COURSE INFORMATION FORM

DISCIPLINE
Fire Science Technology

COURSE TITLE
Fire Service Physical Fitness I

CR.HR.  1  LECT HR.  1  LAB HR.  CLIN/INTERN HR.  CLOCK HR. 

CATALOG DESCRIPTION
First in a series of classes designed to develop the student’s level of physical fitness related to the fire service and fire service testing (C-PAT). Emphasis will be given to the individuals muscle strength and endurance, cardiovascular endurance, flexibility, and body composition.

Includes assessment, planning, and participation in an individual fitness program based on the International Fire Chief’s Association and the International Association of Fire Fighters’ C-PAT criteria.

The student will be shown and explained the C-PAT process and will have access to specific C-PAT equipment, training free weights, weight machines, and a variety of cardiovascular equipment.

PREREQUISITES
Enrolment in the MCC Fire Academy

EXPECTED STUDENT OUTCOMES IN THE COURSE (ESO)

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

1. Explain the basic components, concepts, and terms involved with C-PAT and an effective physical fitness program, including the major health related components of fire service physical fitness.

2. Summarize basic concepts and principles of weight training and cardiovascular exercise.

3. Calculate his/her “target heart rate” and explain the RPE scale.

4. Demonstrate an understanding of basic nutritional principles.

5. Create a workout log or journal.
GENERAL EDUCATION OUTCOMES (ESO)
Specify which general education outcomes, if any, are substantially addressed by the course. Numbers in parentheses identify the Expected Student Outcomes linked to the specific General Education Outcome.

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<tr>
<th>Outcomes</th>
<th>ESO</th>
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<tr>
<td>Lifelong Learning</td>
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<td>B. Personal and Professional Development</td>
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<td>• Seek and participate in special interest groups and professional organizations (1-5)</td>
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<td>• Pursue structured learning opportunities, certification, and/or degrees (1-5)</td>
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Revised 5/4/11
PROGRAM-LEVEL OUTCOMES

CAREER AND TECHNICAL EDUCATION PROGRAM OUTCOMES
Specify which Career and Technical program outcomes, if any, are substantially addressed by the course by completing the “Career and Technical Education template” to show the relationship between course and program outcomes to assessment measures.

• The student will be able to explain the basic components, concepts, and terms involved with C-PAT and an effective physical fitness program, including the major health related components of fire service physical fitness.

CLASS-LEVEL ASSESSMENT MEASURES
Student accomplishment of expected student outcomes may be assessed using the following measures. (Identify which measures are used to assess which outcomes.)

Objectives 1, 2, 3, 4 will have written assessments
Objective 5 will student will create a workout log or journal
Individual instructors may order this outline as fits the needs of their individual courses. In addition, they may place more emphasis on some areas than on others. What is assured is that this particular list is covered in the course. Other topics may be added to a course as the instructor sees fit, and as time and interest allow. An *asterisk can be used to mark an item as optional.

I. Orientation – C-PAT video

II. Cardiovascular fitness programs
   A. Stretching/ warm-up/ cool-down
   B. Target heart rate
   C. RPE scale

III. Cardiovascular and C-PAT equipment