POLICE 164-001
Law Enforcement Employability & Fitness
Syllabus  Fall 2014
http://ecampus.matc.edu/policetraining

Course Information
Organization  Milwaukee Area Technical College
Course Number  POLICE 164-001
Credits  3
Contact Hours  51
Instructor  Doug Braun
E-mail Address  braund@matc.edu
Office  B115
Campus  South Campus, Oak Creek
Office Hours  Mon.  5 – 6 pm – Main T245
Tue.  11:00-1:00pm - Oak Creek B115
Wed.  4 – 5 pm – Main T245
               5 – 6 pm – Oak Creek B115
Thur.  12 – 1:00pm – Oak Creek B115
Fri.  8:00 - 9:00am – Oak Creek B115
Office Phone  414-297-7020
Office Fax  414-571-4502
Dates  08/26/14 to 12/16/14
Number of Weeks  17
Meeting  Tuesday 1:00pm-3:55pm
Times/Location  Milwaukee Area Technical College South Campus, Oak Creek
              Room B-163

Description
This class will introduce the skills and knowledge required to successfully compete for Law Enforcement employment in the State of Wisconsin. This course will address and prepare students for the application process including written examinations, oral examinations, background investigations, and physical ability tests. The student will be required to complete a personal professional portfolio, participate in a pre-employment interview, and complete a physical ability test. The course will use elements of the Tactical Functional Training (TFT) program designed to prepare law enforcement applicants for pre-employment physical agility testing & life-long physical wellness.

Prerequisites
It is recommended students complete MATC PHYED 210 Active Approach to Wellness & Fitness prior to this class.

Textbooks  Various Authors and Internet Resources. Articles and Resources Provided by Instructor and posted on Blackboard.

Communication
STUDENTS ARE EXPECTED TO MONITOR MATC E-MAIL ACCOUNTS AND BLACKBOARD. ALL IMPORTANT CLASS INFORMATION, ASSIGNMENTS, AND SCHEDULE UPDATES TO CLASS WILL BE MADE USING THESE COMMUNICATION METHODS.
Off-Site Class
Class may be held at alternate locations and advance notice will be provided.

Learner Supplies
Students are required to acquire a three ring binder to store and organize class assignments and materials.

School Closing Information: WMVS, Channel 10, is the official medium for announcing cancellation of classes and closing of operations at any MATC campus or evening center in the event of severe weather or other emergency as determined by the administration. You may also call the emergency school closing number at 414-297-6561 to check the status of canceled classes.

Core Abilities
A. Communicate effectively.
B. Collaborate with others.
C. Respect diversity.
D. Demonstrate responsibility.
E. Think critically.
F. Utilize technology.
G. Apply math and science.
H. Embrace change.

Competencies
1. Identify the law enforcement pre-employment selection process, including the use of written examinations, oral interviews, and physical ability testing.
2. Explain the importance for law enforcement agencies to use pre-employment testing practices which are relevant to the Knowledge, Skills, and Abilities required to serve as a law enforcement officer.
3. Identify the minimum requirements for application as a law enforcement officer in the State of Wisconsin.
4. Prepare for a sample law enforcement written entrance examination
5. Explain the reasoning and scope of pre-employment law enforcement background investigations.
6. Prepare a personal professional portfolio for law enforcement employment purposes.
7. Prepare for and participate in a pre-employment law enforcement interview.
8. Research a law enforcement agency you are interested in gaining employment with.
9. Present your research report on a law enforcement agency to the class.
10. Identify at least three reasons why proper physical fitness is an important quality in pursuing a law enforcement career.
11. Identify at least four physical fitness tests used by law enforcement agencies in the pre-employment selection process.
12. Complete a pre-employment law enforcement physical ability test at the beginning and conclusion of the course.
13. Demonstrate improvement in your performance in the pre-employment law enforcement physical ability test.
14. Explain the relationship between physical fitness and stress.
15. Identify at least four effects of cardiorespiratory and cardiovascular fitness on the body.
16. Explain the relevance of testing an individual's Body Mass Index (BMI).
17. Identify the importance of proper hydration and nutrition, particularly for vigorous physical activity.
18. Identify the relationship of Strength, Endurance, and Agility to personal physical fitness.
19. Assess your personal fitness level.
## Grading Information

