



COURSE OUTLINE : FIRE 144

D Credit – Degree Applicable

COURSE ID 004341

Cyclical Review: October 2020

COURSE DISCIPLINE : FIRE
COURSE NUMBER : 144
COURSE TITLE (FULL) : Physical Standards For The Firefighter
COURSE TITLE (SHORT) : Phys Stand/Firefighter

CATALOG DESCRIPTION

FIRE 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.

CATALOG NOTES

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

Total Lecture Units: 1.00

Total Laboratory Units: 0.50

Total Course Units: 1.50

Total Lecture Hours: 18.00

Total Laboratory Hours: 27.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 45.00

Total Out-of-Class Hours: 36.00

Recommended Preparation: FIRE 101, ENGL 100 or ESL 141, and KIN 167 or KIN 168.



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ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	FIRE	101	Principles Of Fire Emergency Services	differentiate between fire service training and education; fire protection certificate program and a fire service degree program; and explain the value of education in the fire service;	Yes
2	ENGL	100	Writing Workshop	Read, analyze, and evaluate contemporary articles and stories to identify topic, thesis, support, transitions, conclusion, audience, and tone;	Yes
3	ESL	141	Grammar and Writing IV	Compose a 400 to 450-word thesis-based essay which: (a) summarizes and cites appropriately a reading passage provided as a prompt, (b) includes a clear thesis statement, (c) uses evidence to support the thesis, (d) shows clear organization into an introduction, body, and conclusion, and (e) uses appropriate rhetorical modes such as comparison/contrast, cause/effect, and persuasion in order to support a thesis.	Yes
4	KIN	167	Weight Training and Conditioning I	Evaluate current health-related fitness status and set appropriate goals for improving or maintaining fitness;	Yes
5	KIN	167	Weight Training and Conditioning I	demonstrate proper lifting technique for basic resistance, cardiorespiratory, flexibility and balance training exercises;	Yes
6	KIN	168	Weight Training and Conditioning II	evaluate fitness testing outcomes and set appropriate goals to achieve and/or maintain desired fitness levels;	Yes
7	KIN	168	Weight Training and Conditioning II	identify appropriate exercises and styles of training relative to specific skill and sport-related fitness goals;	Yes



EXIT STANDARDS

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

STUDENT LEARNING OUTCOMES

- 1 describe fundamental of firefighter safety and wellness including risks and hazards, required tools, and techniques for healthy living;
- 2 demonstrate improvement in fundamental baseline exercise routine;
- 3 complete physical entrance exam for wildland firefighter;
- 4 apply knowledge of content required for CPAT and Biddle exams by completing mock examinations.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Firefighter Health and Fitness <ul style="list-style-type: none"> • Causes of firefighter fatalities • Need for health and fitness • Proper nutrition • Wellness programs • National standards/requirements • California standards 	3	0	3
2	Candidate Physical Abilities Test (CPAT) <ul style="list-style-type: none"> • Test overview • Test requirements • Breakdown of needed skills and manipulative ability • Measured components (timed) 	3	5	8
3	Biddle Associate Validated Test <ul style="list-style-type: none"> • Test overview • Manipulative skills • Test demonstration and student practice • Test props and other equipment 	3	5	8
4	Baseline Testing <ul style="list-style-type: none"> • Record keeping, workout log, and tracking 	1	4	5
5	Case Studies of Wellness Programs <ul style="list-style-type: none"> • Best practices • What works and why • California protocols 	3	5	8



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6	Firefighter Ability Test Preparation	5	8	13
	<ul style="list-style-type: none"> • Firefighting techniques • Upper body strength • Cardiovascular ability • Test requirements • Test validation 			
				45

OUT OF CLASS ASSIGNMENTS

- 1 written assignments (e.g. maintain a nutrition or fitness log tracking calories and types of calories consumed or types of physical activity completed);
- 2 research paper (e.g. a research paper analyzing fire fighter physical fitness plans or a fire fighter line of duty death).

METHODS OF EVALUATION

- 1 written assignments (e.g. fitness log, research paper);
- 2 midterm examination;
- 3 final examination.

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Fundamentals of Fire Fighter Skills	Required	Jones & Bartlett Learning	4	print	International Association of Fire Chiefs	978-1284144017	2019