



El Camino College
COURSE OUTLINE OF RECORD – Official

Subject:	FTEC
Course Number:	18
Descriptive Title:	Agility, Fitness, Health and Safety for the Firefighter
Division:	Health Sciences and Athletics
Department:	Fire and Emergency Technology
Course Disciplines:	Fire Technology
Catalog Description:	This course is designed to prepare students for the agility, fitness, and health and safety requirements of a firefighter. Students will be introduced and provided information on the most recently developed tests in Southern California including the Candidate Physical Ability Test (CPAT) and the Biddle (Biddle and Associate Validated Test). Students will learn about firefighter wellness programs, review basic nutrition and current National Fire Protection Association (NFPA) standards pertaining to firefighter health and safety. Instruction will also include various tools of the trade for developing proper skills in handling, technique in carrying, as development of cardio-respiratory control and conditioning.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	Students must be able to perform basic physical fitness activities.
Enrollment Limitation:	
Hours Lecture (per week):	2
Hours Laboratory (per week):	3
Outside Study Hours:	4
Total Course Hours:	90
Course Units:	3
Grading Method:	Letter Grade and Pass/No Pass
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	fall 2023
Transfer UC:	No
Effective Date:	
General Education ECC:	Area 5 - Health and Physical Education
Term:	FA 2023
Other:	
CSU GE:	
Term:	
Other:	

IGETC:	
Term:	
Other:	
Student Learning Outcomes:	<p>SLO #1 Nutrition and Wellness</p> <p>Students will be able to explain topics related to fitness, health, nutrition and wellness as it relates to the fire service.</p> <p>SLO #2 Biddle Exam</p> <p>While participating in the Biddle Exam, students will demonstrate proficiency by completing all events within the maximum time allowed.</p> <p>SLO #3 Tools and Equipment</p> <p>Students will be able to identify tools and explain how these tools are used in the fire service.</p>
Course Objectives:	<ol style="list-style-type: none"> 1. Describe fire service conditioning and nutrition. 2. Focus fitness training to the specific requirements for the skills necessary to be successful in the fire service. 3. Understand nutrition and diet-based items that correspond to the fire service. 4. Complete a course of 11 events that is times and include firefighter type manipulative skills. 5. Understand current physical abilities test requirements for most Southern California Fire Departments. 6. Provide a baseline skills assessment and improve on this baseline prior to the course end. 7. Demonstrate knowledge of physical aspects of a firefighter job. 8. Demonstrate technique and knowledge of fire service tools and equipment. 9. Compare and contrast the elements of the different types of firefighter physical abilities test. 10. Demonstrate the ability to follow standardized team disciplined skills.
Major Topics:	<p>I. Firefighter Health and Fitness (12 hours, lecture)</p> <p>A. Causes of Firefighter Fatalities</p> <p>B. Need for Health and Fitness</p> <p>C. Proper Nutrition</p> <p>D. Wellness Programs</p> <p>E. National Standards/Requirements</p> <p>F. California Standards</p> <p>II. Candidate Physical Fitness Abilities Test (CPAT) (12 hours, lab)</p> <p>A. Test Overview</p>

B. Test Requirements

C. Breakdown of Needed Skills and Manipulative Ability

D. Measured Components

III. Biddle Associate Validated Test (12 hours, lab)

A. Test Overview

B. Test Requirements

C. Breakdown of Needed Skills and Manipulative Ability

D. Measured Components

IV. Baseline Testing (10 hours, lab)

A. Record Keeping

V. Case Studies of Wellness Programs (12 hours, lecture)

A. Best Practices

B. What Works and Why

C. California Protocols

VI. Firefighter Ability Test Preparation (20 hours, lab)

A. Firefighter Techniques

B. Upper Body Strength

C. Lower Body Strength

D. CORE Muscle Strength

E. Flexibility

F. Cardiovascular Ability

G. Test Requirements

H. Test Validation

VII. Wildland Abilities Test (12 hours, lecture)

A. Test Overview

B. Test Requirements

	C. Breakdown of Needed Skills and Manipulative Ability
	D. Measured Components
Total Lecture Hours:	36
Total Laboratory Hours:	54
Total Hours:	90
Primary Method of Evaluation:	3) Skills demonstration
Typical Assignment Using Primary Method of Evaluation:	Demonstrate the correct technique for health and safety while using specific fire service tools and equipment.
Critical Thinking Assignment 1:	Review and discuss in class, the difference between the types of firefighter fitness tests and how technique plays an integral part.
Critical Thinking Assignment 2:	Evaluate your progress and level of fitness and nutrition and present to public safety personnel.
Other Evaluation Methods:	Class Performance, Completion, Performance Exams, Presentation
If Other:	
Instructional Methods:	Group Activities, Lab, Lecture, Multimedia presentations
If other:	
Work Outside of Class:	Required reading, Skill practice, Written work (such as essay/composition/report/analysis/research)
If Other:	
Up-To-Date Representative Textbooks:	W. Hoeger, A. Fawson, & C. Hoeger. <u>Fitness and wellness</u> . 14th edition, 2021
Alternative Textbooks:	
Required Supplementary Readings:	
Other Required Materials:	
Requisite Category	
Requisite course:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	
Requisite Skill and Matching skill(s): Bold	

the requisite skill(s), if applicable	
Requisite course:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	Students must be able to perform basic physical fitness activities.
Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s), if applicable	To be successful in this class students will have to be able to perform basic fitness activities. This course will build to a higher fitness level.
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Joshua Boies
Date:	11/1/2022
Original Board Approval Date:	01/17/2023