

FE220
Physical Fitness

3 credits

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FE220 Version: 12



Physical Fitness

Calendar Description

Students in this course develop strategies to achieve and maintain a level of physical fitness that prepares them to meet the hiring standards of various emergency response departments and/or agencies. The basis for this course is the National Fire Protection Association Standard 1583.

Rationale

This is a required course for the Emergency Services Technology students. Emergency response is a physically demanding occupation. Persons wishing to enter this career must develop and maintain a physical fitness level commensurate with employer standards. Acquiring these standards will permit students the widest range of employment opportunities.

Prerequisites

None

Co-Requisites

None

Course Learning Outcomes

Upon successful completion of this course, students will be able to

1. demonstrate an average to above average level of fitness in the following health and industry specific tests:
 1. Canada Standard Fitness Test (administered and evaluated as per Canada Standard Fitness Test and Canadian Physical Activity Fitness and Lifestyle Appraisal protocols).
 2. Industry Specific Tests (See Appendix A -- Job-Related Fitness Tests and Appendix B -- Standards for Industry Specific Tests).

Resource Materials

There are no textbooks required, but the materials listed below students are required to bring:

1. A mountain bike or road bike.
2. Form fitting work gloves (i.e., 10/40, Dakota, Helly Hansen – TPR Style)
3. Swim trunks for men; full piece bathing suit for women.
4. A pair of swimming goggles.
5. A good quality pair of running shoes (i.e. Asics).

Conduct of Course

Physical fitness classes are scheduled three times per week. During these classes students take part in a variety of activities which build their fitness levels in all areas. Activities include aerobic/anaerobic training, strength training, swimming, flexibility exercises and industry specific tasks. Students are advised of the physical fitness requirements of numerous employers.

Evaluation Procedures

1. Participation/Attendance	10%
2. Mid-term Fitness Testing (Canada Standard Fitness Test)	15%
3. Mid-Term Industry Testing	15%
4. Final Industry Testing	25%
5. Final Fitness Testing (Canada Standard Fitness Test)	20%
6. Final Swim Testing	<u>15%</u>
Total	100%

Grade Equivalents and Course Pass Requirements

The final mark is given as a letter grade.

Letter	F	B-	B	B+	A-	A	A+
Percent Range	0-69	70-74	75-79	80-84	85-89	90-94	95-100
Points	0.00	2.70	3.00	3.30	3.70	4.00	4.00

Attendance

A minimum of 95% attendance is required. Students who miss more than 5 hours of scheduled classes may be required to withdraw.

Course Units/Topics

Unit 1 Aerobic training

Unit 2 Weight training

Unit 3 Flexibility

Unit 4 Swimming

Unit 5 Industry specific tasks

Appendix A

Job-Related Fitness Tests

Students must wear a complete ensemble of turn out gear, including structural helmet, coat and pants with liners, gloves and boots. All turn out gear must not be removed or lost during any evolution. If dropped they must be retrieved by the student and correctly replaced before continuing.

Stair Climb: The 45-lb. standpipe pack is picked up and then carried up 5 flights of stairs, deposited in the square marked at the top floor of the drill tower, retrieved, carried back down to the starting position and dropped in the marked square.

Rope Pull Test: For the hoist evolution, a 45 lb. LDH Donut roll and 5/8" rope are used. This event is complete when the roll clears the top floor window or railing and is placed within the box on the floor.

Forcible Entry: The forcible entry evolution utilizes a Keiser FORCE™ Machine (a chopping simulator). Using the shot mallet provided, the student must drive the steel beam a distance of 5 ft. horizontally. Pushing, raking or hooking the beam is not allowed; it must be struck. The handle must not come in contact with the beam, at any time. Also, both hands must be below the tape mark on the handle at the point of impact.

Hose Drag Test: Each student drags a 1 3/4" charged hoseline 100 ft. The student must crack the nozzle, hit the target with a stream of water and close the nozzle before the evolution is complete.

Victim Drag Test: The victim, a 110-lb. Rescue Randy™ mannequin, must be moved a distance of 100 ft. The timer stops the watch and records the time as soon as the student and victim completely clear the finish line. No rope-hose tool or straps are allowed and the mannequin must not be grasped by its clothing or appendages.

Swimming Test: The assessment procedure is as follows:

1. Tread water (stationary position, head above water) for five minutes.
2. Continuous swim for 375 meters - time limit of 14 minutes.
 - a) front crawl - 6 lengths
 - b) back crawl - 2 lengths
 - c) breaststroke - 5 lengths (whip kick only)
 - d) legs only - 3 lengths (whip, eggbeater, or inverted scissors kick)
3. Towing a partner 2 lengths of the pool (50 m) with a pool noodle, in 90 seconds or less.

Appendix B

Standards for Industry Specific Tests -- MIDTERM

NOTE: Points are based on a 0 - 5 scale (0 = fail, 2 = average (pass), 5 = excellent).

One minute rest between each station.

	Seconds					
	0	1	2	3	4	5
Aerobic endurance	<40	40	45	50	55	60 or greater
Rope pull (seconds)	>55.1	55.0-45.1	45.0-35.1	35.0-25.1	25.0 -15.1	15 or less
Hose drag (seconds)	>55.1	55.0-45.1	45.0-35.1	35.0-25.1	25.0-15.1	15 or less
Victim drag (seconds)	>55.1	55.0-45.1	45.0-35.1	35.0-25.1	25.0-15.1	15 or less
Forcible entry (seconds)	>50.1	50.0-40.1	40.0-30.1	30.0-20.1	10.1-20	10 or less
Hose carry/stair climb (seconds)	>65.1	65.0-55.1	55.0-45.1	45.0-35.1	35.0-25.1	25 or less
Swimming						
a. Tread water (minutes)	F					P
b. Swimming (lengths in 14 min.)	F					P
c. Towing a partner	F					P

Standards for Industry Specific Tests -- FINAL

All five stations are performed consecutively without rest.

= or < 2:10.99 = 15/15

2:11 – 2:40.99 = 14/15

2:41 – 3:10.99 = 13/15

3:11 – 3:40.99 = 12/15

3:41 – 4:10.99 = 11/15

4:11 – 4:40.99 = 10/15

4:41 – 5:10.99 = 9/15

5:11 – 5:40.99 = 8/15

5:41 – 6:10.99 = 7/15

6:11 – 6:40.99 = 6/15

6:41 – 7:10.99 = 5/15

7:11 – 7:40.99 = 4/15

7:41 – 8:10.99 = 3/15

8:11 – 8:41.99 = 2/15

8:41 – 9:10.99 = 1/15

< 9.11 = 0/15



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