

FIRS-1203 Firefighter Agility and Fitness Preparation

COURSE INFORMATION

Course: FIRT-1203 Firefighter Agility and Fitness Preparation

Synonym:

Section: 001

Campus Location: This course is taught as part of the ACC Fire Training Academy (ACCFTA). It is located at 4800 Shaw Ln, Austin, TX 78744.

Instructor Information

Name:

Office phone or contact number: 512-223-9762

Office hours and location: 4800 Shaw Ln Austin, TX 78744 (Bldg F)

Conference requests: Students who would like a conference with the professor should contact him or her by their provided phone number or ACC email address. When using email the student should use their own ACC email address for all official class communication.

ACC email address:

Other avenues for contact: Students may also contact their professor through the use of Blackboard or they may contact the department chair of Fire Protection Technology at nathan.zaleski@austincc.edu or 512-223-9764 if they need additional help. Professors will not respond to any communication through avenues such as social media or outside platforms.

Course Description

Firefighter Agility and Fitness Preparation (2-1-2). Physical ability testing methods. Rigorous training in skills and techniques needed in typical fire department physical ability tests. The Firefighter Agility and Fitness Preparation course will prepare the student to pass anticipated firefighter initial physical fitness entrance exams. Students will receive agility, strength, endurance, aerobic, and anaerobic physical fitness training.

Transferability of workforce courses varies. Students interested in transferring courses to another college should speak with their Area of Study (AoS) advisor, Department Chair, and/or Program Director.

COURSE RATIONALE: This course will cover information that will assist fire protection technology students in the continuation of higher education goals and their employment in fire protection. Physical fitness assessments are a condition for employment and this course will prepare students to meet fire department application processes.

PREREQUISITES: N/A

FIRS-1203 Firefighter Agility and Fitness Preparation

Program Student Learning Outcomes

1. The student shall be able to perform fire suppression and rescue activities for a working structural, auto, and liquefied Petroleum Gas (LPG) fire as a TCFP Basic Structural Firefighter.
2. The student shall be able to perform mitigation of a hazardous materials incident at the Hazardous Materials/Weapons of Mass Destruction Awareness and Operations levels as a TCFP Basic Structural Firefighter.
3. The student shall be able to perform technical rope and confined space rescue operations in accordance with NFPA 1006, Standard for Technical Rescue Personnel Professional Qualifications. Chapters 5 and 7.
4. The student shall be able to perform mitigation of wildland fires as a TCFP Basic Wildland Firefighter.
5. The student shall be able to have the strength and endurance to perform the job performance requirements required of fire protection personnel for entry level employment.

Course Student Learning Outcomes

1. Upon completion of this course students shall have an understanding of the importance of agility fitness required for the fire service.
2. Students will comprehend the benefits of incorporating agility and fitness into a daily routine.
3. Students will improve strength, agility, and cardiovascular endurance.
4. Prepare students for fire department pre-employment physical fitness entrance exams.

Required Texts/Materials/Software

N/A

Course Requirements

1. Completion of course work online in Blackboard <https://aconline.austincc.edu/webapps/portal/frameset.jsp>
2. Completion of Midterm and/or Final Exams
3. Attendance of class sessions.
4. Students must wear athletic footwear and ACC issued PT gear. Also shower shoes and personal hygiene items are mandatory. You will shower after PT.
5. Students must bring their ACC issued 64 oz. water container filled with water only.
6. Students shall participate in all of the prescribed workouts. If a student has an injury that prevents them from participating, they must provide a doctor's note which excuses them. Students will perform prescribed exercises that do not inhibit their injury, if possible.

Technical Requirements

1. Computer connected to the Internet (Google Chrome should be used as your browser.)
2. Ability to utilize the Internet and email.

FIRS-1203 Firefighter Agility and Fitness Preparation

3. Ability to use Blackboard

Instructional Methodology

At the instructor's discretion, lecture, videos, class discussions, class projects, research papers and skills demonstration may be used to instruct the class.

