



Course Outline

2026-2027 Catalog

AJLE 100 - Law Enforcement Academy Physical Training

Catalog Description

Transfer Status: NT

Corequisite: AJLE 130, AJLE 140 or AJLE 141

Unit(s): 2.00

Lecture: 8.50 Contact hours/17.00 Out of class hours/25.50 Total hours/0.50 Unit(s)

Lab: 76.50 Contact hours/0.00 Out of class hours/76.50 Total hours/1.50 Unit(s)

Total: 85.00 Contact hours/17.00 Out of class hours/102.00 Total hours/2.00 Unit(s)

Course Description: This course conforms to the California Commission on Peace Officer Standards and Training (POST) Basic Law Enforcement Academy requirements for Learning Domain #32, Lifetime Fitness. The course provides an overview of physical fitness for a healthy lifestyle for peace officers. Topics include proper nutrition, common health problems, causes of stress, stress management and physical conditioning.

Objectives

Upon successful completion of this course, the student should be able to:

1. Evaluate and manage their physical fitness and maintain a healthy lifestyle in order to safely and effectively perform peace officer duties.
2. Describe the connection between proper nutrition and maintaining body composition, physical conditioning, and reducing the risk of illness or injury.
3. Identify and describe common health problems and utilize appropriate risk management techniques to ensure health and physical fitness.
4. List the causes of stress and explain how to manage it effectively in order to protect personal health and ensure the ability to perform peace officer duties.
5. Meet or exceed the requirements as set forth by Peace Officer Standards and Training (P.O.S.T.) for California Peace Officer Training for LD-32 Lifetime Fitness.

Course Content

Topic Titles / Suggested Time Topic

Lecture

<u>Topics</u>	<u>Lec Hrs</u>
Components of personal physical fitness programs, sessions conditioning programs and training	1.50
Evaluating personal fitness	1.00
Improving peace officer performance within seven components of a personal fitness program	1.50
Nutrition planning, supplementation and fitness goals	1.00
Training and treatment of fitness injuries	0.50
Injuries and illnesses commonly associated with law enforcement officers	1.50
Stress - signs, symptoms, coping, management	1.00
Physical training assessment	0.50
Total Hours:	8.50

Lab

<u>Topics</u>	<u>Lab Hrs</u>
Components of personal physical fitness programs, sessions conditioning programs and training	67.50
Evaluating personal fitness	3.00
Improving peace officer performance within seven components of a personal fitness program	3.00
Physical training assessment	3.00
Total Hours:	76.50

Methods of Instruction

- A. Demonstrations
- B. Group Discussions
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Lecture
- E. Multimedia Presentations

F. Workbook assignments

Methods of Evaluation

- A. Class participation
- B. Class Discussion
- C. Participation in physical activities, Physical fitness assessment, Participation in Work Sample Test Battery (WSTB) agility/obstacle course

Examples of Assignments

Reading Assignments

1. Read provided material regarding “Caloric Intake and Expenditure,” and be prepared to discuss in class.
2. Read an article about the benefits of physical fitness training for peace officers, and be prepared to discuss in small groups in class.

Writing Assignments

1. Write a journal for one week tracking everything that you eat. Be prepared to share your Journal during a class discussion on nutrition.
2. List the components of the peace officer physical agility course, and briefly describe the relevance of each component to the law enforcement profession.

Out-of-Class Assignments

1. Research “Aerobic Target Heart Rate,” and be prepared to discuss in class.
2. Choose a health related topic, research the topic, and be prepared to discuss in class.

Recommended Materials of Instruction

Other Learning Materials

Audio Visual Materials

Handouts

POST Learning Domain #32, Lifetime Fitness, Student Materials

Minimum Qualifications

Administration of Justice

Coaching

Physical Education (Masters Required)

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