

COURSE SYLLABUS

COURSE TITLE: FIRS 1203.271 Firefighter Agility & Fitness Preparation (2:1:3)

SEMESTER/YEAR: Spring 2020

COORDINATOR / INSTRUCTOR: Matt Hixson

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OFFICE LOCATON: Room 120-J, SPC Lubbock Center
3907 Ave Q
Lubbock, TX 79412

OFFICE HOURS: BY APPOINTMENT

SOUTH PLAINS COLLEGE IMPROVES EACH STUDENT'S LIFE

1. GENERAL COURSE INFORMATION

- A. **Course Description:** (2:1:3) Physical ability testing methods. Rigorous training in skills and techniques needed in typical fire department physical ability tests.
- B. **Course Goals/Objectives:** Perform skills typical of firefighter ability tests.
- C. **Course Competencies:** Letter grades are assigned as follows:

Overall Percentage Earned	Letter Grade
90% to 100%	A
80% to 89.99%	B
70% to 79.99%	C
60% to 69.99%	D
59.99% or less	F

- D. **Academic Integrity:** It is the aim of the faculty of South Plains College to foster a spirit of complete honesty and a high standard of integrity. The attempt of any student to present as his or her own any work which he or she has not honestly performed is regarded by the faculty and administration as a most serious offense and renders the offender liable to serious consequences, possibly suspension.

Cheating: Dishonesty of any kind on examinations or on written assignments, illegal possession of examinations, the use of unauthorized notes during an examination, obtaining information during an examination from the textbook or from the examination paper of another student, assisting others to cheat, alteration of grade records, illegal entry or unauthorized presence in an office are examples of cheating. Complete honesty is required of the student in the presentation of any and all phases of course work. This applies to quizzes of whatever length as well as to final examinations, to daily reports and to term papers.

Plagiarism: Offering the work of another as one's own, without proper acknowledgement, is plagiarism; therefore, any student who fails to give credit for quotations or essentially identical expression of material taken from books, encyclopedias, magazines and other reference works, or from themes, reports or other writings of a fellow student, is guilty of plagiarism.

E. **Scans and Foundation Skills:** The specific SCANS and Foundation Skills for this course include:

Foundation Skills (F): 1,2,3,4,5,6,7,8,9,10,11,12,13,15,16,17

Competencies (C): 1,3,4,5,6,7,9,10,11,12,13,14,15,16,17,18,19,20

F. **Verification of Workplace Competencies Technical Education Division:** The learning outcomes of this course will prepare the student to meet the Basic Structural Firefighter classification and prepare them to certify as a Basic Structural Firefighter with the Texas Commission on Fire Protection

II SPECIFIC COURSE/INSTRUCTOR REQUIREMENTS

A. **Textbooks and Other Materials:**

Required textbooks and other materials for the course are:

1. *Fundamentals of Fire Fighter Skills and Hazardous Materials Response, Fourth Edition*, published by the International Association of Fire Chiefs (IAFC) and the National Fire Protection Association (NFPA).
 - ISBN 9781284182774
2. *Firefighter Functional Fitness*, by Dan Kerrigan and Jim Moss, published by Firefighter Toolbox.
 - ISBN 9780990844242
3. The *Basic Fire Suppression Curriculum* from the Texas Commission on Fire Protection is also required and is available online at:
 - https://www.tcfp.texas.gov/Services/GetPdf?filename=%2FManual%2FCurriculum%2Fcurriculum_2015_1030_chapter_1.pdf

4. The *Hazardous Materials Curriculum* from the Texas Commission on Fire Protection is also required and is available online at:

- https://www.tcfp.texas.gov/Services/GetPdf?filename=%2FManual%2FCurriculum%2Fcurriculum_2015_0601_chapter_6.pdf

B. **Attendance Policy:** Punctual and regular attendance is expected of all students. Your grade in class is dependent on your attendance and participation. **Students who miss more than four class days will be subject to expulsion from the SPC Basic Structural Firefighter Academy.** Tardies count as half-absences. A student is considered tardy if they are not in the classroom ready for instruction with their accountability tag in the appropriate location at 1800. The clock in the back of the classroom is the clock that attendance will be based on. Two tardies will result in one complete absence. Tardies will result in the student's engine running 3 towers prior to leaving for the day. Leaving class prior to the class dismissal will also result in a half-absence, even if the appropriate chain of command is notified of the early departure. If the student does not notify the APPROPRIATE chain of command or any instructors and departs class early, that will result in two unexcused absences. If a student knows that they will be absent, as soon as they are aware of the absence, they must notify their company officer with the 5 W's, who will in turn route the information up through the chain of command to the academy coordinator. Absences are excused only at the discretion of the Academy Coordinator.

