

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**DEGREE CREDIT COURSE**

\_\_\_ Transfer course    X A.A. degree applicable course

(check all that apply)

**COURSE NUMBER AND TITLE:** \_\_\_ Fire 51 \_\_\_ Physical Fitness for the Fire Service

**UNIT VALUE:** 2

**MINIMUM NUMBER OF SEMESTER HOURS:** 64 Lecture/Lab

**BASIC SKILLS REQUIREMENTS:** Appropriate physical skills.

**ENTRANCE REQUIREMENTS**

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:** None

**SCOPE OF COURSE:**

Prepares individuals for the physically demanding requirements of the Fire Service and also for the Physical Ability Test that is required to pass the North County Regional Fire Test.

**SPECIFIC COURSE OBJECTIVES:**

The successful student will be able to:

1. Complete preparation for the physical ability testing process in the Fire Service.
2. Focus fitness training to the specific requirements for the skills necessary to be successful in the Fire Service.
3. Discuss nutrition and diet-based items that correspond to the fitness requirements of the Fire Service.

**CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. General Fitness
  - A. Pull ups
  - B. Sit ups
  - C. Stretching
  - D. Running
  - E. Push ups
- II. Nutrition
  - A. Diet

- B. Proper Hydration
- III. Physical Ability testing:
- A. 35' Ladder raise
  - B. 1 ½" hose carry
  - C. 2 ½" hose raise
  - D. Kaiser force machine
  - E. 1 ½" hose pull
  - F. Dummy drag

**REQUIRED READING:**

Handouts associated with each event.

**SUGGESTED READING:**

North County Regional Physical Ability Study

**REQUIRED WRITING:**

Student will be required to complete a two to three page writing assignment that will be related to fitness in the Fire Service.

**OUTSIDE ASSIGNMENTS:**

Students are expected to spend time outside of class doing physical training.

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination
- directed study

**DISTANCE LEARNING:**

**This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes  No

**If yes, check all that apply.** (See guidelines for preparation for definitions.)

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)

One-Way Video Conferencing (One-way interactive video and two-way interactive

audio)

\_\_\_\_\_ Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**GRADING POLICY AND STANDARDS:** Students will be evaluated on a regular basis on technical skills. The evaluations will be based on objective criteria as outlined by the State Fire Marshal's Office.

Grading Policy:

Participation	50%
Quizzes	25%
Paper	25%

A	=	>90%
B	=	80-89%
C	=	70-79%
D	=	60-69%
F	=	<60%

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?**

Yes  No  Number of times course may be taken for credit: 4

If yes, identify specific provision of Title 5 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

58161 C

**CONTACT PERSON:**

**Brett Van Wey - Fire Technology Supervisor (760)744-1150 Ext. 1703**

<b>SIGNATURES ON FILE:</b>
----------------------------