

# FIRE 0100A - FIRE ACADEMY PHYSICAL TRAINING

## Catalog Description

Formerly known as KIN 97

Corequisite: Concurrent enrollment in FIRE 100

Hours: 80 (28 lecture, 52 laboratory)

Description: Designed for Firefighter I Academy Trainees, emphasizing lifetime fitness, principles of physical fitness, individual fitness programs, managing body composition, stress indicators and management, nutrition, and development of muscular strength and cardiovascular efficiency. (CSU)

## Course Student Learning Outcomes

- CSLO #1: Explain various stress management techniques for common stressors in fire fighting.
- CSLO #2: Outline proper nutrition for fire fighting.
- CSLO #3: Explain prevention methods for injuries common to firefighters.
- CSLO #4: Construct a workout that combines aerobic capacity and body composition management.

## Effective Term

Fall 2020

## Course Type

Credit - Degree-applicable

## Contact Hours

80

## Outside of Class Hours

56

## Total Student Learning Hours

136

## Course Objectives

Lecture Objectives:

1. Investigate physical disabilities and illnesses common to fire fighters and describe preventative techniques;
2. Identify the signs and symptoms of stress in the fire fighting field and recommend management techniques;
3. Design an appropriate personal fitness program/plan for fire fighters;
4. Explain the methods of self-evaluating personal fitness levels;
5. Examine the basic elements of nutrition;
6. Identify the principles of body composition management;
7. Describe the primary components of an exercise session;
8. Identify the basic principles of physical conditioning;
9. Design a fitness evaluation;
10. Analyze the fundamental principles of nutrition.

Laboratory Objectives:

1. Investigate physical disabilities and illnesses common to fire fighters and describe preventative techniques;

2. Design an appropriate personal fitness program/plan for fire fighters;
3. Explain the methods of self-evaluating personal fitness levels;
4. Describe the primary components of an exercise session;
5. Design a fitness evaluation;
6. Develop a personal fitness program to include cardiovascular endurance, muscular strength and endurance, flexibility, and body composition;
7. Analyze the fundamental principles of nutrition;
8. Demonstrate the ability to pass a standard fire fighter employment physical agility examination;
9. Assess hamstring and hip flexibility;
10. Evaluate aerobic capacity;
11. Demonstrate specific exercises associated with fire fighting.

## General Education Information

- Approved College Associate Degree GE Applicability
  - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
  - CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable

## Methods of Evaluation

- Essay Examinations
  - Example: In an Essay, each student will explain the principle of specificity and how it relates to physical conditioning targeted for the firefighter. Rubric Grading.
- Skill Demonstrations
  - Example: The student will list and then demonstrate the components of an exercise session targeted for a firefighter. Pass/fail grading.

## Repeatable

No

## Methods of Instruction

- Laboratory
- Lecture/Discussion
- Distance Learning

Lab:

1. The instructor will lead a class discussion and then break the class into small groups to develop a model conditioning plan for a firefighter, ensuring that the plan includes progressive overload, specificity, frequency, intensity, and duration/time. Each group will then write and present their plan to the class.

Lecture:

1. The instructor will present a series of power point lectures on the principles of physical conditioning based the assigned class reading materials. Students are expected to participate in the lectures.

Distance Learning

1. Online instructor lecture and discussion on various components of exercise, followed by students describing the primary components of an exercise session in a report that is posted for review and comments by other students.

## Typical Out of Class Assignments

### Reading Assignments

1. Read the instructor provided material on body fat, and be prepared to explain to the class why body fat, rather than body weight, is a better indicator of general health.
2. Read the most recent National Fire Protection Association report of "Firefighter Injuries and Death", and identify the five leading causes of fire ground injuries and determine what changes in lifestyle may reduce those injuries.

### Writing, Problem Solving or Performance

1. Identify three substances other than alcohol and tobacco that are frequently abused by firefighters. Discuss their affect upon the performance of firefighters and what can be done to prevent their abuse.
2. Each student will keep a journal and document all foods and drink consumed in one week. The student will calculate the percentages of fat, protein, and complex carbohydrates in their diet. The student will identify modifications that can be made to their eating habits to improve their nutritional intake.

### Other (Term projects, research papers, portfolios, etc.)

### Required Materials

- Firefighter Functional Fitness
  - Author: Kerrigan & Moss
  - Publisher: Firefighter Tool Box LLC
  - Publication Date: 2016
  - Text Edition: 1st
  - Classic Textbook?:
  - OER Link:
  - OER:
- The Fire Athlete Fitness Program
  - Author: Ryan Vacek
  - Publisher: Langdon Street Press
  - Publication Date: 2016
  - Text Edition:
  - Classic Textbook?:
  - OER Link:
  - OER:

### Other materials and-or supplies required of students that contribute to the cost of the course.