

Firefighter Agility and Fitness Preparation (FIRS 1103)



Credit: 1 semester credit hours (4 hours lab)

Prerequisite/Co-requisite: None

Course Description

Physical ability testing methods. Rigorous training in skills and techniques needed in typical fire department physical ability tests. Performs skills typical of firefighter ability tests such as climbing and descending ladders, climbing and descending stairs, dragging a weighted rescue mannequin, and lifting and carrying firefighting equipment.

Required Textbook and Materials

1. CPAT Video CD and Handouts will be used.

Course Objectives

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

1. Climb and descend ladders (SCANS: C5.5, C6.5, C7.5 F1.5, F2.5, F5.5, F8.4, F10.3, F11.4)
2. Climb and descend stairs (SCANS: C5.5, C6.5, C7.5, C14.5, C15.4, F1.5, F2.5, F3.4, F5.5, F10.3, F11.5, F15.5)
3. Drag a weighted rescue mannequin (SCANS: C1.2, C2.3, C4.3, C5.4, C6.5, C7.5, C15.3, C18.4, F1.5, F2.5, F3.3)
4. Lift and carry firefighting equipment (SCANS: C5.5, C6.5, C7.5, F1.5, F2.5, F10.3, F11.4)

SCANS Skills and Competencies

Beginning in the late 1980's, the U.S. Department of Labor Secretary's Commission on Achieving Necessary Skills (SCANS) conducted extensive research and interviews with business owners, union leaders, supervisors, and laborers in a wide variety of work settings to determine what knowledge workers needed in order to perform well on a job. In 1991 the Commission announced its findings in *What Work Requires in Schools*. In its research, the Commission determined that "workplace know-how" consists of two elements: foundation skills and workplace competencies.

Course Outline

- A. Course Orientation
 - a. Begin the Candidate Physical Ability Test (CPAT) CD Video Presentation.
 - b. Distribute healthy living materials.
 - i. Tobacco cessation materials.
 - ii. Nutritional information sheets.
 - c. Ensure candidates complete the required CPAT Forms.

Approved 11/2010

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- i. CPAT Acknowledgement and Waiver of CPAT Orientation and/or Conditioning Period and/or Timed Practice Runs.
 - ii. CPAT Waiver of Claim for Injury.
 - d. Review and discuss the CPAT Orientation Guide Review.
 - i. Pass/Fail bases a validated maximum total time of 10 minutes and 20 seconds.
 - ii. Explain the equipment required to .be worn by candidate.
 - 1. 50 lbs weighted vest – Simulates SCBA and PPE.
 - 2. Additional 25 lbs – Simulates high rise pack during stair climb event.
 - 3. Long pants, hard hat with chin strap, work gloves and closed heel/toe footwear will be worn during testing and exercises.
 - iii. Safety Precautions
 - 1. Recording of candidates vital signs before and after event.
 - 2. No running allowed between events.
 - iv. Explain equipment required of the evaluator(s).
 - 1. Two (2) stop watches used.
 - a. One (1) for official time.
 - b. One (1) for backup in case of failure of official time watch.
 - c. StepMill© stair climbing machine.
 - d. 200 feet of 1.3/4 inch fire hose.
 - e. A standard 1.3/4 fog nozzle.
 - f. Two (2) saws and a tool cabinet.
 - g. Two (2) 24 foot fire department ladders.
 - h. Mechanized device 39 inches off the ground.
 - i. One (1) ten (10) lbs sledgehammer.
 - j. Enclosed maze.
 - k. One (1) 165 lbs mannequin.
 - l. Mechanized device to simulate over head pulling and pushing forces.
 - m. One (1) 6 foot pike pole.
 - 2. Explain each of the eight (8) events in detail.
 - a. Discuss the purpose of each exercise.
 - b. Describe the event.
 - c. Discuss the failures of each event.
 - e. CPAT Orientation/Practice
 - i. Week 4
 - 1. Begin the Candidate Physical Ability Test (CPAT) CD Video Presentation
 - 2. Ensure candidates complete the required CPAT Forms
 - a. CPAT Acknowledgement and Waiver of CPAT Orientation and/or Conditioning Period and/or Timed Practice Runs, if required.
 - b. CPAT Waiver of Claim for Injury.