C. **General Conduct:**

1. **Respect:**

Respect will be given at all times by all students and instructors. If an instructor is speaking, students should not be. Any disrespect by a student will be reported to the academy coordinator and may result in the student's dismissal from the academy with no possibility of re-admittance.

2. **Uniform:**

The uniform of the day will be established by either the lead instructor or the class leadership. Neither ball caps nor beanies are authorized for indoor use. If worn, caps will be worn with the bill facing forward. Warming layers are authorized for wear. Warming layers may be navy blue, black, white, or grey and may only be solid in colors (no logos or graphics may be visible). While in uniform, students will not wear necklaces outside of the shirt. Wearing headphones in uniform is not authorized. Violations in uniform wear will result in a minimum of 3 towers for the student prior to leaving for the day.

3. Personal Appearance:

Students will dress and carry themselves as if they were at a job interview. Uniform items should not be wrinkled and should always be clean when worn. Body piercings, metal watch bands, or metal rings are not authorized for wear during class. For males, hair will be kept neat and will not interfere with the seal of the SCBA when worn WITHOUT having to adjust the hair first. Mustaches and sideburns are the only facial hair authorized. Mustaches must not extend past halfway between the corner of the mouth and the jawline. Sideburns may not extend lower than the ear lobe. For females, hair must be pulled back in a way that does not interfere with PPE when worn.

4. Personal Protective Equipment:

Prior to class every day, students will conduct SCBA checks on their assigned SCBA. If it is discovered that a student was present for class but did not conduct their check prior to class, the student will be counted as tardy for the day that they did not conduct their check prior to class. At that point, standard tardy repercussions will take place. If at any time during the semester PPE is damaged or lost, the student with the damaged/missing gear must immediately report the discrepancy up through the student's chain of command. If it is determined that negligence was involved, the student will be financially liable for replacing the gear. If the student refuses to replace the equipment, he/she may be dismissed from the academy with no possibility for re-admittance. If the student is a part of a volunteer department or otherwise has COMPLIANT PPE of their own, they may wear their compliant gear in place of the SPC-issued compliant or non-compliant PPE. A student may not wear personally owned non-compliant gear. Every piece of gear has its own life-saving purpose. Therefore, at no time will a student drop or throw any piece of PPE or equipment. If unintentionally dropped, the student will do 10 pushups on the spot. If done intentionally, the student will do 10 pushups on the spot and then run 3 towers carrying the piece of gear thrown/dropped above their head.

5. Electronics:

While in class, all electronics are not to be seen. They will be put away and silenced. If a phone is seen out or goes off in class, the owner of the phone will run 3 towers prior to leaving for the day. All electronics are authorized to be used during breaks. Exception: if the student has an emergency that they need their phone to stay updated about, they will be authorized by the class. Instructors to keep their phones out

solely for receiving text updates.

6. Outside of Class:

The uniform is only authorized for wear outside of class in transit to and from class and while at lunch between Saturday classes. While in uniform, understand that the general populace assumes that you are Lubbock Firefighters. Behave accordingly; watch your language/topics of conversation and carry yourself in a way that represents the firefighting community in the highest respect. It has taken years to build the reputation, yet it can be destroyed by an individual action.

7. Injuries:

All students are bound by the parameters outlined in the syllabus, regardless of outside circumstances. If a student falls short of the standard and earns a physical punishment but is unable to perform the punishment due to physical injury, they will hand write a 300-word essay that is due to their company officer at the beginning of class the following day. The essay will be written over the violation. It will be exactly 300 words with every word over three letters underlined and numbered on top. The exact same essay may not be written multiple times for the same violation of rules.

