

FIRE144 : Physical Standards For The Firefighter

General Information

Author:	<ul style="list-style-type: none">Anthony Bagan
Course Code (CB01) :	FIRE144
Course Title (CB02) :	Physical Standards For The Firefighter
Department:	FIRE
Proposal Start:	Spring 2025
TOP Code (CB03) :	(2133.50) Fire Academy
CIP Code:	(43.0203) Fire Science/Fire-fighting.
SAM Code (CB09) :	Clearly Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000548110
Curriculum Committee Approval Date:	05/22/2024
Board of Trustees Approval Date:	07/16/2024
Last Cyclical Review Date:	05/22/2024
Course Description and Course Note:	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. Note: Students taking this course will be required to engage in strenuous physical activity and will train in a para-military environment.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Mode of Delivery:	
Author:	Anthony Bagan
Course Family:	

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Fire Technology
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to CSU only

Transferability Status

Approved

Units and Hours

Summary

Minimum Credit Units (CB07) 1.5

Maximum Credit Units (CB06) 1.5

Total Course In-Class (Contact) Hours 45

Total Course Out-of-Class Hours 36

Total Student Learning Hours 81

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	1	2
Laboratory Hours	1.5	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	0
Course In-Class (Contact) Hours	
Lecture	18
Laboratory	27
Studio	0

Total 45

Course Out-of-Class Hours

Lecture	36
Laboratory	0
Studio	0
Total	36

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

Advisory

FIRE101 - Principles Of Fire Emergency Services (in-development)

Objectives

- 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.

AND

Advisory

ENGL101 - Introduction to College Reading and Composition

Objectives

- Apply a variety of rhetorical strategies in writing unified, well-organized essays directed by a well-reasoned thesis statement with persuasive support.
- Read, analyze, and evaluate a variety of primarily non-fiction readings for content, context, and rhetorical merit with consideration of tone, audience, and purpose.

OR

Advisory

ESL141 - Grammar And Writing IV

Objectives

- 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.

AND

Advisory

KIN167 - Weight Training and Conditioning I

Objectives

- Evaluate current health-related fitness status and set appropriate goals for improving or maintaining fitness.
- Demonstrate proper lifting technique for basic resistance, cardiorespiratory, flexibility and balance training exercises.

OR

Advisory

KIN168 - Weight Training and Conditioning II

Objectives

- Evaluate fitness testing outcomes and set appropriate goals to achieve and/or maintain desired fitness levels.
- Identify appropriate exercises and styles of training relative to specific skill and sport-related fitness goals.

Entry Standards

Entry Standards

Course Limitations

Cross Listed or Equivalent Course

Specifications

Methods of Instruction

Methods of Instruction	Lecture
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Methods of Instruction	Laboratory
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Methods of Instruction	Multimedia
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Methods of Instruction	Tutorial
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Methods of Instruction	Demonstrations
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Out of Class Assignments

- Written assignments (e.g. maintain a nutrition or fitness log tracking calories and types of calories consumed or types of physical activity completed)

- Research paper (e.g. a research paper analyzing fire fighter physical fitness plans or a fire fighter line of duty death)

Methods of Evaluation

Writing Assignment

Exam/Quiz/Test

Exam/Quiz/Test

Rationale

Written assignments (e.g. fitness log, research paper)

Midterm examination

Final examination

Textbook Rationale

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
International Association of Fire Chiefs	Fundamentals of Fire Fighter Skills	Jones & Bartlett Learning	2019	978-1284144017

Other Instructional Materials (i.e. OER, handouts)

No Value

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Lift and carry a 24-foot extension ladder.

Perform 'cross-fit' fitness exercises.

Climb a ladder efficiently.

Explain current physical abilities test requirements.

Demonstrate appropriate techniques for dragging and carrying people.

SLOs

Describe fundamental of firefighter safety and wellness including risks and hazards, required tools, and techniques for healthy living.

