COURSE INFORMATION FORM

DISCIPLINE
Fire Science Technology

COURSE TITLE
Fire Service Physical Fitness II

CR.HR. 1  LECT HR. 1  LAB HR. 0  CLIN/INTERN HR. 0  CLOCK HR. 0

CATALOG DESCRIPTION
Second in a series of classes designed to develop the student’s level of fire service physical fitness. This course will expand on the concepts introduced in FSTE 107, in addition to offering an introduction to C-PAT the student will began training on and using the fire service C-PAT equipment. Emphasis is given to the individual program of each student.

PREREQUISITES
FSTE 107

EXPECTED STUDENT OUTCOMES IN THE COURSE (ESO)
Upon completion of this course, the student will be able to:

1. Outline specific concepts of C-PAT training program; including a program for muscle endurance, and one program for general muscle strength and endurance.

2. Identify basic concepts and principles of C-PAT and cardiovascular exercise in relationship to an individual’s program and overall level of fire service health/wellness.

3. Use sound (time) evaluation criteria to a physical fitness program and determine the program’s effectiveness.

4. Distinguish between the different methods for estimating exercise intensity.

5. Use nutritional concepts and principles in analyzing various diets.

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.

Outcomes  ESO

3  Lifelong Learning

B. Personal and Professional Development
   • Seek and participate in special interest groups and professional organizations (1-5)
   • Pursue structured learning opportunities, certification, and/or degrees (1-5)
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 outline specific concepts of C-PAT training program; including a program for muscle endurance, and one program for general muscle strength and endurance.

• The student will be able identify basic concepts and principles of C-PAT and cardiovascular exercise in relationship to an individual’s program and overall level of fire service health/wellness.

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 will have written assessments
Objectives 4 & 5 will have physical assessments.
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- health questionnaire

II. Cross-training programs

III. Circuit weight training