. Identify components of flexibility routine.
- 5.c. Summarize the benefits of a flexibility program.
- 5.d. Develop a personal flexibility program.

## **6. Identify components of strength training prescription**

### **Assessment Strategies**

- 6.1. Written exams
- 6.2. Written Product

### **Criteria**

*Criteria - Performance will be satisfactory when:*

- 6.1. you identify frequency, intensity, type and time for strength training exercises.
- 6.2. you summarize the benefits of strength training exercises.
- 6.3. you include strength training exercises in personal fitness program.

### **Learning Objectives**

- 6.a. Explore the principles of strength development.
- 6.b. Analyze the benefits of developing muscular strength.
- 6.c. Describe the factors affecting strength development.
- 6.d. Summarize strength training guidelines.

## **7. Evaluate basic nutritional facts, principles and concepts**

### **Assessment Strategies**

- 7.1. Written exams
- 7.2. Written Product

### **Criteria**

*Criteria - Performance will be satisfactory when:*

- 7.1. you identify the seven essential nutrients.
- 7.2. you compare macro and micro nutrients.
- 7.3. you analyze nutritional food labels.
- 7.4. you log personal nutrition for determined time.
- 7.5. you analyze personal nutrition information.
- 7.6. you compare personal nutrition information to recommended levels.

### **Learning Objectives**

- 7.a. Examine recommended dietary allowances.
- 7.b. Analyze nutritional food labels and ingredient lists.
- 7.c. Summarize the role of the seven essential nutrients.
- 7.d. Identify foods for a well balanced diet that will meet activity needs.

## **8. Explore weight management techniques**

### **Assessment Strategies**

- 8.1. Written exam
- 8.2. Written Product

### **Criteria**

- 8.1. you describe the relationship between caloric intake and weight management.
- 8.2. you identify how sleep and stress can affect weight.
- 8.3. you identify minimum caloric requirements for men and women.
- 8.4. you discuss healthy strategies for weight management.
- 8.5. you mathematically calculate daily caloric requirements.

### **Learning Objectives**

- 8.a. Examine the relationship between caloric intake and weight management.
- 8.b. Explore how sleep and stress can affect weight.
- 8.c. Identify minimum caloric requirements for men and women.
- 8.d. Discuss healthy strategies for weight management.

8.e. Calculate daily caloric requirements.

## **9. Explore effects of stress**

### **Assessment Strategies**

9.1. Written exam

### **Criteria**

- 9.1. you describe stress, stressors, eustress, distress and critical incident stress.
- 9.2. you identify positive strategies for stress management.
- 9.3. you describe the relationship between chronic and personal health.

### **Learning Objectives**

- 9.a. Explore stress, stressors, eustress, distress and critical incident stress.
- 9.b. Summarize the relationship between stress, health and physical performance.
- 9.c. Define critical incidence stress and post-traumatic stress.
- 9.d. List symptoms of critical incidence stress and post-traumatic stress.
- 9.e. Discuss grief in relation to critical incidence stress and post-traumatic stress.
- 9.f. Identify the potential relationship stressors in a public safety career.
- 9.g. Identify positive strategies for stress management.

## **10. Examine cardiovascular diseases**

### **Assessment Strategies**

- 10.1. Written exam
- 10.2. Self assessment

### **Criteria**

- 10.1. you describe the different types of cardiovascular diseases.
- 10.2. you identify modifiable and non-modifiable risk factors for disease.
- 10.3. you discuss risk factors for cardiovascular disease.
- 10.4. you complete entire self assessment.
- 10.5. you analyze personal results of self assessment.

### **Learning Objectives**

- 10.a. Examine the prevalence of coronary heart disease in public safety.
- 10.b. Identify the prevention methods of coronary heart disease.
- 10.c. Explore common cardiovascular diseases.
- 10.d. Identify modifiable and non-modifiable risk factors.
- 10.e. Examine tools used for risk assessment for cardiovascular disease.

## **11. Develop personal fitness plan**

### **Assessment Strategies**

11.1. Written Product

### **Criteria**

*Performance will be satisfactory when:*

- 11.1. you determine the frequency, intensity, time and type of exercise for cardiorespiratory training.
- 11.2. you determine the frequency, intensity, time and type of exercise for strength training.
- 11.3. you determine the frequency, intensity, time and type of exercise for flexibility training.

### **Learning Objectives**

- 11.a. Identify frequency recommendations for cardiorespiratory, strength and flexibility programs.
- 11.b. Identify intensity recommendations for cardiorespiratory, strength and flexibility programs.
- 11.c. Identify time recommendations for cardiorespiratory, strength and flexibility programs.
- 11.d. Identify types of activities that are used in cardiorespiratory, strength and flexibility programs.