DISTANCE EDUCATION: N/A

Grading System

Students must achieve an average score of 75% or higher to successfully complete this course. The grading system is broken down as follows:

Grade Component	
Component	Possible Percentage
Class Attendance	30%
Online Assignments	10%
Baseline	20%
Mid-Term	20%
Final Exam	20%
Total	100%

Class Attendance- Students will receive a 100% for every class they attend. Students will have 5 points deducted from 100 for every minute they are late. **Absences- You will receive a grade of ZERO for any day you are absent without a written doctor's note. 3 absences will constitute an automatic failure in the class.**

Online Assignments- Online assignments will consist of Discussion Board questions and responses and a list of SMART (Specific, Measurable, Attainable, Realistic, Time-based) goals. Each student is required to send a list of 3 goals they desire to achieve during this semester to their professor. Your **SMART** goals are due by 8/28 at 9:00 pm. There will be a weekly discussion board question students are required to answer. Along with their discussion board post, they must respond to at least 2 other students' posts. The discussion board is due every Sunday evening by 11:59 pm.

Baseline Fitness Test- The baseline fitness test will be a physical agility test that combines strength and cardiovascular endurance. The score will be calculated based on total number of repetitions of each movement combined. The workout will be as follows:

As Many Reps as Possible in 12 minutes (AMRAP 12) Each round is 100 reps

40 Air Squats

30 Sit-ups

20 Push-ups

FIRS-1203 Firefighter Agility and Fitness Preparation

10 Pull-ups

Movements may be scaled based on physical ability or limitations.

Mid-Term- The midterm exam will be a physical agility test that combines strength and cardiovascular endurance. The score will be calculated based on total number of repetitions of each movement combined. The workout will be as follows:

As Many Reps as Possible in 12 minutes (AMRAP 12) Each round is 100 reps

40 Air Squats

30 Sit-ups

20 Push-ups

10 Pull-ups

Movements may be scaled based on physical ability or limitations. If students scaled any movements during the baseline they will scale the same movements for the final.

Final Exam- The final exam will be a physical agility test that combines strength and cardiovascular endurance. The score will be calculated based on total number of repetitions of each movement combined. The workout will be as follows:

As Many Reps as Possible in 12 minutes (AMRAP 12) Each round is 100 reps

40 Air Squats

30 Sit-ups

20 Push-ups

10 Pull-ups

Movements may be scaled based on physical ability or limitations. If students scaled any movements during the mid-term they will scale the same movements for the final.

Baseline/Mid-Term/Final Fitness test scoring: Your Baseline Fitness test will be graded as a 100% upon completion. Failure to attempt and complete the baseline will result in a 0%. This is a test to determine where you're beginning level of physical fitness is. Cadets will count each other's reps for the 12 minutes. Your mid-term and final fitness tests will be graded against the previous test. You must show improvement from your previous score in order to successfully pass the tests. Improvement in repetitions count as follows:

25 or more reps= 100%

20-24 reps= 95%

15-19 reps= 90%

10-14 reps= 85%

5-9 reps= 80%

FIRS-1203 Firefighter Agility and Fitness Preparation

1-4 reps= 75%

0 reps= 70% (no improvement will result in a failing grade for that test)

Grading Scale

This is how your final course grade will be determined:

Course Grade Calculation

Grade	A	B	C	D	F
Percentage	100-90%	89-80%	79-75%	74-70%	<70%

Course Schedule

Course Schedule		
Chapter(s)	Assignments/Assessments	Due Dates
Physical Fitness	Baseline Physical Fitness Test	MM/DD
Physical Fitness	Mid-Term Physical Fitness Test	MM/DD
Physical Fitness	Final Physical Fitness Test	MM/DD
Physical Fitness	HEROES Week	MM/DD

COURSE POLICIES

Attendance/Class Participation

Regular and punctual class and laboratory attendance is expected of all students. If attendance or compliance with other course policies is unsatisfactory, the instructor may withdraw students from the class.

