

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

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 Physical Fitness program
 - b. Distribute healthy living materials.
 - i. Tobacco cessation materials.
 - ii. Nutritional information sheets.
 - c. Ensure candidates understand the physical requirements for the course.
 - d. Review and discuss the Physical Training (PT) requirements.
 - 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. SCBA and PPE.
 - 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. 200 feet of 1.3/4 inch fire hose.

Approved 4/16/19 JWR

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3. A standard 1.3/4 fog nozzle.
 4. Two (2) saws and a tool cabinet.
 5. Two (2) 24 foot fire department ladders.
 6. One (1) ten (10) lbs sledgehammer.
 7. Enclosed maze.
 8. One (1) 165 lbs mannequin.
 9. Mechanized device to simulate overhead pulling and pushing forces.
 10. 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. PT Orientation/Practice
2. Week 4
 - a. Begin the Candidate PT Testing
 - b. Ensure candidates complete the required Forms
 - c. Discuss safety precautions
 - i. Recording of candidates vital signs before and after event.
 - ii. No running allowed between events.
 - d. Conduct PT Testing
3. Week 8
 - a. Begin the PT Testing
 - b. Ensure candidates complete the required Forms
 - c. Discuss safety precautions
 - i. Recording of candidates vital signs before and after event.
 - ii. No running allowed between events.
 - d. Conduct PT Testing
4. Week 11
 - a. Begin the Candidate PT testing
 - b. Ensure candidates complete the required Forms
 - c. Discuss safety precautions
 - i. Recording of candidates vital signs before and after event.
 - ii. No running allowed between events.
 - d. Conduct PT Testing
5. Week 14
 - a. Begin the Candidate PT Testing Presentation.
 - b. Ensure candidates complete the required Forms
 - 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.

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- 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

Course Evaluation

Final grades will be calculated according to the following criteria:

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

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

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

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

Starfish

LIT utilizes an early alert system called Starfish. Throughout the semester, you may receive emails from Starfish regarding your course grades, attendance, or academic performance. Faculty members record student attendance, raise flags and kudos to express concern or give praise, and you can make an appointment with faculty and staff all through the Starfish home page. You can also login to Blackboard or MyLIT and click on the Starfish link to view academic alerts and detailed information. It is the responsibility of the student to pay attention to these emails and information in Starfish and consider taking the recommended actions. Starfish is used to help you be a successful student at LIT.



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