

CJUS-1146 PHYSICAL FITNESS 2 CREDITS

SYLLABUS

CATALOG DESCRIPTION

This course provides those entering a criminal justice profession with a comprehensive fitness program to develop the skills and physical conditioning that are necessary to meet the requirements for satisfactory performance within the career field.

Formerly POLI-118

Prerequisites: None

Semester Offered: Fall, Spring

COMMON STUDENT LEARNING OUTCOMES

Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...

BROAD AND SPECIALIZED LEARNING

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

CRITICAL THINKING

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

CULTURAL AND CIVIC ENGAGEMENT

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

EFFECTIVE COMMUNICATION

Students will exchange ideas and information with clarity in multiple contexts.

INFORMATION LITERACY

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

INTEGRATING TECHNOLOGIES

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.

COURSE LEARNING OUTCOMES

Upon successful completion of the course, the student will be able to...

1. Understand the need to construct a basic workout regimen, including mobility/warm-up and stretching/cool-down exercises
2. Understand the basic concepts of good nutrition and its importance in physical health
3. Participate in a personalized fitness exercises regimen and perform selected fitness measures at a satisfactory level.