In the event the college or campus closes due to unforeseen circumstances (for example, severe weather or other emergency), the student is responsible for communicating with their professor during the closure and completing any assignments or other activities designated by their professor as a result of class sessions being missed.

Withdrawal Policy

It is the responsibility of each student to ensure that his or her name is removed from the rolls should they decide to withdraw from the class. The instructor does, however, reserve the right to drop a student should he or she feel it is necessary. If a student decides to withdraw, he or she should also verify that the withdrawal is recorded before the Final Withdrawal Date. The student is also strongly encouraged to keep any paperwork in case a problem arises.

FIRS-1203 Firefighter Agility and Fitness Preparation

Students are responsible for understanding the impact that withdrawal from a course may have on their financial aid, veterans' benefits, and international student status. Per state law, students enrolling for the first time in Fall 2007 or later at any public Texas college or university may not withdraw (receive a W) from more than six courses during their undergraduate college education. Some exemptions for good cause could allow a student to withdraw from a course without having it count toward this limit. Students are strongly encouraged to meet with an advisor when making decisions about course selection, course loads, and course withdrawals.

Late Work and Missed/Failed Exam Policies

Late work will only be accepted on a case by case basis. The instructor for each subject area will determine if late work will be accepted. The highest grade that can be achieved for late work or exams is 75% unless the professor deems the late work or missed exam was excused.

Incompletes

An instructor may award a grade of "I" (Incomplete) if a student was unable to complete all of the objectives for a passing grade in a course due to unforeseen circumstances (i.e. prolonged illness or death in the family). The student should contact the professor when a situation arises where the student cannot complete the course work. An incomplete grade cannot be carried beyond the established date in the following semester. The completion date is determined by the instructor but may not be later than the final deadline for withdrawal in the subsequent semester.

Statement on Academic Integrity

Austin Community College values academic integrity in the educational process. Acts of academic dishonesty/misconduct undermine the learning process, present a disadvantage to students who earn credit honestly, and subvert the academic mission of the institution. The potential consequences of fraudulent credentials raise additional concerns for individuals and communities beyond campus who rely on institutions of higher learning to certify students' academic achievements and expect to benefit from the claimed knowledge and skills of their graduates. Students must follow all instructions given by faculty or designated college representatives when taking examinations, placement assessments, tests, quizzes, and evaluations. Actions constituting scholastic dishonesty include, but are not limited to, plagiarism, cheating, fabrication, collusion, falsifying documents, or the inappropriate use of the college's information technology resources. Further information is available at the [Academic Integrity website](#).

Artificial Intelligence Policy

1. Introduction: The use of generative AI (GAI) is permitted in this course under certain conditions to enhance learning while maintaining academic integrity.
2. Rationale: GAI is permitted to foster technological fluency and to leverage advanced tools for research, as long as it does not substitute for critical thinking and learning.

FIRS-1203 Firefighter Agility and Fitness Preparation

3. Definition of GAI: Generative AI encompasses technologies that create content through learned patterns and data without direct human input.
4. Usage Permissions: Permitted: GAI can be used for initial research, idea generation, and learning coding practices. It is **NOT** to be used for final submissions unless explicitly cited and discussed.
5. Resources: Guidance on the ethical and effective use of GAI will be provided through designated course materials and office hours.
6. Assessment: Contributions of GAI must be clearly cited and will be assessed on the student's ability to critically analyze and integrate the AI-generated content.
7. Penalties: Misuse of GAI, including a failure to cite, will be considered a breach of academic integrity, with consequences including a failing grade for the assignment and academic review.
8. Exceptions: Should the technology be required as an accommodation, exceptions will be made on a case-by-case basis.

COLLEGE POLICIES

Health & Safety Protocols

Operational areas of ACC campuses and centers are fully open and accessible through all public entrances. The college encourages its staff, faculty, and students to be mindful of the well-being of all individuals on campus. If you feel sick, feverish, or unwell, please do not come to campus.

