

**El Paso Community College
Syllabus
Part II
Official Course Description**

SUBJECT AREA	Fire Technology
COURSE RUBRIC AND NUMBER	FIRS 1103
COURSE TITLE	Firefighter Agility and Fitness Preparation
COURSE CREDIT HOURS	1 0 :<!-- 3</b--> Credits Lec Lab

I. Catalog Description

Provides physical ability testing methods. Rigorous training in skills and techniques needed in typical fire department physical ability tests. Prepares physically the individuals fitness performance level in firefighting functions to include: physical endurance and agility, methods of exercise related to building strength and conditioning, daily exercise programs to maintain strength, aerobic conditioning, and flexibility **(0:3)**.

II. Course Objectives

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

- A. Demonstrate the physical strength, flexibility, and aerobic conditioning required by fire departments for personal health and well-being.
- B. Develop through self-evaluation, a daily exercise program that will maintain a level of physical fitness in order to successfully complete a physical assessment testing which may be required by fire departments.
- C. Implement and continue to establish a nutritional program that will promote a healthy lifestyle.

III. THECB Learning Outcomes (WECM)

Perform skills typical of firefighter ability tests.

IV. Evaluation

Attendance Policy: Students absent for two more class periods without a valid excuse as determined by the instructor may be dropped from the course. Any exam or assignment not completed as a result of an unexcused absence will receive a grade of “0” for that exam or assignment.

Students who do not attend class before or on the census date listed in the Credit Course Schedule and the Course Calendar and have not contacted the instructor with a valid excuse will be dropped from the course.

Tardiness Policy: Students must be seated and ready to begin class at the scheduled time. Students tardy for two or more class periods without a valid excuse as determined by the instructor may be dropped from the course.

Expect class to last the entire scheduled time. Students may not leave class early without a valid excuse or without having made arrangements with the instructor. Students doing so will be considered absent for that class period.

Withdrawal Policy: Students who desire to withdraw are responsible for initiating withdrawal action through the EPCC Registrar's Office according to the policy in the Credit Class Schedule. After the drop date listed in the Credit Class Schedule and the Course Calendar, students will receive a grade based upon all required items. Items not completed will be given a grade of "0". Students requesting an Incomplete, "I", must comply with EPCC policies and procedures listed in the Credit Class Schedule.

Cheating Policy: Student determined to be cheating on an exam or plagiarizing another student's assignment, will be given a grade of "0" for that exam or assignment. An incident report documenting the circumstances will be prepared by the Instructor and submitted to the Instructional Coordinator of Fire Technology and then forwarded to the Instructional Dean Occupational Education. A copy of the report will be provided to the student. A second such incident will be grounds for dismissal of the student from the course with a grade of "F".

Grading Scale:

A: 90 - 100
B: 80 - 89
C: 75 - 79
D: 70 - 74
F: 0 - 69

V. Disability Statement (Americans with Disabilities Act [ADA])

EPCC offers a variety of services to persons with documented sensory, mental, physical, or temporary disabling conditions to promote success in classes. If you have a disability and believe you may need services, you are encouraged to contact the Center for Students with Disabilities to discuss your needs with a counselor. All discussions and documentation are kept confidential. Offices located: VV Rm C-112 (831-2426); TM Rm 1400 (831-5808); RG Rm B-201 (831-4198); NWC Rm M-54 (831-8815); and MDP Rm A-125 (831-7024).

VI. 6 Drop Rule

Students who began attending Texas public institutions of higher education for the first time during the Fall 2007 semester or later are subject to a 6-Drop limit for all undergraduate classes. Developmental, ESL, Dual Credit and Early College High School classes are exempt from this rule. All students should consult with their instructor before dropping a class. Academic assistance is available. Students are encouraged to see Counseling Services if dropping because exemptions may apply. Refer to the EPCC catalog and website for additional information.