

Las Positas College  
3000 Campus Hill Drive  
Livermore, CA 94551-7650  
(925) 424-1000  
(925) 443-0742 (Fax)

### Course Outline for FST 11F

### FIREFIGHTER ACADEMY FITNESS TRAINING

Effective: Spring 2019

#### I. CATALOG DESCRIPTION:

FST 11F — FIREFIGHTER ACADEMY FITNESS TRAINING — 1.00 units

This course is the daily fitness component of the Fire Academy. 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 also be coached on proper nutrition and hydration during the Fire Academy. Daily workouts will vary depending on the demand of the Fire Academy on that day. On physically demanding academy skills days (i.e. hose, ladders, ventilation, etc.), students will do lighter workouts such as stretching and light calisthenics. On lecture days, or days without physically demanding manipulative academy skills, students will perform more demanding activities, such as running, calisthenics and resistance work.

1.00 Units Lab

#### Corequisite

FST 11 - ARTP Firefighter I Academy

#### Grading Methods:

Pass/No Pass

#### Discipline:

- Fire Technology

	<u>MIN</u>
<b>Lab Hours:</b>	54.00
<b>Total Hours:</b>	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:**

- Improve recovery time after exercise
- List the major causes of death and injury in firefighters.
- List and describe the four components of a firefighter safety program.
- Describe the 16 firefighter life safety initiatives
- Describe the connection between physical fitness and firefighter safety.
- Describe the components of a well-rounded physical fitness program
- Explain the practices firefighters should take to promote optimal physical and mental health.
- Describe and demonstrate how to lift and move objects safely.
  - Explain how rehabilitation is used to protect the safety of firefighters during an emergency incident.
- Demonstrate the set-up of a rehabilitation unit
- Explain the role of a critical incident stress debriefing in preserving the mental well-being of firefighters
- Discuss how to ensure safety outside of the workplace

#### V. CONTENT:

- Orientation to course
- Proper utilization of required PPE
- Selection, use and safety procedures related to physical fitness
- Proper exercise technique tailored to meet the expectations of the academy
- Discussion of health risk factors
  - Proper nutrition
  - Managing mental health both on and off duty
  - Recreational activities, including drugs and alcohol and the affect on both on and off-duty health
- Measurement of fitness level throughout class
  - Demonstrate improvement in recovery time
  - Demonstrate improvement in speed on timed events
  - Demonstrate improvement in academy related activities, such as pulling hose, raising ladders and using an ax

#### VI. METHODS OF INSTRUCTION:

- A. Review of progress
- B. **Demonstration** -
- C. Student participation in individual and in class workouts and skill stations
- D. 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.)
- E. Workouts shall change daily. Students may be asked to be group leaders as requested by instructors.

#### VII. TYPICAL ASSIGNMENTS:

- A. Students are expected to continue personal workout practices outside of class
- B. Perform exercises and decrease recovery time on a weekly basis

#### VIII. EVALUATION:

##### **Methods/Frequency**

- A. Class Participation
  - Students are evaluated on their engagement and participation in daily exercises
- B. Class Performance
  - Students are evaluated on their personal improvement in fitness level
- C. Other
  - 1. Required student attendance
    - a. Roll is taken daily
  - 2. Evaluation of Daily Fitness Log

#### IX. TYPICAL TEXTS:

- 1. Jones and Bartlett. *Fundamentals of Firefighter Skills*. 4th ed., Jones and Bartlett, 2018.
- 2. Kerrigan, , and Moss. *Firefighter Functional Fitness*. 1st ed., Firefighter Toolbox LLC, 2016.
- 3. Wasser, and Walter. *Firefighter's Fitness Handbook*. First ed., Delmar, 2009.
- 4. 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 protective Firefighter Helmet and Goggles that meets Cal OSHA
- B. Students will be required to purchase and wear an approved LPC Fire Academy T-Shirt and shorts
- C. Students will provide their own exercise clothing, and quality running shoes (in good condition)
- D. Students will be provided an NFPA approved Fire Fighter Turnout Coat that meets Cal OSHA
- E. Students will need to provide their own Hydration Containers and Nutrients for class participation