Student Rights & Responsibilities

Students at ACC have the same rights and protections under the Constitution of the United States. These rights include freedom of speech, peaceful assembly, petition and association. As members of the community, students have the right to express their own views, but must also take responsibility for according the same rights to others and not interfere or disrupt the learning environment. Students are entitled to fair treatment, are expected to act consistently with the values of the college, and obey local, state, and federal laws. [Student Rights & Responsibilities](#)

As a student of Austin Community College you are expected to abide by the [Student Standards of Conduct](#).

Senate Bill 212 and Title IX Reporting Requirements

Under Senate Bill 212 (SB 212), the faculty and all College employees are required to report any information concerning incidents of **sexual harassment, sexual assault, dating violence, and stalking** committed by or against an ACC student or employee. Federal Title IX law and College policy also require reporting incidents of **sex- and gender-based discrimination and sexual misconduct**. **This means faculty and non-clinical counseling staff cannot keep confidential information about any such incidents that you share with them.**

If you would like to talk with someone confidentiality, please contact the District Clinical Counseling Team who can connect you with a clinical counselor on any ACC campus: (512) 223-2616, or to schedule online, go to the [Counseling website](#).

While students are not required to report, they are encouraged to contact the Compliance Office for resources and options: Charlene Buckley, District Title IX Officer, (512) 223-7964; compliance@austincc.edu.

FIRS-1203 Firefighter Agility and Fitness Preparation

If a student makes a report to a faculty member, the faculty member will contact the District Title IX Officer for follow-up.

Student Complaints

A defined process applies to complaints about an instructor or other college employee. You are encouraged to discuss concerns and complaints with college personnel and should expect a timely and appropriate response. When possible, students should first address their concerns through informal conferences with those immediately involved; formal due process is available when informal resolution cannot be achieved.

Student complaints may include (but are not limited to) issues regarding classroom instruction, college services and offices on the basis of actual or perceived race, color, national origin, religion, age, gender, gender identity, sexual orientation, political affiliation, or disability.

Further information about the complaints process, including the form used to submit complaints, is available at the [Student Complaint Procedures website](#).

Statement on Privacy

The Family Educational Rights and Privacy Act (FERPA) protects confidentiality of students' educational records. Grades cannot be provided by faculty over the phone, by e-mail, or to a fellow student.

Recording Policy

To ensure compliance with the Family Education Rights and Privacy Act (FERPA), student recording of class lectures or other activities is generally prohibited without the explicit written permission of the instructor and notification of other students enrolled in the class section. Exceptions are made for approved accommodations under the Americans with Disabilities Act.

Recording of lectures and other class activities may be made by faculty to facilitate instruction, especially for classes taught remotely through BlackBoard or another platform. Participation in such activities implies consent for the student to be recorded during the instructional activity. Such recordings are intended for educational and academic purposes only.

Safety Statement

FIRS-1203 Firefighter Agility and Fitness Preparation

Health and safety are of paramount importance in classrooms, laboratories, and field activities. Students are expected to learn and comply with ACC environmental, health and safety procedures and agree to follow ACC safety policies. Emergency Procedures posters and Campus Safety Plans are posted in each classroom and should be reviewed at the beginning of each semester. All incidents (injuries/illness/fire/property damage/near miss) should be immediately reported to the course instructor. Additional information about safety procedures and how to sign up to be notified in case of an emergency can be found at the [Emergency Management website](#).

Everyone is expected to conduct themselves professionally with respect and courtesy to all. Anyone who thoughtlessly or intentionally jeopardizes the health or safety of another individual may be immediately dismissed from the day's activity and will be referred to the Dean of Student Services for disciplinary action.

In the event of disruption of normal classroom activities due to an emergency situation or an outbreak of illness, the format for this course may be modified to enable completion of the course. In that event, students will be provided an addendum to the class syllabus that will supersede the original version.

