

**Western Technical College**

**10807114 Fitness for Firefighters**

**Course Outcome Summary**

**Course Information**

<b>Description</b>	An introduction to fitness and wellness that provides guidelines for enhancing health and physical fitness in relation to a career in public safety. Fire protection students will assess their level of fitness and wellness and develop a prescription for behavior medication toward a healthier lifestyle. Students will prepare for the physical challenges involved in a fire safety career. Students will participate in exercise labs that will prepare them for the physical rigors of a career in the fire areas.
<b>Instructional Level</b>	Associate Degree Courses
<b>Total Credits</b>	1
<b>Total Hours</b>	36

**Textbooks**

No textbook required.

**Learner Supplies**

Students are responsible for supplying attire appropriate for physical activity. Not Required.

**Course Competencies**

**1. Determine level of fitness by assessing height, weight, body composition, and waist circumference.**

**Assessment Strategies**

- 1.1. Demonstration
- 1.2. Discussion

**Criteria**

*Your performance will be successful when:*

- 1.1. you complete required physical tests at the beginning of the semester (pre-test).
- 1.2. you complete required physical tests at the end of the semester (post-test).
- 1.3. you describe the personal fitness measures that changed from pre-test to post-test results.
- 1.4. you describe any effect the changes had on other aspects of your life.

**Learning Objectives**

- 1.a. Determine level of fitness by assessing height, weight, body composition and waist circumference as baseline "pre-test".
- 1.b. Determine level of fitness by assessing height, weight, body composition and waist circumference after

14 weeks of exercise/activity as "post-test".

- 1.c. Learner sets goals for next future physical testing based off results, standards, and personal goals.

## **2. Participate in cardiorespiratory exercise.**

### **Assessment Strategies**

- 2.1. Demonstration

### **Criteria**

*Your performance will be successful when:*

- 2.1. you participate in guided cardiorespiratory exercises for required time.
- 2.2. you attempt to exercise in a "somewhat hard" range of perceived exertion.
- 2.3. you use equipment according to facility standards.

### **Learning Objectives**

- 2.a. Identify equipment used for cardiorespiratory exercise.
- 2.b. Utilize cardiorespiratory equipment to improve personal fitness.

## **3. Participate in strength training exercise.**

### **Assessment Strategies**

- 3.1. Demonstration

### **Criteria**

*Your performance will be successful when:*

- 3.1. you attempt to participate in all guided exercise formats.
- 3.2. You determine starting resistance levels.
- 3.3. you exercise with proper form and good body mechanics.

### **Learning Objectives**

- 3.a. Identify equipment used for strength training.
- 3.b. Determine appropriate amount of resistance for exercises.
- 3.c. Exercise using proper form and body mechanics
- 3.d. Identify indicators that require an adjustment of resistance.
- 3.e. Utilize strength training equipment to improve personal fitness.

## **4. Participate in flexibility exercises.**

### **Assessment Strategies**

- 4.1. Demonstration

### **Criteria**

*Your performance will be successful when:*

- 4.1. you attempt to participate in all guided exercise formats.
- 4.2. you determine positions of stretch.
- 4.3. you stretch using proper form and timing.

### **Learning Objectives**

- 4.a. Determine appropriate types of flexibility exercises.
- 4.b. Identify equipment that can be used in flexibility training.
- 4.c. Stretch using proper form and timing.
- 4.d. Identify indicators that require an adjustment of exercise intensity.
- 4.e. Utilize flexibility equipment or program to improve personal fitness.

## **5. Prepare for the firefighter Candidate Physical Ability Test**

### **Assessment Strategies**

- 5.1. Demonstration

### **Criteria**

*Your performance will be successful when:*

- 5.1. you attempt to simulate activities in the CPAT exam.
- 5.2. you identify areas of needed improvement.

5.3. you correlate personal training to areas needing improvement.

**Learning Objectives**

- 5.a. Identify the various stations that constitute the CPAT.
- 5.b. Complete "trial runs" following the guidelines of the CPAT.
- 5.c. Identify requirements needed to earn a passing score on the CPAT.
- 5.d. Correlate personal fitness program to CPAT performance.