

Northern Marianas College
CURRICULUM ACTION REQUEST

Effective Semester / Session: Fall 2016

Type of Action:

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

Course Alpha and Number: CJ 145

Course Title: Physical Development

Reason for initiating, revising, or canceling:

This course guide is being modified to reflect the change in the course outline, instructional goals, student learning outcomes, assessment measures, and text book edition.


Zerlyn A. Taimanao

Proposer

4/19/17

Date


Zerlyn A. Taimanao

Department Chair

4/19/17

Date


Barbara K. Merfalen

Dean of Academic Programs and Services

4.19.2017

Date

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Course: CJ 145 Physical Development

1. Department

Criminal Justice

2. Purpose

The purpose of this course is to provide the CNMI Department of Public Safety cadets and personnel with the guidelines on the importance of health and how it is linked to job performance.

3. Description

A. Required/Recommended Textbook(s) and Related Materials

Required:

Department of the Army. *United States Military Fitness Field Manual*. U.S. Government Printing Office, 1994.

B. Contact Hours

1. **Lecture:** 3 hours per week / 45 hours per semester
2. **Lab:** N/A
3. **Other:** N/A

C. Credits

1. **Number:** 3 Credits
2. **Type:** Regular Degree Credits

D. Catalogue Course Description

This course is designed to develop a positive attitude toward physical fitness, and an understanding of the relationships between physical fitness, productivity, health, and safety.
(Offered Fall, Spring, and Summer)

E. Degree or Certificate Requirements Met by Course

This is a required course for the Department of Public Safety cadets/students enrolled in the Basic Law Enforcement Certificate Program.

F. Course Activities and Design

Lecture and discussion sessions form the basis from which the knowledge and skills are developed during this course.

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**4. Course Prerequisite(s); Concurrent Course Enrollment;
Required English/Mathematics Placement Level(s)**

Prerequisite(s): Currently employed or a cadet with the Department of Public Safety.

English Placement Level: EN 101

Math Placement Level: None

5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 3-credit course and the cost of the textbook.

Cost to the College: Instructor's salary

Instructional resources needed for this course: N/A

6. Method of Evaluation

Student grades will be based on the regular letter grade system as described below:

A: Excellent-grade points:	4.0;
B: Above average-grade points:	3.0;
C: Average-grade points:	2.0;
D: Below average-grade points:	1.0;
F: Failure-grade points:	0.0.

NMC's grading and attendance policies will be followed.

7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

1.0 Introduction to Physical Development;

2.0 Types of Anatomy;

3.0 Nutrition;

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- 4.0 Stretching Exercises;
- 5.0 Cardio Exercises;
- 6.0 Cool down Exercises; and
- 7.0 Introduction to a healthy lifestyle.

8. Instructional Goals

This course will introduce students to:

- 1.0 The history of the relationship between a healthy lifestyle and police work;
- 2.0 The demonstration of the required techniques and movement when conducting physical fitness exercises;
- 3.0 The process for administering the required physical tests;
- 4.0 The forming of physical fitness formations;
- 5.0 The proper way for conducting warm-up exercises;
- 6.0 The proper way for conducting workout exercises; and
- 7.0 The process to living a healthy lifestyle.

9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1.0 Identify the types of human anatomy;
- 2.0 Recognize the various types of warm-up and work-out exercises;
- 3.0 Demonstrate the proper exercise formation;
- 4.0 Demonstrate proper stretching prior to and after a fitness regime;
- 5.0 List a healthy nutritional meal;
- 6.0 Recognize the importance of sleep and the body; and

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7.0 Identify how to reduce stress through a proper fitness program.

10. Assessment Measures

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Group discussions;
- 2.0 Writing assignments and exercises;
- 3.0 Demonstration;
- 4.0 Assignments; and
- 5.0 Tests.

