

SANTA ANA COLLEGE
CRIMINAL JUSTICE ACADEMIES
COURSE SYLLABUS

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MISSION STATEMENT

Santa Ana College
inspires, transforms, and
empowers a diverse
community of learners

COURSE TITLE: Physical Training Instructor Course CJA 083D

COURSE OBJECTIVES:

Upon completion of the course students will be able to:

1. Identify methods and techniques of physical conditioning
2. Explain terminology used in kinesiology, functional anatomy, and biomechanics
3. Demonstrate basic weight lifting and spotting techniques
4. Identify POST requirements that relate to the physical conditioning program
5. Explain POST training recovery strategies
6. Explain basic concepts of program design
7. Recognize characteristics of physical conditioning leadership
8. Explain the basic nutrient requirements necessary for physical training and performance

GRADING:

All testing procedures and protocols are consistent with California Peace Officers Standards and Training (POST) rules and regulations

POST certified instructors evaluate student performance in all tested exercises.

Scale: 70% or higher – Pass / Lower than 70% - No Pass

SCHEDULED COURSE:

See Santa Ana College 2019-2020 Catalog at sac.edu, or call the CJA Office at 714 566-9200

REQUIRED MATERIALS:

Supplied by instructor during the first class meeting

COURSE CONTENT:

Lecture

1. Course overview
 - A. Training like a tactical athlete
 - B. Strength training techniques
2. Anatomy, Physiology, and Biomechanics
 - A. Terminology defined
 - B. Factors that contribute to strength performance
3. Strength training and principles of training
 - A. How to apply them in designing a program
 - B. Characteristics of training prescription
4. POST Physical training requirements
5. Nutrition
6. Warm-up
7. Acceleration and agility performance
8. Recovery
9. Program design
10. Circuit training
11. Mobility and stability
12. Energy systems
13. Core training
14. Injury assessment, safety, and legal issues

Total Lecture Hours – 17

Lab

1. Strength training workouts
2. Basic weight lifting and spotting hands-on
3. Warm-up hands on
4. Acceleration and agility hands-on
5. Circuit training hands-on
6. Fitness testing-hands on
7. Body composition measurement
8. Work sample test battery

9. Worksheet
10. Core training hands-on
11. Alternative training methods
12. Leadership
13. Suspension, corrective exercise and recovery hands-on
14. Group assessments
15. Teach back learning activity
16. Program design learning activity

Total Lab Hours – 21

Total Course Contact Hours – 40 (17 hours Lecture/21 hours Lab)

LEARNING METHODS TO BE EMPLOYED:

Class discussions, Group Study & Exercises, Handouts, Instructor Demonstrations, Lecture, Reading Assignments, Other: Practical Application Exercises

SKILLS TO BE MEASURED BY:

Multiple Practical Application Exercises

Teach-back exercise

STANDARDS OF STUDENT CONTACT:

From the 2019-2020 SAC Catalog page 61: Students enrolling in district educational programs assume an obligation to obey state law and district rules and regulations governing the conduct of students. Students who enroll in those instructional programs in which the college has affiliations with various outside associations must comply with the college's policies and procedures and also with the outside association's policies and procedures. This includes but is not limited to students enrolled in the programs of Fire Academics, Criminal Justice Academies and Nursing.

ACADEMIC ACCOMODATION STATEMENT:

A student with a disability, who would like to request an academic accommodation, is responsible for identifying herself/himself to the instructor and to the Disabled Students Programs and Services (DSPS). To make arrangements for academic accommodations, contact the Disables Student Office in Johnson Center, U-103, or phone (714) 564-6264, TTY (714) 564-6284 for a referral to the appropriate DSPS Department.

