



FSC 105 - Fire Academy Physical Training

Catalog Description

Transfer Status: NT

Corequisite: FSC 106, FSC 107

Unit(s): 2.50

Lecture: 8.50 Contact hours/17.00 Out of class hours/25.50 Total hours/0.50 Unit(s)

Lab: 102.00 Contact hours/0.00 Out of class hours/102.00 Total hours/2.00 Unit(s)

Total: 110.50 Contact hours/17.00 Out of class hours/127.50 Total hours/2.50 Unit(s)

Course Description: This course prepares fire science students for the pre-employment physical ability test in the Firefighter I Academy. Emphasis is placed on lifetime fitness, principles of physical fitness, individual fitness programs, managing body composition, stress indicators and management, nutrition, development of muscular strength and cardiovascular efficiency. Students will undergo physical assessment at the onset and conclusion of the course. This course meets California State Fire Marshall certification requirements.

Objectives

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

1. Identify the basic principles of physical conditioning.
2. Describe the components of a personal physical fitness program.
3. Develop an effective personal fitness program.
4. Explain the basic principles of nutrition.
5. Demonstrate the ability to pass a standard fire fighter employment physical ability examination.
6. Identify and describe the basic concepts of stress management.

Course Content

Topic Titles / Suggested Time Topic

Lecture

<u>Topics</u>	<u>Lec Hrs</u>
Components of a personal physical fitness program	1.50
Techniques for evaluating personal fitness	1.50
Physical conditioning of firefighter performance	1.00
Components of a physical conditioning program and a training session	1.00
Training injuries and treatment	1.00
Nutritional planning and fitness goals	1.50
Stress management	1.00
Total Hours:	8.50

Lab

<u>Topics</u>	<u>Lab Hrs</u>
Components of a personal physical fitness program	20.00
Practical training/functional performance	27.50
Physical agility event technique training	27.50
Physical agility course test practice	27.00
Total Hours:	102.00

Methods of Instruction

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- E. Lecture

Methods of Evaluation

- A. Class participation
- B. Oral examinations, Timed physical assessments

Examples of Assignments

Reading Assignments

1. Read an article about the benefits of physical fitness training for firefighters, and be prepared to discuss in small groups in class.
2. Read the handout on safety and injury prevention techniques for athletic training, and be prepared to discuss in class.

Writing Assignments

1. Write a journal for one week tracking everything that you eat. Be prepared to share your journal during a class discussion on nutrition.
2. List the components of the firefighter physical agility course, and describe briefly the relevance of each component to the firefighting profession.

Out-of-Class Assignments

1. Visit a fire station, observe what facilities are specifically utilized for physical fitness training and be prepared to discuss in class.
2. Prepare and maintain a written log which details your out-of-class physical training efforts. Be prepared to share in class and discuss.

Recommended Materials of Instruction

Other Learning Materials

Athletic apparel

Athletic shoes

Other materials and/or equipment will be provided by the department

Minimum Qualifications

Coaching

Fire Technology

Physical Education (Masters Required)

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