



## Reseda High School Police Academy Magnet

### Police Academy Physical Training Level Four (Grade 12) F. Fernandez/M. Burgess

The major emphasis of **Police Academy Physical Training Level Four** is to enable the student to define, demonstrate and improve upon a multitude of physical activities. This course covers the physical and mechanical principles of movement, their inter-relationships and their effects on the performer, with strong emphasis on the law enforcement Physical Fitness Qualifying assessment (PFQ). Co-taught by police officers and certificated teachers, Physical Training is a combination of rigorous physical Fitness and applied police lessons relevant to the world of law enforcement.

- The objectives for the course are that the student will:
  - Exhibit mastery and knowledge of the following areas: weight training, obstacle course, physical fitness (i.e. cardio – vascular), uniform inspection, & criminal justice.
  - Use the knowledge and skills to improve a person’s physical, mental and social well-being.
- Classroom instruction will consist of teacher/officer lectures, demonstrations, individual, group and team activities based on the following weekly routine:

| Monday                    | Tuesday  | Wednesday  | Thursday  | Friday  |
|---------------------------|--|--|---|---|
| Officer Lesson<br>Running | (shortened day)<br><u>Inspection</u><br>Drilling/ Speakers | Warm up run<br>Weight Training /<br>Calisthenics | Warm up Run<br>Obstacle Course<br>Training/ Sprints | Warm Up Run<br>Officer Tactical<br>Lesson<br>Calisthenic<br>Rotations/Aerobic<br>Activity |

| Representative California P.E. Standards   | Unit                          | Instructional Focus  |
|--|-------------------------------|--|
| 1.4 Practice aerobic activities in real-world settings.<br>2.2 Adjust personal fitness goals on the basis of fitness assessment measures to improve performance in aerobic activities. | <b>Cardio<br/>Timed miles</b> | <ul style="list-style-type: none"> <li>• Cadets are expected to engage in aerobic activities on their own time.</li> <li>• Cadets are timed at various distances. They will be able to compare times to Fitness Gram scores to see if they fall within the “healthy fitness zone”</li> </ul> |
| 2.1 Establish a set of personal physical fitness goals, using the principles of training, and create a strength-training and conditioning program.                                     | <b>Weight<br/>Room</b>        | <ul style="list-style-type: none"> <li>• Cadets are introduced and instructed to various weight lifting machines and free weights as well as what target muscle each one develops.</li> </ul>  |

|   |                        |  |
|---|------------------------|--|
| 2.2 Identify the prime mover muscles, antagonistic muscles, and stabilizer muscles for each of the major weight-training exercises.   |                        | <ul style="list-style-type: none"> <li>• Cadets will keep a log of what machines/exercises they used</li> </ul>  |
| Part of L.A.P.D.  | <b>Obstacle Course</b> | <ul style="list-style-type: none"> <li>• Cadets will go through a mini-version of L.A.P.D. Obstacle course, learning safety and proper technique.</li> <li>• They will be given the opportunity to practice individual obstacles before putting it all together on a timed run.</li> </ul> |
| 2.1 Identify and achieve levels of personal excellence in health-related physical fitness.<br>2.2 Adjust personal fitness goals on the basis of fitness assessment measures to improve performance in aerobic activities. | <b>FITNESS GRAM</b>    | <ul style="list-style-type: none"> <li>• Cadets will be tested several times during the year to get them ready for the California physical fitness test<br/>Mile run, jump robe, push-ups, sit-ups, sit and reach, body mass index.</li> </ul>   |

The cadet’s grade will be determined by the number of non-weighted points compiled during the semester. Work habits and cooperation marks will be given in accordance with the Reseda High School grading policies. Attendance, participation and being properly suited are all very important factors in computing the final grade.

The following criteria will be used to determine final semester grade:

- |                           |     |             |              |
|---------------------------|-----|-------------|--------------|
| • Physical Fitness Tests: | 20% | Percentage: | 90-100 = A   |
| • Skills/L.E. tests:      | 20% |             | 80-99.9 = B  |
| • Participation:          | 20% |             | 70-89.9 = C  |
| • Improvement:            | 10% |             | 60-69.9 = D  |
| • Subjective Evaluation:  | 30% |             | -59.9 = FAIL |

Attendance (absences/tardiness) affect participation grade

- Dressing for Activity/inspection:
- 4 non-suits = U in work habits
  - 5 non-suits = U in work habits & cooperation
  - 6 non-suits = D UU
  - 7 non-suits = Fail UU

Officer lessons/demonstrations are divided into the following units. Assessments are given on subject matter and reincorporated into the cadet’s midterm and final exams.

**Unit One:** 11<sup>th</sup> Grade manual Review, Classroom Protocol, Procedures, Commands/Command Voice, Program Contract Review, & Character

- PFQ- What is it and what are the components
- PFQ Baseline Scores

**Unit Two:** Review of Org Chart, Metro Unit- SWAT

**Unit Three:** Laws of Arrest of Active Scenarios, Probable cause vs Reasonable Suspicion Review, Radio Call Active Scenarios, LAPD Bomb Squad

**Unit Four:** Crime Types, Investigative Report Writing Elements

**Unit Five:** Entire Manual Review, Cumulative Exam

**Unit Six:** Officer Application process, Law Enforcement Interviews

**Unit Seven:** Post High School Job Opportunities & Speakers Part One- LAPD Reserves, TSA, Campus Security, College Security

**Unit Eight:** Post High School Job Opportunities Speaker Part Two- Jail Guard, Mall Security, Movie Industry Security, Career Reflection Paper

**Unit Nine & Ten:** Final Manual Review, Cumulative Final, Oral Interview, High School Exit Exam

**School Policies:** All school policies regarding student attendance and behavior apply to this class. Students are expected to behave in a manner conducive to learning. Students are required to adhere to the school dress code. Students found cheating on tests or assignments will be subject to the school's cheating policy as well as our own Police Academy Cheating Policy. Students are expected to be in class daily and on time.

**Student Materials:** Required supplies brought to class every day

- P.A. Physical training shirt, shorts, white shorts, or approved warm-ups
- Running or cross training shoes
- Uniform: Shirt, Black Slacks, Black Socks, Boots (See Grooming Standards)
- 1" white, 3-ringed note book, pen & paper

**Classroom Rules: Student cadets are expected to:**

- Always come to class ready to learn
- Always abide by the grooming standards
- Raise your hand, state your name and receive permission to speak
- Always show respect to everyone
- Pay attention & do as your told
- No Electronic devices (phones, ipod, etc)
- Stay on task until dismissed
- Students have one day to make-up work for every full day they are absent with acceptable excuse
- Cheating/Plagiarizing is not tolerated. See magnet handbook for cheating policy

**Reseda High School School-wide Learners:**

Student cadets in Reseda's Police Academy Magnet Achieve the Reseda High School SLO's:

- I. Effective Communicators-*Speak with Kindness and intelligence*
- II. Critical Thinkers-*Dare to create*

III. Self-Directed Learners-*Take initiative*

IV. Responsible Citizens-*Be a good neighbor*

V. Healthy Individuals-*Sleep Smart, Eat Smart, Move Smart*

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I have read this PT Course Content Letter

grade: \_\_\_\_\_

Period \_\_\_\_\_

\_\_\_\_\_ (Student Name/Signature)

\_\_\_\_\_ (Parent Name/Signature)