**Final Grade (500 points)**

<table>
<thead>
<tr>
<th>Points</th>
<th>Performance Assessment Task</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>80</td>
<td>PAT 1 PHYSICAL FITNESS &amp; JOB TASK SIMULATION TESTS X2</td>
<td>WK 3/4,13/14</td>
</tr>
<tr>
<td>100</td>
<td>PAT 2 INDIVIDUAL FITNESS RESEARCH PROJECT</td>
<td>WK 10,16/17</td>
</tr>
<tr>
<td>80</td>
<td>PAT 3 PRE-EMPLOYMENT INTERVIEW X2</td>
<td>WK 2,15</td>
</tr>
<tr>
<td>50</td>
<td>PAT 4 PERSONAL PORTFOLIO PROJECT</td>
<td>WK 5,8,10,15</td>
</tr>
<tr>
<td>10</td>
<td>PAT 5 PERSONAL FITNESS ASSESSMENT</td>
<td>WK 1</td>
</tr>
<tr>
<td>10</td>
<td>PAT 6 S.M.A.R.T. GOAL 8 WEEK</td>
<td>WK 5-13</td>
</tr>
<tr>
<td>10</td>
<td>PAT 7 S.M.A.R.T. LONG TERM GOAL – ONE YEAR</td>
<td>WK 9</td>
</tr>
<tr>
<td>10</td>
<td>PAT 8 STRESS MANAGEMENT STRATEGIES</td>
<td>WK 11</td>
</tr>
<tr>
<td>100</td>
<td>PAT 9 PERSONAL DAILY NUTRITION &amp; EXERCISE LOG</td>
<td>WK 7-11</td>
</tr>
<tr>
<td>10</td>
<td>PAT 10 FAST FOOD NUTRITION &amp; EXERCISE FIELDWORK/LOG</td>
<td>WEEK 8</td>
</tr>
<tr>
<td>20</td>
<td>EXAM</td>
<td>WEEK 12</td>
</tr>
<tr>
<td>20</td>
<td>TWO SQUAD PRESENTATIONS (10 POINTS EACH)</td>
<td></td>
</tr>
</tbody>
</table>

*Extra points (improvement in PAT 1, extra weeks in PAT 9)*

## Grade Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>100-97</td>
</tr>
<tr>
<td>A-</td>
<td>96-93</td>
</tr>
<tr>
<td>B+</td>
<td>92-89</td>
</tr>
<tr>
<td>B</td>
<td>88-85</td>
</tr>
<tr>
<td>B-</td>
<td>84-81</td>
</tr>
<tr>
<td>C+</td>
<td>80-77</td>
</tr>
<tr>
<td>C</td>
<td>76-73</td>
</tr>
<tr>
<td>C-</td>
<td>72-69</td>
</tr>
<tr>
<td>D+</td>
<td>68-65</td>
</tr>
<tr>
<td>D</td>
<td>64-61</td>
</tr>
<tr>
<td>U</td>
<td>60 or below</td>
</tr>
</tbody>
</table>
Guidelines for Success

Academic Honesty
Students are expected to do their own work unless advised that collaboration is acceptable. This means that you may use facts from other sources if you re-write them in your own words. Anytime you quote directly from another source or paraphrase substantially, you must cite the source you used. When you take a test, you are expected to keep your eyes on your own paper and protect your test paper from being copied by a classmate.

Failure to use proper citation procedure is considered plagiarism. Plagiarism will result in a grade of "0" if it is flagrant and/or deliberate. Copying from another person's paper or test is academic dishonesty and will result in a grade of "0" for that assignment. In addition, you will be referred to student services for discipline based on college policy.

Tutoring Services:
Tutoring Services exists to help MATC students succeed academically through specialized help. Tutoring locations are…
Downtown Campus: C201, 414-297-6791
Oak Creek Campus: A208
West Allis Campus: 249
Mequon Campus: B210

Online Writing Lab (OWL):
This online service helps students with their writing. Google “MATC OWL”

Professional Demeanor
All policies as stated in the Student Handbook apply. The student is pursuing a career in law enforcement. They are, therefore, expected to act in a professional manner in class, on campus, and in the community. With that in mind, the student will refrain from:

Chewing gum if audible
Dishonesty
Sexist/Racist/ethnic remarks and jokes
Harassment
Sleeping or eating in class
Utilizing electronic devices during class
Wearing of clothing with offensive language or pictures
Wearing of hats in class
Violating any law or ordinance
Any other unprofessional conduct
Reporting for class late
Taping, electronic recording, etc. during class

Do not use cell phones and other communication devices during class. They must be turned off and not be visible in the classroom. Do not charge cell phones in the classroom.

