



## Justice Institute of British Columbia COURSE OUTLINE

<b>Course Code:</b>	<b>JPSCPP116</b>
<b>Course Title:</b>	Physical Education, Wellness, Self-Care and Advanced Driving Skills – Level 2
<b>Prerequisite Courses:</b>	Admission into Program and Valid BC Driver's License (class 5) and successful completion of JPS-CPPAL---, Physical Education, Wellness and Self-Care – Level 1
<b>Sponsoring Division:</b>	<b>Centre for Aboriginal Programs and Services</b>
<b>Previous Course Code &amp; Title:</b>	none
<b>Course Effective Date:</b>	

<b># of Credits:</b>	3
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**Course Description:** Enhanced driving ability is a requirement of law enforcement and public safety personnel. This course involves driving instruction from an expert and focuses on aspects of driving such as city, freeway and country roads, parking skills, collision avoidance, defensive and pro-active driving skills, braking techniques, breaking bad habits and handling emergency situations.

Having successfully completed *Physical Education, Wellness and Self-Care – Level 1*, learners will continue to apply goal-setting strategies to demonstrate growth in physical, mental, emotional and spiritual objectives. They will continue to help students to prepare to pass the physical tests required for admission into the various workgroups (i.e. POPAT, PARE, COPAT, SOPAT).

### **Course Goal(s):**

The goal of this course is to provide practical training for students to safely and efficiently operate motor vehicles.

Building on *Physical Education, Wellness and Self-Care – Level 1*, learners will continue to develop the knowledge and skills required for setting and achieving goals for maximum personal wellness.

### **Course Learning Objectives:**

*Upon successful completion of this course, the participant will be able to:*

- Demonstrate proficiency in operating a motor vehicle
- Describe the procedures required to operate emergency service vehicles
- Evaluate the hazards of difficult driving situations
- Assess environmental hazards and make necessary adjustments to driving
- Explain and incorporate strategies of collision avoidance
- Explain the concept of defensive driving
- Demonstrate braking techniques under changing circumstances
- Demonstrate proficiency in parking skills
- Assess and make adaptations for driving in emergency situations



- Examine their personal wellness from a holistic point of view
- Implement and assess progress of goals for physical fitness, emotional and mental wellness
- Discuss stressors inherent in justice and public safety services fields
- Describe the relationship between personal health and career stressors

**Course Topics/Content:**

1. Driving rules and regulations
2. Environmental Concerns and Adaptations
  - Freeway
  - Rural and isolated roads
  - Weather conditions
  - Traffic Congestion
3. Driving Techniques
  - Collision Avoidance
  - Defensive Driving Skills
  - Pro-Active Skills
  - Braking
  - Emergency Situations
4. Wellness
  - Emotional
  - Physical
    - Standardized tests
    - Diet and weight control
  - Mental
    - Impediments to learning
  - Spiritual
    - Assessment of personal impact and connection
5. Goal Setting
  - Personal objectives
  - Career requirements and admission exams
  - S.M.A.R.T. (Specific, Measurable, Attainable, Realistic, Time Managed) goals
6. Physical Fitness
  - POPAT, PARE, COPAT, SOPAT
  - 2.4 kilometre run
  - Hand strength



**Text and Resource Materials:** Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

**Required:** Lund, Al., & Bentley, Ross, (2006). *Pacific Traffic Education Centre Driver's Handbook*. Justice Institute of British Columbia & Insurance Company of British Columbia.

Corbin, C.B. Lindsey, R. (2004) *Fitness for Life*. (5<sup>th</sup> Ed.). Canada: Human Kinetics.

**Recommended:**

Powers, S., Dodd, S.L. , Thompson, A.M., & Condon, C. (2006) *Total Fitness and Wellness*. (Canadian Ed.). Toronto, ON: Person Benjamin Cummings.

**Course Level:**

✓	First Year		Second Year		Third Year		Fourth Year
	Other (describe):						

**Equivalent Course(s) within the JIBC:** DSER011: Total Control Driving for Deputy Sheriffs



**Class Delivery Methods:**

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	9			
Simulation/Lab	33			
Practicum/Fieldwork				
Online				
Correspondence				
<b>Total Class Hours</b>	42			

**Comments on Delivery Methods:**

The Advanced Driving Skills section of this course will be offered through Pacific Traffic Education Centre.

**Related Program(s):** (where applicable)

**Credit Transfer exists at:** (List Institutions with official transfer agreements and name equivalent courses)



**Course Grading System:**

Check the system that applies to this course:

<input type="checkbox"/>	Letter Grades	<input checked="" type="checkbox"/>	Percentage	<input type="checkbox"/>	Pass/Fail	<input type="checkbox"/>	Credit/No Credit
<input type="checkbox"/>	Complete/Incomplete	<input type="checkbox"/>	Attendance Only	<input type="checkbox"/>	Not Applicable		

<b>Passing Grade:</b>	60
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JIBC Standard Grading Scale for Letter, Grade Point and % Grades:

Letter Grade	Grade Points	% Range
A+	4.33	90-100
A	4.00	85-89
A-	3.67	80-84
B+	3.33	76-79
B	3.00	72-75
B-	2.67	68-71

Letter Grade	Grade Points	% Range
C+	2.33	64-67
C	2.00	60-63
C-	1.67	56-59
D	1.00	50-55
F	0.00	0-49

**Evaluation Activities and Weighing:** (complete the %'s which apply – total must equal 100%)

Final Exam	20%	Assignments	20%	Project	%	Capstone Project	%
Midterm Exam	15%	Portfolio	%	Participation	10%	Other	%
Quizzes/Test	10%	Simulations	25%	Practicum	%	TOTAL	100%

**Comments on Evaluation:**

**Other Course Guidelines, Procedures and Comments:**

All students must have a valid BC driver's license (class 5). Waiver forms must be signed by each student.

**View the Justice Institute of BC Policies listed below at:**

[JIBC | About JIBC | Policies](#)

Access Policy  
Harassment Policy  
Prior Learning Assessment Policy  
Student Code of Conduct

Academic Appeals Policy  
Intellectual Property Rights Policy  
Research on Human Subjects: Ethics  
Student Records