

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

FSC 105 - Fire Academy Physical Training

2.5 Unit(s)

Prerequisite(s): NONE

Co-requisite(s): FSC 106

Recommended Prep: NONE

Transfer Status: NT

9 hours Lecture

95 hours Lab

This course prepares fire science students for the pre-employment physical ability test in the Firefighter I Academy. Emphasis is placed on lifetime fitness, principles of physical fitness, individual fitness programs, managing body composition, stress indicators and management, nutrition, development of muscular strength and cardiovascular efficiency. Students will undergo physical assessment at the onset and conclusion of the course. This course meets California State Fire Marshall certification requirements.

II. OBJECTIVES

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

- A. Identify the basic principles of physical conditioning.
- B. Describe the components of a personal physical fitness program.
- C. Develop an effective personal fitness program.
- D. Explain the basic principles of nutrition.
- E. Demonstrate the ability to pass a standard fire fighter employment physical ability examination.
- F. Identify and describe the basic concepts of stress management.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Components of a personal physical fitness program	1.00
2. Techniques for evaluating personal fitness	2.00
3. Physical conditioning of firefighter performance	1.00
4. Components of a physical conditioning program and a training session	1.00
5. Training injuries and treatment	1.00
6. Nutritional planning and fitness goals	2.00
7. Stress management	1.00
Total Hours	9.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Components of a personal physical fitness program	20.00
2. Practical training/functional performance	25.00
3. Physical agility event technique training	25.00
4. Physical agility course test practice	25.00
Total Hours	95.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- C. Discussion
- D. Demonstrations

V. METHODS OF EVALUATION

- A. Class participation
- B. Oral examinations
- C. Timed physical assessments

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read the handout on safety and injury prevention techniques for athletic training, and be prepared to discuss in class.
 - 2. Read an article about the benefits of physical fitness training for firefighters, and be prepared to discuss in small groups in class.
- B. Writing Assignments
 - 1. Write a journal for one week tracking everything that you eat. Be prepared to share your journal during a class discussion on nutrition.
 - 2. List the components of the firefighter physical agility course, and describe briefly the relevance of each component to the firefighting profession.
- C. Out-of-Class Assignments
 - 1. Prepare and maintain a written log which details your out-of-class physical training efforts. Be prepared to share in class and discuss.
 - 2. Visit a fire station, observe what facilities are specifically utilized for physical fitness training and be prepared to discuss in class.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Materials Other Than Textbooks:

- A. Athletic apparel
- B. Athletic shoes
- C. Other materials and/or equipment will be provided by the department

Created/Revised by: Marshall Haslem

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