



**FIRE 114 Physical Fitness for Firefighters Section Name Section Credit Hours Credits**  
**Syllabus**

## Course Information

**Meeting times and location:** section meeting\_times section location

**Catalog description:** This course teaches all aspects of fitness for the firefighter. Students will learn how to develop strength, cardiovascular endurance, and flexibility in a participatory learning environment. Students are coached through workouts designed to improve strength in target muscle groups and develop the students' cardiovascular ability and fitness. Priority will be given to Fire Science degree/certificate seeking students. A doctor release and fire science advisor signature is required.

**Terms offered:** Fall and Spring

**Section-specific Course Description:**

## Course Level Objectives

1. Develop an in-depth knowledge of the aspects of fitness needed for firefighting.
2. Improve their physical strength through participation in intensive weight training workouts.
3. Continue to develop good fitness habits.

## Required Texts and/or Materials

**This is a lab and does not have a text book**

## Required Technology and Software

- Canvas

- Chrome, Safari, or Firefox

## Course Requirements

Students will do the following activities:

1. Demonstrate a satisfactory level of knowledge in the development of fitness for firefighters.
2. Demonstrate a level of physical fitness sufficient to perform the required duties of a fire fighter.
3. Demonstrate a level of cardio-vascular endurance sufficient to perform the essential duties of a fire fighter.

## Other Classroom Policies and Expectations

- A health screening shall be done by a licensed healthcare provider that verifies the student to be in good physical condition and free of health conditions that could endanger themselves or others.
- Students may be required to undergo routine drug screening.
- Students should consult with the program director to discuss specific circumstances.

## Grading

Final grades are calculated based on the following...

The student must succeed in obtaining a 70% or better average in order to pass this class.

Attendance is worth 50% of the final grade, a 70% or better must be attained to pass.

Participation is worth 50% of the final grade; student must complete 3 combat challenges in less than 7 minutes.

The following grading scale will be used for the calculation of grades:

A = 90 to 100%  
B = 80 to 89%

C = 70 to 79%  
D = 60 to 69%

F = 59% or less

## Course Time Commitment

This is a lab

## Canvas Participation and Expectations

This class is a lab

## Participation and Attendance Policy

1. Students are expected to attend all class sessions. Instructors will take attendance.
2. Absences do not relieve students of the responsibility for missed assignments.
3. Students must take the initiative in arranging with their instructors to make up missed work if applicable.
4. Absences are graded as follows:
  - a. 0 = 100%
  - b. 1 = 95%
  - c. 2 = 90%
  - d. 3 = 80%
  - e. 4 = 70%

## Instructor Response Times & Regular Interaction Expectations

This class is a lab, instructor response will be immediate

## Key Dates to Remember

[Full Academic Calendar](#)

## Technical Support

Technical support is available through the San Juan College Help Desk 24/7/365. The help desk can be reached at 505-566-3266 or by creating a ticket at [San Juan College Help Desk](#).

For password reset and Canvas support, visit the [Student Technology Guide](#) website.

## Accessibility/Privacy Policies for all Technology Tools Used

[Accessibility/Privacy Policies for all Technology Tools Used](#)

## Student Support

At San Juan College, we are committed to supporting your academic success and overall well-being. We recognize that college life can be challenging and stressful, impacting both learning and personal health. We are here to help you succeed.

### **Academic Support and Resources**

We provide a range of academic support services to help you stay on track on your educational journey. Free resources include tutoring, computer loans, life skills workshops, and so much more. Visit the [Academic Support and Resources](#) webpage to learn more about support and resources available through Academic Advising, the Tutoring Center, the Student Resource Center (formerly Student Achievement Center) and the Testing Center.

### **Student Support and Resources**

If you or someone you know could benefit from counseling, accessibility services, career exploration, veteran transitional assistance, or any of our other support services, visit the [Student Support and Resources](#) webpage where you'll find detailed information about various resources available to you as an SJC student.

We encourage you to take advantage of these free resources to enhance your college experience and ensure your success.

## College Policies and Resources for Current Students

The [Student Handbook](#) provides information on student support, student organizations, and student conduct policies at San Juan College.

The San Juan College catalog outlines the [Academic Policies](#) students need to know.

## Healthy and Safe Practices for Being on Campus

We want a healthy and safe campus for students, faculty, staff, and guests.

### **Contagious diseases and your responsibility:**

If you have COVID-19 symptoms, fever, flu or even the common cold, you should stay home. Do not come to campus if you are feeling sick. Contact your instructor about missing class (and review your instructor's policies on missed or late work). Being sick does not necessarily excuse you from completing your work on time.

### **Safety on campus and your responsibility:**

If you are on campus and experience or witness an emergency, call 9-1-1 first and then the Department of Public Safety at 505-566-3333 (or just 3333 if calling from a campus phone).

When you are on campus, be aware of your surroundings. If you need an escort to your vehicle, call 505-566-4444 (DPS non-emergency line) or 505-215-3091 (officer on duty line).

The College will send information for campus emergencies through SJC AlertAware, email and the webpage. Stay informed and stay safe.

## Inclement Weather Information

Students will receive notification of class delays and cancellations due to inclement weather via the SJC AlertAware and SJC student email. Face-to-face classes will not meet in person; however, students are advised to check with instructors about alternative meeting options, as some may choose to meet via zoom. Hybrid classes will meet as scheduled via zoom. For questions regarding your class delay or cancelation, please contact your instructor.

## Online Course Fee

Online Courses - San Juan College requires all online courses to include some form of assessment to demonstrate the mastery of course objectives. This could include exams, capstone projects, e-portfolios, presentations, final papers or other appropriate assessments. The use of a proctoring

platform, plagiarism detection software or other method to ensure that assessments are completed by the enrolled student is required.

A course fee of \$5.00 is assessed for all online courses at San Juan College to cover the cost of the above services. Students who are required to take a proctored exam and choose to use a physical testing center outside the SJC Testing Center or SJC Disability Services will be responsible for the cost of using that center.