Health and Fitness for Law Enforcement in Canada

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PEARSON
Toronto
To the most inspiring teachers of my life: Dr. Wayne Marino, Dr. Joan Stevenson, and Professor Sue Ronchka.

To all my students, who will accomplish great things in law enforcement.

To my dearest Helen. Of all the ways I have been blessed, having you in my life is the greatest.
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Preface

INTRODUCTION

In an increasingly dangerous world, there is an expanding need for professionals with law enforcement expertise. The field of law enforcement is vast and exciting. There are many career opportunities in areas such as border security, corrections, cyber crime, environmental protection, investigations, and security.

*Health and Fitness for Law Enforcement in Canada* focuses on preparing students who want to begin a career in law enforcement. More specifically, it applies to Canadian students pursuing health and fitness courses in any branch of law enforcement (or public safety) at the post-secondary education level. The details and language used throughout this book are tailored to students who are new to the field.

THE GOALS

This is the first Canadian book to unite the latest law enforcement–related research into a single, easy-to-understand source for both students and professionals. More specifically, the goals of this book are as follows:

1. To merge the latest peer-reviewed research and professional expertise into a single book. This entire book has more than 600 references from peer-reviewed and professional experts focused on law enforcement issues. This allows students to get trustworthy, scientific, and up-to-date material related specifically to health and fitness topics in their field.

2. To focus on Canadian content. The book’s focus is on Canadian information, compiled from various provincial, national, professional, and scientific organizations across the country. This helps students build their knowledge from experts in the various regions of Canada.

3. To be practical and applied in nature. The information covered in the book is presented in an easy-to-understand manner. As a result, it focuses on concepts that can be applied today, rather than theoretical topics that are difficult to apply for students who are new to the field of law enforcement.

4. To educate Canadian and international students who are new to the study of law enforcement. To help new students who may have different backgrounds, this book uses more photographs and illustrations than any other book in the field to help explain the material more clearly. In addition, straightforward language is used to explain the meaning of scientific concepts and professional expertise to help students follow the discussion in each chapter with greater ease.

TEXT ORGANIZATION

This book works well if the academic lectures can be combined with a practical gym (or lab) class. Plenty of lecture and practical/lab content are offered, so it can be adapted to suit one- or two-semester courses.

For a typical one-semester course (14 weeks), each chapter in this book (six chapters in total) can be covered over 2 weeks. This will result in 12 weeks of lecture and gym class material. The remaining 2 weeks can be used for fitness testing (or demonstrations) in the gym. For each week, instructors may want to select one or two practical/lab assignments, found at the end of each chapter, to help students apply the content learned in the chapter.

For a two-semester course (28 weeks), instructors will notice that each chapter subdivides into two to four units. Depending on how in-depth the instructor wants to examine each chapter, he or she can divide it over 2–4 weeks. The remaining weeks can be used for fitness testing or demonstrations in the gym. In addition, given the longer course, instructors will have more time to incorporate most or all of the practical/lab assignments into classroom and gym learning.

KEY FEATURES

There are a number of features that instructors can incorporate into classroom discussions to make classes engaging:

1. Discussion Topics
   - Each chapter starts with a Feature Profile to draw students into the material.
   - Throughout this book, students will find a feature box called *Talk on the Street* that addresses special interest topics that are often discussed in local gyms or on the street.

2. Figures and Illustrations
   - Many multiple-column figures and illustrations, using photographs of individuals in training, map out and present key concepts to help new students better visualize important concepts and gym exercises.
3. Test Questions
   ■ At the beginning of each chapter, students can test their existing knowledge by completing three to four true/false questions (with answers provided).
   ■ At the end of each chapter, there are numerous Multiple-Choice and Short-Answer Questions to help students review.

4. A Complete Summary and Review
   ■ At the end of each chapter, students will find a list of Key Terms with definitions.
   ■ To improve learning, at the end of each chapter, a Summary of Key Points is shown in the form of a schema map, helping students see the relationships among topics.

5. Practical/Lab Assignments
   ■ At the end of each chapter, students can complete the Practical/Lab Assignments to apply their newly acquired knowledge to their own health and lifestyle.

6. References
   ■ Great effort was taken to ensure references are well documented in each chapter, thus allowing students and instructors to review the original sources of material presented in this book. These references can be used to promote further investigation into topics of interest.

SUPPLEMENTS

Test Bank
The Test Bank is available in Word format and includes questions in various formats. Each question is accompanied by the correct answer, a page reference to where the answer can be found in the book, and a difficulty ranking of easy, moderate, or challenging.

PowerPoint Presentations
The PowerPoint Presentations provide a comprehensive selection of slides highlighting key concepts featured in the book. The slides have been specifically developed for clear and easy communication of themes, ideas, and definitions.

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