

Course Outline for FST FSC1

FIRE SERVICE CONDITIONING & PHYSICAL AGILITY DEVELOPMENT 1

Effective: Fall 2018

I. CATALOG DESCRIPTION:

FST FSC1 — FIRE SERVICE CONDITIONING & PHYSICAL AGILITY DEVELOPMENT 1 — 1.00 units

This course is an introduction to the components of physical fitness development and conditioning, with an emphasis in preparing students for the physical agility performance and testing standards required of "Emergency First Responder" Candidates entering into Police or Fire Academies. Students will be presented instruction on proper warm-up and stretching techniques, how to maintain and develop the components of fitness through increased muscular strength and muscular endurance, cardiovascular endurance and recovery, and increased flexibility and balance. Students will be introduced to Circuit Training and will also receive skills instruction on various testing parameters of the Nationally approved and recognized Certified Physical Agility Test (CPAT). Students will additionally receive instruction on various "Tools of the Trade" (i.e., Ladders, Fire Hose, SCBA) for developing proper skills in handling, lifting and carrying techniques as well as developing cardio-respiratory control and aerobic conditioning while wearing a "Self Contained Breathing Apparatus" (SCBA) under conditions of physical exertion.

1.00 Units Lab

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:

IV. MEASURABLE OBJECTIVES:

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

- Explain the importance of warm-ups and downs
- Discuss the benefits of maintaining a regular exercise program
- Explore exercise programs for flexibility, strength, endurance and cardiovascular development
- Develop increased aerobic fitness, muscular strength and endurance, and improved agility
- Improve recovery time after exercise
- Identify appropriate lifestyle modification techniques
- Develop elementary wellness practices: healthy nutrition, stress reduction and coping skills, and adequate rest
- Discuss the psychological affect of mental fatigue
 - Perform proper lifting and carrying techniques with "Tools of the Trade"
- Identify health risk factors
- Demonstrate proper cardio-respiratory control with use of an SCBA while under physical exertion
- Demonstrate appropriate techniques for "CPAT" and traditional "Physical Agility" testing requirements

V. CONTENT:

- Orientation to course
- Proper utilization of required PPE
- Proper etiquette and recognition of course delivery as a paramilitary "Academy Structure" course
- Selection, use and safety procedures related to operating physical fitness equipment and machines associated with "Circuit Training"
- Proper exercise technique to ensure safety and comfort level of all participants;
- Exercise programs to develop flexibility, strength, endurance, balance and skills used in both fitness and in performance of "First Responder" Physical Agility testing and performance standards for both Police and Fire Academies
- Introduction to "Tools of the Trade"
 - Proper carrying and lifting techniques with Ladders
 - Proper carrying and deployment techniques with Fire Hose
 - Utilization of an SCBA with proper breathing exercises
 - Proper carrying techniques of various multiple firefighting tools
 - Utilization and introduction of ropes and knots for improved hand and eye coordination
- Identification and discussion of health risk factors
 - Proper nutrition

- 2. Adequate rest
- 3. Stress management and coping skills
- 4. Unhealthy personal choices
 - a. Smoking (Tobacco products)
 - b. Alcohol
 - c. Drugs
- I. Introduction of "CPAT and Traditional Physical Agility" testing skills.

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. Reading of assigned handouts
 - 1. CPAT Test
 - 2. Proper Nutrition
 - 3. Stress Management and Coping Skills
- B. Maintaining a daily fitness log
- C. Skill Building Exercise:
 - 1. Students participate in warm-up period and stretch prior to workout.
- D. Maintain assigned PPE (Turnout Coat and Helmet with Goggles)
- E. Keep counts and times of performance standards as evaluated
 - 1. Mile run time
 - 2. Sit-ups, pull-ups counts
 - 3. Stair climb time
 - 4. Designed "Physical Agility" performance times
- F. Team Leadership development-Assigned Team Captains

VIII. EVALUATION:

- A. **Methods**
 - 1. Class Participation
 - 2. Class Performance
 - 3. Other:
 - a. Required student attendance
 - 1. Roll is taken daily
 - b. Evaluation of Daily Fitness Log
 - c. Periodic performance tests to evaluate student improvement in fitness development
 - d. Completion of CPAT practice test
- B. **Frequency**
 - 1. Daily participation
 - 2. Daily Fitness Log evaluation
 - 3. Minimum of 10 class performances
 - 4. One practice CPAT test
 - 5. Designed Physical Agility timed performance test at end of course

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