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.	
	Practice ethical and responsible behavior within personal, academic, professional, social, and societal contexts; recognize and welcome diverse lifestyle choices that promote physical, intellectual, psychological, and social well-being.	
<i>FIRE</i> Verdugo Recruit Fire Academy	Discuss the skills required for fire-fighting tactics and strategy	
<i>FIRE</i> Verdugo Fire Academy - Certificate	discuss the skills required for fire-fighting tactics and strategy.	
<i>FIRE</i> Fire Technology - Certificate	discuss the skills required for fire-fighting tactics and strategy.	
<i>FIRE</i> Fire Technology - A.S. Degree Major	discuss the skills required for fire-fighting tactics and strategy.	
Demonstrate improvement in fundamental baseline exercise routine.		Expected Outcome Performance: 70.0
<i>FIRE</i> Verdugo Recruit Fire Academy	Discuss the skills required for fire-fighting tactics and strategy	
<i>ILOs</i> Core ILOs	Practice ethical and responsible behavior within personal, academic, professional, social, and societal contexts; recognize and welcome diverse lifestyle choices that promote physical, intellectual, psychological, and social well-being.	
<i>FIRE</i> Fire Technology - Certificate	discuss the skills required for fire-fighting tactics and strategy.	
<i>FIRE</i> Verdugo Fire Academy - Certificate	discuss the skills required for fire-fighting tactics and strategy.	
<i>FIRE</i> Fire Technology - A.S. Degree Major	discuss the skills required for fire-fighting tactics and strategy.	
Complete physical entrance exam for wildland firefighter.		Expected Outcome Performance: 70.0
<i>FIRE</i> Verdugo Recruit Fire Academy	Discuss the skills required for fire-fighting tactics and strategy	
<i>ILOs</i> Core ILOs	Practice ethical and responsible behavior within personal, academic, professional, social, and societal contexts; recognize and welcome diverse lifestyle choices that promote physical, intellectual, psychological, and social well-being.	
<i>FIRE</i> Fire Technology - Certificate	discuss the skills required for fire-fighting tactics and strategy.	
<i>FIRE</i> Verdugo Fire Academy - Certificate	discuss the skills required for fire-fighting tactics and strategy.	
<i>FIRE</i> Fire Technology - A.S. Degree Major	discuss the skills required for fire-fighting tactics and strategy.	
Apply knowledge of content required for CPAT and Biddle exams by completing mock examinations.		Expected Outcome Performance: 70.0

ILOs
Core ILOs

Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

FIRE
Verdugo Recruit Fire
Academy

Discuss the skills required for fire-fighting tactics and strategy

FIRE
Verdugo Fire Academy -
Certificate

discuss the skills required for fire-fighting tactics and strategy.

FIRE
Fire Technology -
Certificate

discuss the skills required for fire-fighting tactics and strategy.

FIRE
Fire Technology - A.S.
Degree Major

discuss the skills required for fire-fighting tactics and strategy.

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Firefighter Health and Fitness (3 hours)

- Causes of firefighter fatalities
- Need for health and fitness
- Proper nutrition
- Wellness programs
- National standards/requirements
- California standards

Candidate Physical Abilities Test (CPAT) (3 hours)

- Test overview
- Test requirements
- Breakdown of needed skills and manipulative ability
- Measured components (timed)

Biddle Associate Validated Test (3 hours)

- Test overview
- Manipulative skills
- Test demonstration and student practice
- Test props and other equipment

Baseline Testing (1 hour)

- Record keeping, workout log, and tracking

Case Studies of Wellness Programs (3 hours)

- Best practices
- What works and why
- California protocols

Firefighter Ability Test Preparation (5 hours)

- Firefighting techniques
- Upper body strength
- Cardiovascular ability
- Test requirements
- Test validation

Total hours: 18**Laboratory/Studio Content****Candidate Physical Abilities Test (CPAT) (5 hours)**

- Test overview
- Test requirements
- Breakdown of needed skills and manipulative ability
- Measured components (timed)

Biddle Associate Validated Test (5 hours)

- Test overview
- Manipulative skills
- Test demonstration and student practice
- Test props and other equipment

Baseline Testing (4 hours)

- Record keeping, workout log, and tracking

Case Studies of Wellness Programs (5 hours)

- Best practices
- What works and why
- California protocols

Firefighter Ability Test Preparation (8 hours)

- Firefighting techniques
- Upper body strength
- Cardiovascular ability
- Test requirements
- Test validation

Total hours: 27**Additional Information**

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

Yes

GCC Major Requirements

Physical Education

GCC General Education Graduation Requirements

No Value

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

No Value

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No Value

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

No Value

If additional resources are needed, add a brief description and cost in the box provided.

No Value