

Course Outline for FST FSC2

FIRE SERVICE CONDITIONING & PHYSICAL AGILITY DEVELOPMENT 2

Effective: Spring 2019

I. CATALOG DESCRIPTION:

FST FSC2 — FIRE SERVICE CONDITIONING & PHYSICAL AGILITY DEVELOPMENT 2 — 1.00 units

This course builds on the fundamentals of basic fitness in FST FSC1 and increases the performance expectations. Students will use the skills and knowledge they learned in FST FSC1 to raise their level of performance. They will also be acting as crew leaders and mentors for the FST FSC1 students. Students will be expected to perform many of the same exercises of the FST FSC 1 students, however they will have added resistance and weight load. For example, students will exercise while wearing SCBA bottles or weight vests. To pass the class, students must pass a certified CPAT exam, held at an outside facility.

1.00 Units Lab

Strongly Recommended

FST FSC1 - Fire Service Conditioning & Physical Agility Development 1
with a minimum grade of C

Grading Methods:

Letter Grade

Discipline:

- Fire Technology

	MIN
Lab Hours:	54.00
Total Hours:	54.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

A. FSTFSC1

1. Explain the importance of warm-ups and downs
2. Discuss the benefits of maintaining a regular exercise program
3. Explore exercise programs for flexibility, strength, endurance and cardiovascular development
4. Develop increased aerobic fitness, muscular strength and endurance, and improved agility
5. Improve recovery time after exercise
6. Develop elementary wellness practices: healthy nutrition, stress reduction and coping skills, and adequate rest
7. Perform proper lifting and carrying techniques with "Tools of the Trade"
8. Identify health risk factors
9. Demonstrate appropriate techniques for "CPAT" and traditional "Physical Agility" testing requirements

IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate warm-ups and downs for FST FSC1 students.
- B. Develop a personal fitness plan, based on individuals individual fitness level, including measurable, achievable goals.
- C. Perform proper lifting and carrying techniques with "Tools of the Trade" while wearing SCBA or weight vests
- D. Demonstrate proper cardio-respiratory control with use of an SCBA while under physical exertion
- E. Act as mentors and leaders for FST FSC1 students
- F. Achieve a personal best in a 1 mile run, based on initial evaluation.
- G. Complete, and successfully pass, a "CPAT" exam at an licensed off-site facility

V. CONTENT:

- A. Orientation to course
- B. Demonstrate ability to properly and quickly don appropriate PPE
- C. Demonstrate to other students, proper body mechanics during all exercise components
- D. Discuss components of a personal fitness plan
- E. Incorporate firefighting equipment into fitness routine
 1. Carrying and lifting Ladders
 2. Carrying and deploying Fire Hose

3. Utilizing of an SCBA with proper breathing exercises
- F. Discussion of health risk factors and the effects on job performance and longevity
 1. Nutrition
 2. Abnormal sleep cycles related to fire service work scheduling
 3. PTSD and the Fire Service
 4. Recreational activities (alcohol, drugs, high-risk spots)
- G. Complete "CPAT" test off site

VI. METHODS OF INSTRUCTION:

- A. Review of progress
- B. **Lecture** -
- C. **Demonstration** -
- D. Student participation in individual and in class workouts and skill stations
- E. Individual, small group (teams) and entire class drills and activities to enhance student training and performance (e.g. mile run, timed events, sit-up and pull up counts, etc.)
- F. Group and team discussions concerning components of fitness
- G. Audio/Visual Presentation (e.g., CPAT and Traditional Physical Agility Tests);

VII. TYPICAL ASSIGNMENTS:

- A. Write essay on PTSD and the Fire Service
- B. Identify person fitness goal that is achievable during the class and develop workout plan to achieve it
- C. Maintain a daily fitness log
- D. Develop and demonstrate a teaching demonstration for an assigned exercise to FST FSC1 students.
- E. Maintain assigned PPE (Turnout Coat and Helmet with Goggles)
- F. Complete an initial fitness evaluation and demonstrate improvement in each aspect.
 1. 1 mile run
 2. Push-ups
 3. Pull-ups
 4. Stair climb
- G. Team Leadership development-Assigned Team Captains

VIII. EVALUATION:

Methods/Frequency

- A. Class Participation
 - Act as a mentor and team leader
- B. Class Performance
 - Demonstrate measurable improvement in fitness between beginning and end of class
- C. Other
 1. Required student attendance
 - a. Roll is taken daily
 2. Evaluation of Daily Fitness Log
 3. Periodic performance tests to evaluate student improvement in fitness development
 4. Completion of CPAT test

IX. TYPICAL TEXTS:

1. Smith, Stewart. *Tactical Strength*. 1st ed., Hatherleigh Press, 2017.
2. Kerrigan, Dan, and Jim Moss. *Firefighter Functional Fitness*. 1st ed., Firefighter Toolbox LLC, 2016.
3. IAFF and IAFC. CPAT Candidate Physical Ability Test Candidate Preparation Guide. IAFF and IAFC , 1999.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will be provided an NFPA approved Fire Fighter Turnout Coat that meets Cal OSHA
- B. Students will be provided an NFPA approved protective Firefighter Helmet and Goggles that meets Cal OSHA
- C. Students will be required to purchase and wear an approved LPC Fire Technology T-Shirt and shorts
- D. Students will provide their own exercise clothing, and quality running shoes (in good condition)
- E. Students will need to provide their own Hydration Containers and Nutrients for class participation