Laptop or other personal computers are prohibited in the classroom unless approved by the instructor. Use of the classroom computer is also prohibited without instructor approval.

Appropriate beverages are allowed.

Do not have private conversations in class, when speaking address the entire class.
Courtesy and respect toward the instructors and your fellow classmates is required

College Certification Track students participating in the tactical classes will be required to document absences, tardiness, or class rules violations on an "In the Matter Of" report to be placed in their permanent file.

Guidelines for Mutual Respect
The Law Enforcement Employability & Fitness course is designed to prepare each student for a law enforcement career. Each member of the class should support the others in their efforts to succeed. Be sure to come to each class prepared to:
1. Listen with respect.
2. Speak with respect.
3. Contribute actively to the work of your team.

ADA Statement
If you have a disability that impacts your classroom performance and wish to request an accommodation, contact the Center for Special Needs at (414) 297-6838. They may require documentation regarding your disability to enable them to comply with your request. Admission of a disability is voluntary and will be handled in a confidential manner. MATC does not discriminate against individuals with disabilities and fully complies with the Americans with Disabilities Act. To ensure your academic success in this program, you are strongly encouraged to provide your instructor with a copy of the Instructor Notification Form from the Center for Special Needs.

Student Complaint Procedure:
See Student Handbook; contact MATC Counselor for specific details.

The MATC Criminal Justice/Law Enforcement web site can be found at:
http://ecampus.matc.edu/policetraining

MATC DISTRICT EMERGENCY PROCEDURE GUIDE may be found at...
http://ecampus.matc.edu/policetraining

Please review for important information regarding preparing for and dealing with Safety, Crime, Fire, Medical, and other Emergency/Crisis situations on campus at MATC.

PEOPLE ARE MOST EFFECTIVE IN AN EMERGENCY WHEN THEY ARE PREPARED.

TOGETHER, WE CAN ALL MAKE MATC A SAFE AND SECURE PLACE TO LEARN!
WISCONSIN POLICE OFFICER STANDARD REQUIREMENTS

U.S. citizen; Minimum age - 21; Driver license; Good driving record; Good physical condition; Eligibility for Wisconsin Law Enforcement Standards Board Certification; High school diploma; 60 college credits; Ability to possess a firearm; No felony convictions; No domestic abuse convictions; Good verbal and written communication skills; React quickly and effectively to stressful situations; Able to work evenings, weekends, and holidays; Knowledge and skills in operating computer systems; Clear and concise speech; Ability to handle several tasks simultaneously; Ability to perform essential functions of this position; Ability to use all standard law enforcement equipment; Must be certified or certifiable by the State of Wisconsin Law Enforcement Standards Board (LESB) as a law enforcement officer and eligibility must not have lapsed by the time of appointment.
POLICE 164-001 LAW ENFORCEMENT EMPLOYABILITY & FITNESS FALL 2014

Course Calendar: Chronology of Instructional Units:
Please Note: the following weekly course outline is flexible due to the nature of the class and may not be strictly adhered to. Students are responsible to monitor their MATC EMAIL AND BLACKBOARD ANNOUNCEMENTS for any changes:

STUDENTS SHOULD PAY SPECIAL ATTENTION TO DATES FOR PHYSICAL PAT TESTING AND WORKOUTS. ON THOSE DATES, YOU MAY REPORT DIRECTLY TO THE EVOC TRACK. STUDENTS SHOULD HAVE WORKOUT CLOTHES AND WATER BOTTLE ON PAT AND WORKOUT DATES AND BE PREPARED TO PARTICIPATE IN PHYSICAL ACTIVITY. ANY INJURIES SHOULD BE REPORTED TO THE INSTRUCTOR IMMEDIATELY!

