



Western Technical College

30504501 Physical Fitness

Course Outcome Summary

Course Information

Description	Through classroom lecture and on-campus lab students will apply Phases I-III Health Fitness WI Department of Justice 720 Academy curriculum framework program requirements and Officer Wellness Suicide Prevention.
Career Cluster	Law, Public Safety, Corrections and Security
Total Credits	1

Textbooks

No textbook required.

Success Abilities

1. Cultivate Passion: Enhance Personal Connections
2. Cultivate Passion: Expand a Growth-Mindset
3. Cultivate Passion: Increase Self-Awareness
4. Live Responsibly: Develop Resilience
5. Live Responsibly: Embrace Sustainability
6. Live Responsibly: Foster Accountability
7. Refine Professionalism: Act Ethically
8. Refine Professionalism: Improve Critical Thinking
9. Refine Professionalism: Participate Collaboratively
10. Refine Professionalism: Practice Effective Communication

Program Outcomes

1. Think critically
2. Manage emergencies
3. Communicate effectively
4. Demonstrate professionalism
5. Conduct investigations
6. Interact with others

Course Competencies

1. I.Y.1. Find your fitness starting point. *

Assessment Strategies

- 1.1. set fitness and health goals
- 1.2. create and maintain a fitness/wellness journal

Criteria

- 1.1. student recognizes the purpose of, and how to use, fitness and nutritional journals (can be online).
- 1.2. student sets a specific improvement goal they want to achieve on the fitness assessment taken at the end of the recruit academy.
- 1.3. student sets specific health goals (for example, quit smoking, give up fast food, etc.) that they want to achieve by the end of the recruit academy.
- 1.4. student sets specific weight loss, or maintenance goals, they want to achieve by the end of the recruit academy.

Learning Objectives

- 1.a. I.Y.1.1 Know your fitness level.
- 1.b. I.Y.1.2 Set goals.
- 1.c. I.Y.1.3 Maintain a fitness journal.

2. I.Y.2. Engage in regular physical activity.

Assessment Strategies

- 2.1. develop an individual fitness plan
- 2.2. participate in a physical fitness program

Criteria

- 2.1. student explains how being fit enhances his/her effectiveness as a law enforcement officer.
- 2.2. student compares and contrasts various fitness programs to determine what type of program will help him/her reach his/her fitness goals (examples: local gym programs, P90X, CrossFit, etc.).
- 2.3. student develops a physical fitness routine that he/she will follow to help him/her improve his/her physical fitness assessment results by the end of the recruit academy.
- 2.4. student assesses their own performance throughout the recruit academy and adjust their physical fitness plan to reach his/her end-of-academy goals as necessary.

Learning Objectives

- 2.a. I.Y.2.1 Describe the benefits of exercise.
- 2.b. I.Y.2.2. Examine components of exercise (warm-ups and cool-downs, cardio training, strength training, flexibility and balance).
- 2.c. I.Y.2.3. Compare and contrast different types of exercise programs and resources.
- 2.d. I.Y.2.4. Participate in a physical fitness program during the recruit academy.

3. I.Y.3. Eat a healthy diet.

Assessment Strategies

- 3.1. journal eating and drinking habits

Criteria

- 3.1. student develops a nutrition plan that he/she will follow while at the recruit academy.
- 3.2. student assesses their progress throughout the recruit academy and adjusts his/her nutrition and health plans as needed to meet his/her health goals by the end of the academy.

- 3.3. student discusses how he/she can maintain a healthy diet while eating on the road (eating at restaurants) or working various shifts.

Learning Objectives

- 3.a. I.Y.3.1. Describe the benefits of eating a balanced diet.
- 3.b. I.Y.3.2. Eat a balanced diet.
- 3.c. I.Y.3.3. Stay hydrated.

4. III.O.1. Prevent suicide.

Assessment Strategies

- 4.1. class discussion and activities dealing with suicide prevention strategies and on PTSD and services to assist those with PTSD
- 4.2. role play suicide intervention

Criteria

- 4.1. student describes clues and warning signs of suicide.
- 4.2. student explains steps a person can take to intervene if they suspect someone is contemplating suicide.
- 4.3. student identifies suicide prevention resources.
- 4.4. student identifies reasons law enforcement officers commit suicide.
- 4.5. student describes triggers and signs that lead to PTSD.
- 4.6. student identifies early intervention strategies.
- 4.7. student identifies the myths of suicide.

Learning Objectives

- 4.a. III.O.1.1. List the reasons officers commit suicide.
- 4.b. III.O.1.2. Discuss the stigma associated with mental health, substance abuse, and suicide prevention services.
- 4.c. III.O.1.3. Recognize at-risk behavior, treatment and services needed to address suicidal ideations.
- 4.d. III.O.1.4. Recognize the triggers, signs, and events that can cause Post Traumatic Stress Disorder (PTSD).
- 4.e. III.O.1.5. Identify effective suicide prevention strategies.
- 4.f. III.O.1.6. Identify effective suicide prevention resources.