



6 non-suits = D UU  
 7 non-suits = Fail UU

## Syllabus

<b>Representative California Standards</b>	<b>Unit</b>	<b>Instructional Focus</b>						
Part of L.A.P.D.	<b>Formal Inspection Once a week</b>	Part of L.A.P.D. requirement. Cadets are to have Uniform Pressed & boots shined. Look Sharp while standing at attention						
Part of L.A.P.D.	<b>Criminal Justice</b>	<ul style="list-style-type: none"> <li>History of L.A.P.D.</li> <li>Police Tactics</li> <li>Routine traffic stops</li> <li>Investigations</li> <li>Filling out forms</li> </ul>						
1.4 Practice aerobic activities in real-world settings. 2.2 Adjust personal fitness goals on the basis of fitness assessment measures to improve performance in aerobic activities.	<b>Cardio Timed miles 20 minutes</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 Fitnessgram 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. 2.2 Identify the prime mover muscles, antagonistic muscles, and stabilizer muscles for each of the major weight-training exercises.	<b>Weight 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> <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.</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. 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</li> </ul> <table> <tr> <td>Mile</td> <td>trunk lift</td> </tr> <tr> <td>Push ups</td> <td>body mass index.</td> </tr> <tr> <td>Sit &amp; reach</td> <td>curl - up</td> </tr> </table>	Mile	trunk lift	Push ups	body mass index.	Sit & reach	curl - up
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**Intervention Time:** Intervention time will be determined by both Officer Frias and myself and will be adjusted as necessary. Cadets will be released to get dressed 20 minutes before dismissal bell rings. Students who need extra time in specific areas of fitness will be detained 10 minutes to help them meet minimum requirements.

