

Course Outline of Record

Los Medanos College

2700 East Leland Road

Pittsburg CA 94565

(925) 439-2181

Course Title: Physical Fitness for Public Safety Personnel

Subject Area/Course Number: FIRE-106

Signatures:

| | | | |
|--|-------|------|-------|
| Department Chair | _____ | Date | _____ |
| Librarian | _____ | Date | _____ |
| Dean/Sr. Dean | _____ | Date | _____ |
| Curriculum Committee Chair | _____ | Date | _____ |
| President/Designee | _____ | Date | _____ |
| CCCCD Approval Date (Board or Chancellor's Office) | _____ | Date | _____ |

For Curriculum Committee Use only:

STAND ALONE COURSE: **YES** **NO**

FOR OFFICE OF INSTRUCTION ONLY. DO NOT WRITE IN THE SECTION BELOW.

| | | |
|--|--|---|
| Begin in Semester _____ | Catalog year 20____/20____ | Class Max: _____ |
| Dept. Code/Name: _____ | T.O.P.s Code: _____ | Crossover course 1/ 2: _____ |
| ESL Class: <u>Yes / No</u> | DSPS Class: <u>Yes / No</u> | Coop Work Exp: <u>Yes / No</u> |
| Class Code | SAM Code | Remediation Level |
| <input type="checkbox"/> A Liberal Arts & Sciences | <input type="checkbox"/> A Apprenticeship | <input type="checkbox"/> B Basic Skills |
| <input type="checkbox"/> B Developmental Preparatory | <input type="checkbox"/> B Advanced Occupational | <input type="checkbox"/> NBS Not Basic Skills |
| <input type="checkbox"/> C Adult/Secondary Basic Education | <input type="checkbox"/> C Clearly Occupational | |
| <input type="checkbox"/> D Personal Development/Survival | <input type="checkbox"/> D Possibly Occupational | |
| <input type="checkbox"/> E For Substantially Handicapped | <input type="checkbox"/> E* Non-Occupational | |
| <input type="checkbox"/> F Parenting/Family Support | <input type="checkbox"/> F Transfer, Non-Occupational | |
| <input type="checkbox"/> G Community/Civic Development | <input type="checkbox"/> *Additional criteria needed | |
| <input type="checkbox"/> H General and Cultural | <input type="checkbox"/> 1 One level below transfer | |
| <input type="checkbox"/> I Career/Technical Education | <input type="checkbox"/> 2 Two levels below transfer | |
| <input type="checkbox"/> J Workforce Preparation Enhanced | <input type="checkbox"/> 3 Three levels below transfer | |
| <input type="checkbox"/> K Other non-credit enhanced | | |
| <input type="checkbox"/> Not eligible for enhanced | | |

Course approved by Curriculum Committee as Baccalaureate Level: Yes / No

LMC GE or Competency Requirement Approved by the Curriculum Committee: _____

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Copies: Admissions Office, Department Chairperson
Rev 09-17-2008

Institutional Student Learning Outcomes

- General Education SLOs (Recommended by GE Committee)**
At the completion of the LMC general education program, a student will:
1. read critically and communicate effectively as a writer and speaker.
 2. understand connections among disciplines and apply interdisciplinary approaches to problem solving.
 3. think critically and creatively
 4. consider the ethical implications inherent in knowledge, decision-making and action.
 5. possess a worldview informed by diverse social, multicultural and global perspectives.

Program-Level Student Learning Outcomes (PSLOs)

- 1) Be academically prepared to obtain an entry-level position as a Firefighter in the Fire Service.
- 2) Apply critical thinking to research, evaluate, analyze and synthesize Fire Service information.
- 3) Demonstrate through written and oral communication skills a broad knowledge of Fire History, Fire Chemistry and Behavior, Fire Prevention and Building Construction as it applies to Firefighting.
- 4) Explain and interpret Fire Service Terminology.
- 5) Demonstrate the skills and mechanical knowledge of Fire Service tools and equipment.

Course-Level Student Learning Outcomes (CSLOs):

CSLO 1: Students develop an appropriate workout routine for physical fitness improvement. (PSLO 5)

CSLO2: Establish and maintain a target heart rate during an aerobic workout. (PSLO 5)

CSLO3: Utilize appropriate mechanics for basic weight exercises. (PSLO 5)

CSLO4: Utilize appropriate mechanics for carrying, lifting, climbing, swinging and pulling equipment and for proper physical rescue techniques. (PSLO 4, 5)

CSLO 1: Students develop an appropriate workout routine for physical fitness improvement.

