

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

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
2. Climb and descend stairs
3. Drag a weighted rescue mannequin
4. Lift and carry firefighting equipment

Course Outline

1. 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.
 - 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.

FIRS 1103
Course Syllabi

- 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.
 - 2. StepMill© stair climbing machine.
 - 3. 200 feet of 1.3/4 inch fire hose.
 - 4. A standard 1.3/4 fog nozzle.
 - 5. Two (2) saws and a tool cabinet.
 - 6. Two (2) 24 foot fire department ladders.
 - 7. Mechanized device 39 inches off the ground.
 - 8. One (1) ten (10) lbs sledgehammer.
 - 9. Enclosed maze.
 - 10. One (1) 165 lbs mannequin.
 - 11. Mechanized device to simulate overhead pulling and pushing forces.
 - 12. One (1) 6 foot pike pole.
 - v. Explain each of the eight (8) events in detail.
 - 1. Discuss the purpose of each exercise.
 - 2. Describe the event.
 - 3. Discuss the failures of each event.
 - e. CPAT Orientation/Practice
2. Week 4
- a. Begin the Candidate Physical Ability Test (CPAT) CD Video Presentation
 - b. Ensure candidates complete the required CPAT Forms
 - i. CPAT Acknowledgement and Waiver of CPAT Orientation and/or Conditioning Period and/or Timed Practice Runs, if required.
 - ii. CPAT Waiver of Claim for Injury.
 - iii. CPAT Sign In Sheet.
 - iv. CPAT Rehabilitation Form.
 - v. CPAT Test Evaluation Form.
 - c. Discuss safety precautions
 - i. Recording of candidates vital signs before and after event.
 - ii. No running allowed between events.
 - d. Conduct CPAT Testing
3. Week 8
- a. Begin the Candidate Physical Ability Test (CPAT) CD Video Presentation
 - b. Ensure candidates complete the required CPAT Forms
 - i. CPAT Acknowledgement and Waiver of CPAT Orientation and/or Conditioning Period and/or Timed Practice Runs, if required.
 - ii. CPAT Waiver of Claim for Injury.
 - iii. CPAT Sign In Sheet.
 - iv. CPAT Rehabilitation Form.

FIRS 1103
Course Syllabi

- v. CPAT Test Evaluation Form.
 - c. Discuss safety precautions
 - i. Recording of candidates vital signs before and after event.
 - ii. No running allowed between events.
 - d. Conduct CPAT Testing
- 4. Week 11
 - a. Begin the Candidate Physical Ability Test (CPAT) CD Video Presentation
 - b. Ensure candidates complete the required CPAT Forms
 - i. CPAT Acknowledgement and Waiver of CPAT Orientation and/or Conditioning Period and/or Timed Practice Runs, if required.
 - ii. CPAT Waiver of Claim for Injury.
 - iii. CPAT Sign In Sheet.
 - iv. CPAT Rehabilitation Form.
 - v. CPAT Test Evaluation Form.
 - c. Discuss safety precautions
 - i. Recording of candidates vital signs before and after event.
 - ii. No running allowed between events.
 - d. Conduct CPAT Testing
- 5. Week 14
 - a. Begin the Candidate Physical Ability Test (CPAT) CD Video Presentation.
 - b. Ensure candidates complete the required CPAT Forms
 - i. CPAT Acknowledgement and Waiver of CPAT Orientation and/or Conditioning Period and/or Timed Practice Runs, if required.
 - ii. CPAT Waiver of Claim for Injury.
 - iii. CPAT Sign In Sheet.
 - iv. CPAT Rehabilitation Form.
 - v. CPAT Test Evaluation Form.
 - c. Discuss safety precautions
 - i. Recording of candidates vital signs before and after event.
 - ii. No running allowed between events.
 - d. Conduct CPAT Testing
 - e. Test Administrator will submit the required documentation for CPAT certification of candidates.
- 6. 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

FIRS 1103

Course Syllabi

- 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

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.

<u>CPAT Completed within the test time of:</u>	<u>Grade Earned</u>
• 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 Policies

1. No food, drinks, or use of tobacco products in class.
2. Computers, telephones, headphones, and any other electronic devices must be turned off while in class or used only with permission of the instructor.
3. Do not bring children to class.
4. 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.
5. Additional class policies as defined by the individual course instructor.

Technical Requirements (for courses using Blackboard)

The latest technical requirements, including hardware, compatible browsers, operating systems, software, Java, etc. can be found online at:

FIRS 1103

Course Syllabi

https://help.blackboard.com/en-us/Learn/9.1_2014_04/Student/015_Browser_Support/015_Browser_Support_Policy A functional broadband internet connection, such as DSL, cable, or WiFi is necessary to maximize the use of the online technology and resources.

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. You may also visit the online resource at <http://www.lit.edu/depts/stuserv/special/defaults.aspx>

Student Code of Conduct Statement

It is the responsibility of all registered Lamar Institute of Technology students to access, read, understand and abide by all published policies, regulations, and procedures listed in the *LIT Catalog and Student Handbook*. The *LIT Catalog and Student Handbook* may be accessed at www.lit.edu or obtained in print upon request at the Student Services Office. Please note that the online version of the *LIT Catalog and Student Handbook* supersedes all other versions of the same document