

Arizona Peace Officer Standards and Training

Basic Curriculum Lesson Plan

LESSON TITLE: PHYSICAL FITNESS - INTRODUCTIONS/PERFORMANCE OBJECTIVES
PHYSICAL FITNESS INSTRUCTOR SCHOOL 8.3

SUBJECT: Section 1

AZ POST DESIGNATION: 8.3.1

HOURS: 1

INSTRUCTOR TO STUDENT RATIO:

COURSE CONTENT: Introduction of course materials, course goal and performance objectives.

The development and demonstration of each participant's mental and physical conditions through structured exercise and classroom education. The value of physical fitness in law enforcement and the basic elements of strength training, aerobic conditioning, flexibility, nutrition and back injury prevention are emphasized. The hazards of tobacco and alcohol use are addressed and the participant receives the necessary skills and knowledge to prepare a lifetime personal fitness program.

The physical fitness tests (fitness battery and POPAT) are administered. The student's achievement level is measured using the performance charts provided for each test. The goal is to improve the student's fitness level to minimize injury and enhance performance. Each student must pass POPAT as the graduation standard.

PERFORMANCE OBJECTIVES: Upon completion of this course of instruction, students using notes, handouts and other support materials as references, within the allotted time, will understand:

8.3.1.1 Course introduction and description.

8.3.1.2 Course goals and performance objectives.

8.3.1.3 Student introductions.

8.3.1.4 Housekeeping rules.

DATE FIRST PREPARED: January 2004
PREPARED BY: Lt. Angela Kwan, Phoenix P.D.
REVIEWED – REVISED: Lt. Angela Kwan, Phoenix PD DATE: August 2008
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REVIEWED – REVISED: DATE:
REVIEWED – REVISED: DATE:
REVIEWED – REVISED: DATE:
REVIEWED – REVISED: DATE:
AZ POST – APPROVAL: Richard Watling DATE: September 2008
AZ POST – APPROVAL: Lori Wait DATE: March 2022

INSTRUCTOR REFERENCES: N/A

CLASS LEVEL: Instructor

TRAINING AIDS: AZ POST Physical Fitness Instructor Manual, housekeeping
handout, whiteboard or flipchart and PowerPoint presentation.

INSTRUCTIONAL STRATEGY: Instructor-led discussion and lecture.

SUCCESS CRITERIA: N/A

COMPUTER FILE NAME: 8.3.1 Sec 1 Introductions Performance Objectives

DATE RELEASED TO THE SHARE FILE: May 27, 2022

I. INTRODUCTION

- A. Instructor(s) – (self) introduction.
- B. Preview of performance objectives.

II. COURSE DESCRIPTION

P. O. 8.3.1.1

- A. This course is designed to provide the student with the basic knowledge of:
 - 1. Nutrition.
 - 2. Cardiovascular disease.
 - 3. Anatomy and kinesiology.
 - 4. Exercise physiology.
 - 5. Program development.
 - 6. Dynamics of aerobic capacity.
 - 7. Strength training principles.
 - 8. Exercise safety.
- B. The student should be prepared to participate in physical activity each day. (Bring workout gear and toiletries.)

III. COURSE GOALS AND PERFORMANCE OBJECTIVES

P. O. 8.3.1.2

- A. The student will demonstrate proficiency in the following areas: (Final practical given on the last day.)
 - 1. Administration of the Cooper/FitForce test battery.
 - 2. Administration of the Peace Officer's Physical Aptitude Test (POPAT).
 - 3. Fitness test pre-screening.
 - a. Blood pressure.
 - b. Resting heart rate.
 - c. Three (3)-minute step test.

4. Program development.
 - a. Body fat testing
 - b. Prescription and goal setting.
- B. The student is required to score 100% in the written test. (Correctable to 100%.)
- C. The student is required to participate and meet a level of fitness as set forth by AZ POST.
- D. Performance objectives:
 1. Identify the basic human anatomy (skeletal bones and muscles).
 2. Measure body fat composition and record a blood pressure reading.
 3. Prescribe a fitness program meeting an individual's needs or capabilities.
 4. Explain the body's energy systems and how exercise utilizes these systems.
 5. Demonstrate and explain the protocols of the Cooper Physical Fitness Assessment.
 6. Demonstrate and explain safe stretching and strength training exercises.
 7. Identify controversial exercises and explain the proper or alternative techniques.
 8. Explain the importance of fitness testing as it applies to law enforcement.
 9. Demonstrate and explain the procedures and history of the Peace Officer Physical Aptitude Test.
 10. Define and explain the difference between absolute strength and dynamic strength.
 11. Define and explain the difference between motor-related and health-related components of physical fitness.
 12. Identify the primary and secondary risk factors of cardiovascular disease.
 13. Evaluate a subject's nutritional intake and recommend better eating habits.

IV. STUDENT INTRODUCTIONS

P. O. 8.3.1.3

- A. The student will provide a brief introduction of himself/ herself.
 1. Name.

2. Agency.
3. Years of experience.
4. Reasons for taking this course.
5. Describe your most challenging physical feat.

V. HOUSEKEEPING

P. O. 8.3.1.4

- A. The instructor will provide the housekeeping rules of the training facility.
- B. The instructor will explain the syllabus and schedule.

VI. CONCLUSION

- A. Review of performance objectives.
- B. Final questions and answers.
- C. Instructor closing comment(s).