#### **COURSE OUTLINE**

# Fire Technology 144 Physical Standards for the Firefighter

#### I. <u>Catalog Statement</u>

Fire Technology 144 is designed to give in-service firefighters and other interested students physical conditioning and manipulative drills in order to prepare the student for the California Candidate Physical Ability Test (CPAT). This course will provide information on the CPAT and the Biddle Associate Validated Test. Students will learn about firefighter wellness programs and current National Fire Protection Association (NFPA) standards.

Total Lecture Units: 1.0 Total Laboratory Units: 0.5 **Total Course Units: 1.5** 

Total Lecture Hours: 16.0 Total Laboratory Hours: 32.0

**Total Faculty Contact Hours: 48.0** 

Prerequisite: None.

Note: Students taking this course will be required to engage in strenuous physical activity and will train in a para-military environment.

## II. Course Entry Expectations

Skills Level Ranges: Reading 5; Writing 5; Listening/Speaking 5; Math 3.

#### **III.** Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- 1. describe firefighter fitness and wellness;
- 2. lift and carry a 24 foot extension ladder;
- 3. perform 'cross-fit' fitness exercises;
- 4. climb a ladder efficiently;
- 5. explain current physical abilities test requirements;
- 6. demonstrate techniques of dragging and carrying people.

#### **IV.** Course Content

A. Firefighter Health and Fitness 10 hours 1. Causes of firefighter fatalities 2. Need for health and fitness 3. Proper nutrition 4. Wellness programs 5. National standards/requirements 6. California standards B. CPAT (Candidate Physical Abilities Test) 8 hours 1. Test overview 2. Test requirements 3. Breakdown of needed skills and manipulative ability 4. Measured components (timed) C. Biddle Associate Validated Test 8 hours 1. Test overview 2. Manipulative skills 3. Test demonstration and student practice 4. Test props and other equipment D. Baseline Testing 2 hours 1. Record keeping, workout log, and tracking E. Case Studies of Wellness Programs 4 hours 1. Best practices 2. What works and why 3. California protocols F. Firefighter Ability Test Preparation 16 hours 1. Firefighting techniques 2. Upper body strength 3. Cardiovascular ability 4. Test requirements 5. Test validation **Methods of Instruction** The following methods of instruction may be used in the course: 1. lecture and demonstration: 2. drill ground demonstration and practice; 3. videos: 4. multimedia presentations.

#### VI. Out of Class Assignments

V.

The following out of class assignments may be used in the course:

- 1. individual projects (i.e. written assignment, reading reports);
- 2. group projects (i.e. Homework problems, problem solving demonstrations, discussion on textbook topics).

## VII. Methods of Evaluation

The following methods of evaluation may be used in the course:

- 1. midterm examination;
- 2. final examination.

## VIII. <u>Textbooks</u>

International Association of Fire Chiefs (IAFC), *Fundamentals of Firefighter Skills* [3<sup>rd</sup> *Edition*]. Sudbury, MA: Jones and Bartlett Learning, 2012. 10<sup>th</sup> Grade Textbook Reading Level. ISBN: 1449670857

# IX. Student Learning Outcomes

- 1. Student will be able to describe firefighter fitness and wellness.
- 2. Student will be able to lift and carry a 24 foot extension ladder.
- 3. Student will be able to perform 'cross-fit' fitness exercises.
- 4. Student will be able to climb a ladder efficiently.
- 5. Student will be able to explain current physical abilities test requirements.
- 6. Student will be able to demonstrate techniques of dragging and carrying people.