8. Repeat Offenders:

If at any time during the academy, a student proves to be a chronic offender of one or more of the policies outlined in the syllabus, the student may be subject to being screened by the academy coordinator and permanently removed from the program, at the academy coordinator's discretion.

D. Grading Policy/Procedure and/or Methods of Evaluation: An accumulative point system will be utilized to determine the final grade for each student. Grades will be determined by adding the total points achieved during the semester from attendance and participation. Points will be determined in accordance with the following guidelines:

- Physically able students who attend class and participate will receive full (5.0) attendance credit.
- Students who are tardy to class will receive a reduced attendance credit (2.5) for that class period.
- Students who are physically unable to participate are still expected to attend but will receive a reduced attendance credit (2.5) for that class period.
- Students with an excused absence, such as for military training, will receive a reduced attendance credit (2.5) for that class period.
- Physically able students who attend and do not participate will not receive attendance credit (0.0) for that class.
- Any student who does not attend, whether physically able or not, will not receive attendance credit (0.0).
- **Students whose grade drops below a 70.00% at any time during the semester (points earned to date divided by points possible to date) will be subject to expulsion from the SPC Basic Structural Firefighter Academy.**

Total points earned, divided by .60, will determine each student's final grade.

The following guide for points-to-grade will be utilized to determine the final assessment:

Overall Percentage Earned	Letter Grade
90% to 100%	A
80% to 89.99%	B
70% to 79.99%	C
60% to 69.99%	D
59.99% or less	F

CAMPUS GUIDELINES

DIVERSITY STATEMENT

In this class, the instructors will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror

society as it is, but also model society as it should and can be.

DISABILITIES STATEMENT

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

NON-DISCRIMINATION STATEMENT

South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College, 1401 College Avenue, Box 5, Levelland, TX 79336. Phone number 806-716-2360.

TITLE IX PREGNANCY ACCOMMODATIONS STATEMENT

If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education. To activate accommodations, you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Director of Health and Wellness. Once approved, notification will be sent to the student and instructors. It is the student's responsibility to work with the instructor to arrange accommodations. Contact Chris Straface, Director of Health and Wellness at 806-716-2362 or email cstraface@southplainscollege.edu for assistance.

GENERAL SAFETY ON CAMPUS

South Plains College recognizes the importance of safety on campus. The protection of persons and property is a responsibility which we all share. Personal safety begins with the individual. The following guidelines are intended to assist you in protecting yourself and to encourage practices that contribute to a safe environment for our campus community.

- Never leave your personal property unsecured or unattended.
- Look around and be aware of your surroundings when you enter and exit a building.
- Whenever possible, avoid walking alone, particularly after dark. Walk to your vehicle with other class members or request that the Security Guard/Campus

Police walk you to your car.

- When approaching your vehicle, keep your keys in your hand; look under your car and in the back seat and floorboard. Lock the doors as soon as you are inside your car.

FOOD AND DRINK IN CLASSROOMS

It is the policy of South Plains College not to permit food or drink in the classrooms or laboratories.

Ask your instructor if food and drink is permitted in the Fire Academy Classroom.

TOBACCO USE POLICY

South Plains College prohibits the use of any tobacco product, electronic cigarette, or vapor device throughout all indoor areas and within a 25-foot perimeter around all facility entrances, exits and HVAC air intake vents under the control of SPC, including sporting facilities and SPC vehicles. Included in this ban are tobacco products of all types (including, but not limited to, cigarettes, cigars, pipes, chewing tobacco, snuff and all other kinds and forms of tobacco prepared in such a manner to be suitable for spit tobacco use, smoking, or both). This ban also includes herbal tobacco products and simulated tobacco products that imitate or mimic tobacco products such as e-cigarettes, vapor cigarettes, pipes, or other types of inhalation devices.

FLEXIBILITY

If at any time, issues arise in the class that are not specifically addressed in the syllabus, the academy coordinator may make mandates verbally, in writing, or through the class leadership that are equally as binding as the syllabus itself. New mandates are effective at the time they are communicated to the students.

Noncompliance by a student shall be handled by the Dean of Students, Dean of the Reese Center, or the Director of the Plainview Center in accordance with procedures outlined in the Student Code of Conduct in the Student Guide.

In case of emergency at any campus, call 911