Week 1 08/26
1. Course Introduction and overview. Blackboard Review
2. Course Rules- Respect opinions and confidentiality. Encourage discussions.
3. The students will be broken up into 4 “Squads” for the group assignments.
4. Discussion of PAT 2 – Individual Fitness Research Project
5. PAT 5 Personal Fitness Assessment
6. FORMS
   -Syllabus Receipt Form
   -Student Responsibility/Fitness Release
   -Health Questionnaire & Emergency Contact
   -PAR-Q
   -Coronary Risk Factor Worksheet
7. PAT 3 Squad Project & Discussion of Pre-Employment Interview Skills
8. Discussion and Sign up for week 2 Pre-employment interviews PAT 3

Week 2 09/02
1. PAT 3 - Individual Pre-employment Interviews

Week 3 09/09
1. PAT 1 – Applicant Physical Fitness & Job Task Simulation Testing
2. One minute Situp, One minute pushup MAT ROOM
3. Rescue Simulation, Shield Carry
4. DAILY DEBRIEF - INJURY REPORT

Week 4 09/16
1. PAT 1 – Applicant Physical Fitness & Job Task Simulation Testing
2. 1.5 mile run, 300 meter run EVOC TRACK
3. DAILY DEBRIEF - INJURT REPORT

Week 5 09/23
1. PAT 2 – Individual Fitness Research Project TOPIC DUE
2. SQUAD ONE Presentation – Pre-Employment Physical Ability/Agility Initial Testing/Screening in Law Enforcement
3. Review PAT 1 Results
4. Topic of the Day – Lifetime Fitness – PP Presentation/Discussion
5. Discuss Tactical Functional Training (TFT) 1.5 mile Running Program (8 WEEKS)
6. PAT 6 – S.M.A.R.T. 8 WEEK GOAL discussion with partner
7. Discuss PAT 4 – Personal Portfolio Project, Forms/Examples
8. WORK OUT MAT ROOM
9. DAILY DEBRIEF - INJURY REPORT
Week 6  09/30
1. **SQUAD TWO** Presentation - Physical Fitness Standards/Incentives for CURRENT Law Enforcement Officers/Tactical Team Members
2. Topic of the Day - General Principles of Fitness/Cardio Respiratory Fitness - PP Presentation/Discussion
3. **WORK OUT** CROSSFIT FIREBREATHERS, 450 E. ALVINA AVE.
   MILWAUKEE REGIONAL BUSINESS PARK
   (FORMERLY 440TH AIR FORCE BASE)
   DAILY DEBRIEF - INJURY REPORT

Week 7  10/07
1. **SQUAD THREE** Presentation - Proper Hydration & Nutrition for a healthy active person & workout hydration and nutrition
3. **PAT 9** Daily Nutrition & Exercise Log
4. **WORKOUT** WALK OUTSIDE
5. DAILY DEBRIEF - INJURY REPORT

Week 8  10/14
1. **SQUAD FOUR** Presentation – Body Mass Index (BMI) and other fitness/health/test/measurements
2. Topic of the Day – Prevention of Cardiovascular Disease
3. **WORKOUT** WALK OUTSIDE ROOT RIVER PARKWAY
4. FIELD TRIP TO SOUTHRIDGE MALL FOOD COURT
5. **PAT 10** Fast Food Nutrition & Exercise Fieldwork Log
6. DAILY DEBRIEF - INJURY REPORT

Week 9  10/21
1. **SQUAD ONE** Presentation – Psychological Testing in Law Enforcement
3. Discuss **PAT 4** Personal Portfolio Project
4. **PAT 7** S.M.A.R.T. ONE YEAR GOAL
5. **WORKOUT** MAT ROOM
6. DAILY DEBRIEF - INJURY REPORT

