

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:** Fitness for Law Enforcement (CJA 009B)

**COURSE OBJECTIVES:**

- Describe and discuss exercises that are best suited for a career in law enforcement
- Develop an exercise regimen to prepare for the physical challenges of the basic police academy

**GRADING:**

Exercise circuit training exercise

70% or higher - Pass

Below 70% - No Pass

**SCHEDULED COURSE:**

See Santa Ana College 2017-2018 Catalog at [sac.edu](http://sac.edu), or call the CJA Office at 714-566-9200

**REQUIRED MATERIALS:**

Supplied by instructor during the first class meeting

**COURSE CONTENT:**

Physical Conditioning

Lifetime Fitness

Academy Protocol

**LEARNING METHODS TO BE EMPLOYED:**

Class Discussions, Handouts, Practical Application, Instructor Demonstrations

**SKILLS TO BE MEASURED BY:**

Practical Application Exercises, Staff Evaluations

**ACADEMIC HONESTY POLICY:**

From 2017-2018 SAC Catalog, page 20: Students at Santa Ana College are expected to be honest and forthright in their academic endeavors. To falsify the results of one's research, to steal the words or ideas of another, or to cheat on an examination, corrupts the essential process by which knowledge is advanced. Academic dishonesty is seen as an intentional act of fraud, in which a student seeks to claim credit for the work or efforts of another without authorization, or uses unauthorized materials or fabricated information in any academic exercise. As institutions, we also consider academic dishonesty to include forgery of academic documents, intentionally impeding or damaging the academic work of others, assisting other students in acts of dishonesty or coercing students into acts of dishonesty.

**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 Student Programs and Services (DSPS). To make arrangements for academic accommodations, contact the Disabled Student Office in Johnson Center, U-103, or phone (714) 564-6264, TTY (714) 564-6284 for a referral to the appropriate DSPS Department.