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- c. CPAT Sign In Sheet.
 - d. CPAT Rehabilitation Form.
 - e. CAPT Test Evaluation Form.
 - 3. Discuss safety precautions
 - a. Recording of candidates vital signs before and after event.
 - b. No running allowed between events.
 - 4. Conduct CPAT Testing
- ii. Week 8
 - 1. Begin the Candidate Physical Ability Test (CPAT) CD Video Presentation
 - 2. Ensure candidates complete the required CPAT Forms
 - a. CPAT Acknowledgement and Waiver of CPAT Orientation and/or Conditioning Period and/or Timed Practice Runs, if required.
 - b. CPAT Waiver of Claim for Injury.
 - c. CPAT Sign In Sheet.
 - d. CPAT Rehabilitation Form.
 - e. CAPT Test Evaluation Form.
 - 3. Discuss safety precautions
 - a. Recording of candidates vital signs before and after event.
 - b. No running allowed between events.
 - 4. Conduct CPAT Testing
- iii. Week 11
 - 1. Begin the Candidate Physical Ability Test (CPAT) CD Video Presentation
 - 2. Ensure candidates complete the required CPAT Forms
 - a. CPAT Acknowledgement and Waiver of CPAT Orientation and/or Conditioning Period and/or Timed Practice Runs, if required.
 - b. CPAT Waiver of Claim for Injury.
 - c. CPAT Sign In Sheet.
 - d. CPAT Rehabilitation Form.
 - e. CAPT Test Evaluation Form.
 - 3. Discuss safety precautions
 - a. Recording of candidates vital signs before and after event.
 - b. No running allowed between events.
 - 4. Conduct CPAT Testing
- iv. Week 14
 - 1. Begin the Candidate Physical Ability Test (CPAT) CD Video Presentation.
 - 2. Ensure candidates complete the required CPAT Forms

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- a. CPAT Acknowledgement and Waiver of CPAT Orientation and/or Conditioning Period and/or Timed Practice Runs, if required.
 - b. CPAT Waiver of Claim for Injury.
 - c. CPAT Sign In Sheet.
 - d. CPAT Rehabilitation Form.
 - e. CAPT Test Evaluation Form.
 - 3. Discuss safety precautions
 - a. Recording of candidates vital signs before and after event.
 - b. No running allowed between events.
 - 4. Conduct CPAT Testing
 - v. Test Administrator will submit the required documentation for CPAT certification of candidates.
- B. Physical Fitness Training.
 - a. Conduct a candidate physical fitness evaluation within first (1st) week of course.
 - i. Evaluation:
 - 1. Warm up
 - 2. Flexibility/Stretching
 - 3. Timed one (1) mile run.
 - 4. Sit up
 - 5. Push up
 - b. Physical fitness training will be conducted on Mondays, Tuesdays, Thursdays and Fridays from 1630 hrs to 1730 hrs. Schedule changes may be required as needed.
 - c. Major components of the physical fitness training:
 - i. Flexibility
 - ii. Cardiopulmonary endurance
 - iii. Muscular strength
 - iv. Muscular endurance

Grade Scale

90 – 100	A
80 – 89	B
70 – 79	C
60 – 69	D
0 – 59	F

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Course Evaluation

Final grades will be calculated according to the following criteria:

Course grade is determined based on the student's performance during the CPAT test and participation in daily physical conditioning classes.

CPAT Completed within the test time of:	Grade Earned
10 minutes 20 seconds	A
10 minutes 21 seconds and 11 minutes 20 seconds	B
11 minutes 21 seconds and 12 minutes 20 seconds	C
exceeding 12 minutes and 20 seconds or physically unable to complete the test	D
student refused to test	F

Each absence from daily physical conditioning class will result in a penalty of fifteen seconds added to the CPAT test time, (i.e. 8 absences will result in a two minute penalty added to a recorded CPAT test time).