Week 10  10/28
1. **SQUAD TWO** Presentation – Knowledge, Skills, & Ability Requirements for Law Enforcement Officers
2. Topic of the Day – Muscular Strength & Endurance – PP Presentation/Discussion
3. **PAT 2** – Individual Research Project DUE
4. Discuss **PAT 4** Personal Portfolio Forms/Examples
5. **WORK OUT** MAT ROOM
6. DAILY DEBRIEF - INJURY REPORT
<table>
<thead>
<tr>
<th>Week 11</th>
<th>11/04</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. PAT 9 Daily Nutrition &amp; Exercise Log DUE</td>
<td></td>
</tr>
<tr>
<td>2. SQUAD THREE Presentation - Managing Stress for The Law Enforcement Officer</td>
<td></td>
</tr>
<tr>
<td>4. Student Stress Test</td>
<td></td>
</tr>
<tr>
<td>5. PAT 8 Stress Management Strategies</td>
<td></td>
</tr>
<tr>
<td>6. Review for TEST - WEEK 12</td>
<td></td>
</tr>
<tr>
<td>7. WORK OUT MAT ROOM</td>
<td></td>
</tr>
<tr>
<td>8. DAILY DEBRIEF - INJURY REPORT</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 12</th>
<th>11/11</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. SQUAD FOUR Presentation – Background Investigations for Law Enforcement Officers</td>
<td></td>
</tr>
<tr>
<td>3. Review for Test</td>
<td></td>
</tr>
<tr>
<td>4. TEST</td>
<td></td>
</tr>
<tr>
<td>5. WORK OUT MAT ROOM</td>
<td></td>
</tr>
<tr>
<td>6. DAILY DEBRIEF – INJURY REPORT</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 13</th>
<th>11/18</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. PAT 1, Applicant Physical Fitness &amp; Job Task Simulation Testing</td>
<td></td>
</tr>
<tr>
<td>2. 1.5 mile run, 300 meter run EVOC TRACK</td>
<td></td>
</tr>
<tr>
<td>3. PAT 6 – S.M.A.R.T. GOAL REVIEW (8 Weeks)</td>
<td></td>
</tr>
<tr>
<td>4. DAILY DEBRIEF - INJURY REPORT</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 14</th>
<th>11/25</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. PAT 1, Applicant Physical Fitness &amp; Job Task Simulation Testing</td>
<td></td>
</tr>
<tr>
<td>2. One minute sit up, one minute push up MAT ROOM</td>
<td></td>
</tr>
<tr>
<td>3. Rescue Simulation, Shield Carry</td>
<td></td>
</tr>
<tr>
<td>4. DAILY DEBRIEF - INJURY REPORT</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 15</th>
<th>12/02</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. PAT 3 - Individual Pre-employment Interviews Times to be announced</td>
<td></td>
</tr>
<tr>
<td>2. PAT 4 – Personal Portfolio Project DUE</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 16</th>
<th>12/09</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. PAT 2 – Individual Fitness Research Project Presentations</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 17</th>
<th>12/16</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. PAT 2 – Individual Fitness Research Project Presentations</td>
<td></td>
</tr>
</tbody>
</table>
SQUAD PRESENTATIONS  (10-15 minutes)

SQUAD ONE
WEEK 5 - Pre-Employment Physical Ability/Agility Initial Testing/Screening in Law Enforcement
WEEK 9 - Psychological Testing in Law Enforcement

SQUAD TWO
WEEK 6 - Fitness Standards/Incentives for CURRENT Law Enforcement/Tactical Team Officers
WEEK 10 - Knowledge, Skills, & Abilities Requirements for Law Enforcement Hiring Process

SQUAD THREE
WEEK 7 – Proper Hydration and Nutrition for a healthy active person, workout hydration & nutrition
WEEK 11 – Managing Stress for the Law Enforcement Officer

SQUAD FOUR
WEEK 8 – Body Mass Index (BMI), and other fitness/health tests/measurements
WEEK 12 - Background Investigations for Law Enforcement Officers

Your squad should exchange information (email, google cloud, cell phone, etc.) and communicate with each other so that each squad member prepares and presents a segment of your presentation. The dates of each squad presentation are in the Course Calendar listed above.

The presentations will typically be done in the first hour of class, so come to class prepared. You should not assume you will have class time to prepare for your presentation. I will typically give you at least 5-10 minutes to set up your presentation and check your power point and/or video, but no more.

In researching and preparing your presentation for class, you may include information pertaining to your topic about history, science, research, suggested standards, model programs/examples, and anything else you find interesting that will benefit our class. This is your chance to teach the class. There is no exact template or format. Your squad may include power point, short video segments (1-5 minutes), pictures (we can project them using the overhead projector), handouts, etc. for your presentation.

You should use credible and reputable Internet sites for your information. Government sights end with .gov and educational sites end with .edu. I have listed some suggestions to get your started below, but there are endless opportunities to find valuable information. Let me know if you have any questions.
SOURCES OF INFORMATION TO GET YOU STARTED. DO NOT RELY ON THESE ONLY

