



MASTER COURSE OUTLINE

A. CRJU 2505 Skills Physical Training and Wellness

B. COURSE DESCRIPTION:

This course is designed to assist students in engaging in a physical fitness program that is applicable to the training they will encounter in the skills training component. Topics covered are overall wellness, fitness exercises, components of fitness, and fitness assessments by the Minnesota State Patrol's Physical Readiness Test and strengthening the areas necessary. Nutrition and how it must be balanced with an exercise program for success in weight loss, gain, or maintenance will be covered. Students will be exposed to a variety of physical agility testing as set by current peace officer standards.

Prerequisite: Entry into this class complies with *Minnesota Rules* 6700.0300, subp.3 (A-E) and 6700.0700, and will be determined on an application basis. Current Riverland students must have a declared major of Peace Officer Transfer Pathways to be considered for this class. Students from another institution must have at a minimum, a degree of Associate of Arts, or Associate of Science or higher.
(1 Cr – 0 lect, 1 lab)

C. *Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Physical fitness and wellness
- Principles of nutrition for wellness
- Minnesota State Patrol's Physical Readiness Test
- Principles of weight control and management
- Cardiovascular endurance and assessment
- Principles of muscular flexibility
- Skill related components of physical fitness

- Peace officer physical agility standards

F. GOAL TYPE, OBJECTIVES, AND OUTCOMES:

<u>GOAL TYPE</u>	<u>OBJECTIVES</u> Students will be able to	<u>OUTCOMES</u> The student will successfully
<u>*Critical Thinking</u>	gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	1. create a fitness program and wellness program which meets strenuous demands put on an individual in the criminal justice field.
<u>CS</u>	assess personal current levels of fitness and evaluate what areas need improvement.	1. complete the MN State Patrol physical readiness test.
<u>CS</u>	understand the importance of why certain exercises are necessary for overall fitness.	1. apply basic exercises to improve all components of fitness.
<u>CS</u>	understand the importance of maintaining flexibility in their conditioning program.	1. complete physical agility testing of different peace officer agencies.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

Enrollment into this class requires an application process be completed. The criminal justice coordinator will review the application, and students must complete all requirements as listed in *Minnesota Rules* 6700.0300, subp.3 (A-E). This includes students must pass a criminal history background check, fingerprinting, providing a driver's license records check, as well as a psychological evaluation and medical evaluation. This will be done at the student's expense. *Minnesota Rules*, Chapter 6700.0700, requires all students be advised in writing of minimum selections standards that must be met to become a licensed peace officer in Minnesota. Please consult the Program Coordinator or the rules cited above for further information.

All students participating in this class are required to wear the prescribed Riverland Criminal Justice program uniform purchased at the students' expense. All students are required to participate in the skills orientation and abide by policies and procedures set forth by the Riverland Criminal Justice program.

H. COURSE CODING INFORMATION:

Course Code D/Class Maximum 30; Pass/No Credit

Revision date: 04/02/26

AASC Approval date: 10/21/25; 05/12/26

*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

**These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland’s MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: The Minnesota Transfer Curriculum “10 Goal Areas of Emphasis” are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

*Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7A, 7B, 7A/B
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

**Riverland Community College Discipline Areas	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6