Students will be taught proper stretching, warm up, and workout routines for major muscle groups involved in the course. They will keep a journal, in the form of a Fit Book, of their routines during class sessions, and outside sessions on their own. This Fit Book will be evaluated weekly for performance improvement.

CSLO 2: Establish a target heart rate and control it during an aerobic workout for twenty or more minutes.

Students will self-evaluate themselves into one of three (beginning, intermediate, advanced) workout levels. They will then refer to the target heart rate chart that uses age and percentage as a factor so one can stay aerobic and not become anaerobic. Students will be given a pre, midterm, and posttest to evaluate their cardiovascular endurance improvement. This is accomplished by completing a 1.5 mile jog/run in under 12 minutes.

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CSLO 3: Utilize appropriate mechanics for basic weight training exercises.

Students will be taught weight training exercises using individual weight machines, hand weights and free weights that use different major muscle groups. They will be mentored on proper body mechanics to get the full range of motion on a specific lift itself and the proper breathing technique for muscular endurance. Students will place themselves into one of three (beginner, intermediate, advanced) groups to establish the amount of weight to be used in a prescribed amount of time. . Students will be pre and post tested for muscular endurance by doing 40 sit-ups under 1 minute, and 40 push-ups under 1 minute.

CSLO 4: Utilize appropriate mechanics for carrying, lifting, climbing, swinging and pulling equipment and for proper physical rescue techniques.

Students will be taught how to condition themselves for entry level ability exams by participating in carrying, lifting, climbing, swinging and pulling equipment. This will be done on a weekly basis. Students will be pre and post tested for muscular endurance. Students will be evaluated on proper form, technique and full range of motion while performing these entry level ability skills.

Method of Evaluation/Grading:

“P” Level work is characterized by: students passing 4 out of the 4 CSLO assessments.

“NP” Level work is characterized by: students not passing 4 out of the 4 CSLO assessments.

Grading/Assessments:

The Fit Book will be evaluated weekly to ensure students are developing appropriate routines for performance improvement (CSLO 1)

Timed Pre-Test and Timed Final Post Test: 1.5 mile run in under 12 minutes (CSLO 2)

Timed Pre-Test and Timed Final Post Test: 40 push-ups in 1 minute (CSLO 3)

Timed Pre-Test and Timed Final Post Test: 40 sit-ups in 1 minute (CSLO 3)

Timed Pre-Test and Timed Final Post Test: (CSLO 4)

- Hoisting/lowering 20 lbs with a 7/16” rope (hand-over-hand method) to a height of 15 feet
- Lift and carry on the shoulder 25 lbs while going up and down four flights of stairs
- Drag 100 feet of dry 2 ½” fire hose for 50 yards
- 20 strikes using an 8 lb sledge hammer

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Course Content:

- Orientation to Physical Fitness training for public safety positions
 - Aerobic exercise
 - Muscular strength/endurance training
 - Flexibility training
 - Proper procedures for:
 - Hoisting/lowering 20 lbs with a 7/16" rope (hand-over-hand method) to a height of 15 feet
 - Lift and carry on the shoulder 25 lbs while going up and down four flights of stairs
 - Drag 100 feet of dry 2 ½" fire hose for 50 yards
 - 20 strikes using an 8 lb sledge hammer
- Dynamic Stretching and Flexibility
 - Warm-up on track at 60% level
 - Mechanics/breathing
- Weight exercise techniques
 - Breathing
 - Proper body mechanics
 - Sit-ups
 - Push-ups
- Mechanics of power walking and running
 - First phase is find your pace and breathing
 - Second phase – maintain it
 - Third phase –increase your level of intensity
 - Fourth phase- concentrate on your form
- Establishing Individual weight training levels
- Techniques of stationary bikes
 - Proper mounting and dismounting
 - Use of resistance
 - Proper height level for the seat
 - Riding or spinning techniques

Instructional Methods:

- Lecture
- Lab
- Activity
- Problem-based Learning/Case Studies
- Collaborative Learning/Peer Review
- Demonstration/Modeling
- Role-Playing
- Discussion
- Computer Assisted Instruction
- Other (explain) _____

Textbooks/Other Materials:

Fitbook: Fitness Tracker and Food Journal; Fitlosophy