ACTIVE.COM  http://www.active.com/

GOOD FORM RUNNING  http://www.goodformrunning.com/

INTERNATIONAL ASSOCIATION OF CHIEFS OF POLICE  http://www.theiacp.org/

POLICEONE.COM  http://www.policeone.com/police-products/fitness-health-wellness/

WILENET  https://wilenet.org


AMERICAN MEDICAL ASSOCIATION (AMA)  http://www.ama-assn.org/ama

CENTERS FOR DISEASE CONTROL & PREVENTION  http://www.cdc.gov/

AMERICAN CANCER SOCIETY  http://www.cancer.org/index

AMERICAN HEART ASSOCIATION  http://www.heart.org/HEARTORG/

U.S. DEPT. OF HEALTH & HUMAN SERVICES  http://www.hhs.gov/

OFFICE ON WOMEN'S HEALTH  http://www.womenshealth.gov/fitness-nutrition/

NUTRITION.GOV  http://www.nutrition.gov/

NATIONAL ASSOCIATION FOR HEALTH & FITNESS  http://www.physicalfitness.org/index.php

AMERICAN SOCIETY FOR NUTRITION  http://www.nutrition.org/


U.S. MARINE CORPS FITNESS  http://www.marines.com/becoming-a-marine/how-to-prepare/pft

PRESIDENT’S COUNCIL ON FITNESS SPORTS AND NUTRITION  http://www.fitness.gov/

POLICE CHIEF MAGAZINE  http://www.policechiefmagazine.org/magazine/index.cfm?fuseaction=display&article_id=1516&issue_id=62008

HARVARD SCHOOL OF PUBLIC HEALTH  http://www.hsph.harvard.edu/

COOPER INSTITUTE  http://www.cooperinstitute.org/

RUNNERS WORLD  http://www.runnersworld.com/

BACKPACKER.COM  http://www.backpacker.com/
Attendance Policy
MATC mandates attendance in all classes. The MATC attendance policy is strictly followed in this class. It is your responsibility to follow that policy, to attend all classes and to meet all course requirements. Punctuality and regularly attending class is required. Your instructor is required to maintain your attendance by recording how many hours of class you attend. This information will be reported to the associate dean or his designee.

MATC allows students to drop any class at any time, however, there are deadlines concerning the amount for refund, if any, which is due to the student. Of special note, if a student doesn't attend class regularly, and does not initiate a "drop" of the class, the student will receive a "U" for that class. Any student that is tardy to a class or misses a class, or any part of said class, is fully and solely responsible and accountable for the entire content and substance of what that student missed during that class or classes. Absence or tardiness is not an excuse for missed information, assignments, tests, or other course information.

Depending upon your career goals and your educational course status, the State of Wisconsin, Department of Justice, Law Enforcement Standards Board (LESB), Training and Standards Bureau may require or establish additional attendance requirements directly impacting LESB certification potential. There may also be direct consequences for failure to attend or otherwise meet the number of hours required by LESB for certification. Your instructor is required to report your attendance and keep appropriate records.

Punctuality and regularity in class attendance is required. MATC policies apply as listed in the student handbook. Three (3) or more absences requires a drop from the course, reinstatement requires permission from the Associate Dean of the Criminal Justice Program. A report documenting student attendance will be submitted to the Protective Services Office at the conclusion of the semester.

Student Signature: Indicating syllabus has been read and is understood

Student_________________________________________ Date____________________
You will be responsible to research an active fitness/health/wellness topic and write a report and prepare a presentation for the class.

Your report and presentation for the class should focus on the health, fitness, and wellness benefits of your topic and possibly a demonstration and/or class participation segment if it is something all class members will be able to participate in. Your class presentation may also include power point, pictures, handouts, questionnaires, or other activities to encourage participation from the class.

You may also choose to include information on the history, research, statistics, specific programs, popularity, injury possibilities, and anything else you find interesting.

You may choose from the below list or choose your own topic to complete your report. It is ideal if you choose a topic that you are involved or interested. You may already be knowledgeable in a certain area of fitness, and your knowledge and passion will benefit you.

Please advise me as you choose your topic. Your topic must be approved and recorded by me so we will avoid multiple class presentations on the same topic.

POSSIBLE TOPICS:
Cross Fit
Jazzercise
Yoga
Cross Training
Running
Bicycling
Skiing
Weight Training
Hiking/Backpacking
Kayaking/Canoeing
Walking/Speed Walking
Martial Arts
Sports
Electronic/Technological Aids in Health & Fitness

Project Length and References
Minimum 3 pages 1 reference
Recommended 4-5 pages 2+ references
Maximum 10 pages no maximum references

On September 23, 2014, your topic is due (WEEK 5)
On October 28, 2014, your project is due (WEEK 10)

Presentations will be scheduled for the end of the semester.
Please talk to me or send me an e-mail if you have any questions.
Doug Braun  braund@matc.edu