



Western Technical College

30504708 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
Instructional Level	Technical Diploma Courses
Total Credits	1
Total Hours	32

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

You will know you are successful when:

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

You will know you are successful when:

- 2.1. you explain how being fit enhances his/her effectiveness as a law enforcement officer.
- 2.2. you compare and contrast various fitness programs to determine what type of program will help you reach your fitness goals (examples: local gym programs, P90X, CrossFit, etc.).
- 2.3. you develop a physical fitness routine to follow to help improve physical fitness assessment results by the end of the recruit academy.
- 2.4. you assess own performance throughout the recruit academy and adjust their physical fitness plan to reach 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

You will know you are successful when:

- 3.1. you develop a nutrition plan to follow while at the recruit academy.
- 3.2. you assess progress throughout the recruit academy and adjusts nutrition and health plans as needed to meet health goals by the end of the academy.
- 3.3. you discuss how to 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

You will know you are successful when:

- 4.1. you describe clues and warning signs of suicide.
- 4.2. you explain steps a person can take to intervene if you suspect someone is contemplating suicide.
- 4.3. you identify suicide prevention resources.
- 4.4. you identify reasons law enforcement officers commit suicide.
- 4.5. you describe triggers and signs that lead to PTSD.
- 4.6. you identify early intervention strategies.
- 4.7. you identify 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.