Course Requirements

1. Attend and participate in daily physical fitness training.
2. Attend and participate in Candidate Physical Ability Test (CPAT) practice sessions.
3. Complete the Candidate Physical Ability Test (the Final Exam) within the required course passing time.

Attendance Policy

1. Missing more than 20% of classes will result in an automatic "F" for the course.
2. Absences are counted for unexcused, excused and coming to class late.
3. Missing more than 20% of a class period will count as an absence.
4. Being tardy 3 times equals 1 absence.
5. Students enrolled in an online offering of this course must log-in at least once per week or will be counted as absent. Three absences will result in an "F" for the course.

Course Policies

1. No food, drinks, or use of tobacco products in class.
2. No foul or harsh language will be tolerated
3. Turn off all Cell Phones during lectures
4. Headphones may not be worn
5. Do not bring children to class.

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6. No Cheating of any kind will be tolerated. Students caught cheating or helping someone to cheat can and will be removed from the class for the semester. Cheating can result from expulsion from LIT.
7. If you wish to drop a course, the student is responsible for initiating and completing the drop process. If you stop coming to class and fail to drop the course, you will earn an 'F' in the course.
8. Internet Usage
 - a. Improper usage of the internet, such as profanity, pornography, gambling, etc... will result in disciplinary action not limited to expulsion from LIT.

Disabilities Statement

The Americans with Disabilities Act of 1992 and Section 504 of the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights for persons with disabilities. Among other things, these statutes require that all students with documented disabilities be guaranteed a learning environment that provides for reasonable accommodations for their disabilities. If you believe you have a disability requiring an accommodation, please contact the Special Populations Coordinator at (409) 880-1737 or visit the office in Student Services, Cecil Beeson Building.

Course Schedule

Week	Topic	Reference
1	CPAT Initial Orientation Fire Service Joint Labor Management Wellness/Fitness Initiative – <i>Candidate Physical Fitness Ability Test Orientation Guide</i> . CPAT Waiver of Claim for Injury Form Physical Fitness Evaluation of Cadets Physical Fitness Training: <i>Cardio Training, Strength Training and Endurance Training</i> .	Video CD Handout Handout Handout Handout Handout
2	Physical Fitness Training: <i>Cardio Training, Strength Training and Endurance Training</i> .	Handout
3	Physical Fitness Training: <i>Cardio Training, Strength Training and Endurance Training</i> .	Handout
4	CPAT 2 nd Orientation & Practice Physical Fitness Training: <i>Cardio Training, Strength Training and Endurance Training</i> .	Handout Handout
5	Physical Fitness Training: <i>Cardio Training, Strength Training and Endurance Training</i> .	Handout

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Week	Topic	Reference
6	Physical Fitness Training: <i>Cardio Training, Strength Training and Endurance Training.</i>	Handout
7	Physical Fitness Training: <i>Cardio Training, Strength Training and Endurance Training.</i>	Handout
8	CPAT 3 rd Orientation & Practice	Handout
	Physical Fitness Training: <i>Cardio Training, Strength Training and Endurance Training.</i>	Handout
9	Physical Fitness Training: <i>Cardio Training, Strength Training and Endurance Training.</i>	Handout
10	Physical Fitness Training: <i>Cardio Training, Strength Training and Endurance Training.</i>	Handout
11	CPAT 4 th Orientation & Practice	Handout
	Physical Fitness Training: <i>Cardio Training, Strength Training and Endurance Training.</i>	Handout
12	Physical Fitness Training: <i>Cardio Training, Strength Training and Endurance Training.</i>	Handout
13	Physical Fitness Training: <i>Cardio Training, Strength Training and Endurance Training.</i>	Handout
14	Final CPAT Test	Handout
	<i>CPAT Sign In Sheet</i>	Handout
	<i>CPAT Rehabilitation Form</i>	Handout
	<i>CPAT Test Evaluation Form</i>	Handout