

FIRE-114-PHYSICAL FITNESS FOR FIREFIGHTERS 3 CREDITS

SYLLABUS

CATALOG DESCRIPTION

This course teaches all aspects of fitness for the fire fighter. 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 student's cardiovascular ability and fitness. Priority will be given to Fire Science degree/certificate seeking students.

Prerequisites: None

Semester Offered: Fall and Spring

Common Student Learning Outcomes

Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...

BROAD AND SPECIALIZED LEARNING

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

CRITICAL THINKING

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

CULTURAL AND CIVIC ENGAGEMENT

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

EFFECTIVE COMMUNICATION

Students will exchange ideas and information with clarity in multiple contexts.

INFORMATION LITERACY

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

INTEGRATING TECHNOLOGIES

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.

Course Learning Outcomes

Upon successful completion of the course, the student will be able to...

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.

Specific Learning Outcomes

Upon successful completion of the course, the student will be able to...

1. Demonstrate a satisfactory level of knowledge in the development of fitness for firefighters.
2. Demonstrate a level of physical 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.
4. Satisfactory complete the fire fighter combat challenge course and demonstrate improvement in speed and ability over the duration of the course.