METROPOLITAN COMMUNITY COLLEGES
Course Change Form

Current Catalog No: FSTE 109

Current Title: Fire Service Physical Fitness III

College of Origin: BR X BTC LV MW PV

Prepared by: Rusty Sullivan

Date 11-15-2010

Rationale for Course Change:
Better reflects course and contact hours

COMPLETE THE APPLICABLE CHANGE

Current Catalog No. & Title of Course: Fire Service Physical Fitness III

Proposed Catalog No. & Title Change:

Current Credit Hr. 2 Lecture Hr. 1 Laboratory Hr. 2 Clinical/Intern. Hr. Clock Hr.

Proposed Credit Hr. 1 Lecture Hr. 1 Laboratory Hr. Clock Hr.

Current Prerequisites:
FSTE 108

Proposed Prerequisites:

Current Catalog Description:

Last 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 107/108, in addition to offering a variety of advanced techniques and programming ideas to complete the C-PAT test in the allotted time.

Proposed Catalog Description:

Attach Course Information Form, Course Outline Form
DATE SUBMITTED: 2/22/2011
CATALOG NO.: FSTE 109

COURSE INFORMATION FORM

DISCIPLINE: Fire Science Technology
COURSE TITLE: Fire Service Physical Fitness III

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

CATALOG DESCRIPTION

Last 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 107/108, in addition to offering a variety of advanced techniques and programming ideas to complete the C-PAT test in the allotted time.

PREREQUISITES

FSTE 108

EXPECTED STUDENT OUTCOMES IN THE COURSE (ESO)

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

1. Describe specific fire service physical fitness/wellness terms, concepts, and principles.
2. Complete the C-PAT test in the allotted time of 10 minutes and 20 seconds, counting the 20 sec. warm up
3. Explain the nutritional concepts and principles in designing a diet plan.
4. Apply intermediate principles in the development and evaluation of an exercise program.

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 (1-4)
• Pursue structured learning opportunities, certification, and/or degrees (1-4)
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 describe specific fire service physical fitness/wellness terms, concepts, and principles.

• The student will be able to complete the C-PAT test in the allotted time of 10 minutes and 20 seconds, counting the 20 sec. warm up

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.)

1. Objective one, will be assisted by written examination

2. Objective two assessed on completion of the C-PAT test in 10 min. 20 sec.

3. Objective three will be assisted by written examination

4. Analyze/critique student exercise program
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. Wellness components to be addressed are:
   A. Physical
   B. Spiritual
   C. Intellectual
   D. Emotional
   E. Social