



# RIVERSIDE COUNTY PROBATION DEPARTMENT

Serving Courts • Protecting Our Community • Changing Lives



## **Course Title: Exercise**

## **Hours of Instruction: 1**

### **Course Objectives:**

- a) Define Exercise.
- b) Identify the minimum time requirements for exercise.
- c) List the benefits of exercise activities for detainees.
- d) List approved and unapproved exercise activities.
- e) Identify exercise concerns to plan and prepare for.
- f) Explain exercise preparation.
- g) Demonstrate exercise structuring, explanation of the exercise activity, explanation of the exercise activity rules, and behavioral expectations.
- h) Explain exercise structuring during the activity.
- i) Explain where to document exercise activities and why documentation is important.