Smoke, Vaping, & Tobacco-Free Environment

ACC provides a smoke/vape- and tobacco-free environment for all College vehicles, facilities and all campuses. The College prohibits the use, distribution, and/or sale of tobacco, smoke, and nicotine vapor products and devices by any person on all premises owned, rented, leased or supervised by the College, including all College facilities, buildings, grounds, and vehicles. This prohibition applies to property owned by others that the College uses by agreement, and further applies to all College and personal vehicles on ACC District property. Campus Managers and Campus Coordinators are required to inform anyone on their campus or in their center who are violating this rule that they are doing so and, if the violator is a student, the Dean of Student Affairs must initiate disciplinary procedures.

Campus Carry

The Austin Community College District concealed handgun policy ensures compliance with Section 411.2031 of the Texas Government Code (also known as the Campus Carry Law), while maintaining ACC's commitment to provide a safe environment for its students, faculty, staff, and visitors. Beginning August 1, 2017, individuals who are licensed to carry (LTC) may do so on campus premises except in locations and at activities prohibited by state or federal law, or the college's concealed handgun policy.

FIRS-1203 Firefighter Agility and Fitness Preparation

It is the responsibility of license holders to conceal their handguns at all times. Persons who see a handgun on campus are asked to contact the ACC Police Department by dialing 512-223-1231. Please refer to the concealed handgun policy online at the [Campus Carry website](#).

Discrimination Prohibited

The College seeks to maintain an educational environment free from any form of discrimination or harassment including but not limited to discrimination or harassment on the basis of race, color, national origin, religion, age, sex, gender, sexual orientation, gender identity, or disability.

Faculty at the College are required to report concerns regarding sexual misconduct (including all forms of sexual harassment and sex and gender-based discrimination) to the Manager of Title IX/Title VI/ADA Compliance. Licensed clinical counselors are available across the District and serve as confidential resources for students.

Additional information about Title VI, Title IX, and ADA compliance can be found in the [ACC Compliance Resource Guide](#).

Use of ACC email

All College e-mail communication to students will be sent solely to the student's ACCmail account, with the expectation that such communications will be read in a timely fashion. ACC will send important information and will notify students of any college-related emergencies using this account. Students should only expect to receive email communication from their instructor using this account. Likewise, students should use their ACCmail account when communicating with instructors and staff. Information about ACC email accounts, including instructions for accessing it, are available at the [ACC Email Q&A website](#).

Use of the Testing Center

The Testing Centers will allow only limited in person testing and testing time will be limited to the standard class time, typically one and one-half hours. Specifically, only the following will be allowed in the Testing Centers:

- Student Accessibility Services (SAS) Testing: All approved SAS testing
- Assessments Tests: Institutionally approved assessment tests (e.g., TSIA or TABE)
- Placement Tests: Placement tests (e.g., ALEKS)

FIRS-1203 Firefighter Agility and Fitness Preparation

- Make-Up Exams (for students who missed the original test): Make-up testing is available for all lecture courses but will be limited to no more than 25% of students enrolled in each section for each of four tests
- Programs incorporating industry certification exams: Such programs (e.g., Microsoft, Adobe, etc.) may utilize the ACC Business Assessment Center for the industry certification exams (BACT) at HLC or RRC

STUDENT SUPPORT SERVICES

The success of our students is paramount, and ACC offers a variety of support services to help, as well as providing numerous opportunities for community engagement and personal growth.

Student Support

ACC strives to provide exemplary support to its students and offers a broad variety of opportunities and services. Information on these campus services and resources is available at the [Student Resources website](#). A comprehensive array of student support services is available online at the [Student Support website](#).

Student Accessibility Services

Austin Community College (ACC) is committed to providing a supportive, accessible, and inclusive learning environment for all students. Each campus offers support services for students with documented disabilities. Students with disabilities who need classroom, academic or other accommodations must request them through Student Accessibility Services (SAS).

Students are encouraged to request accommodations prior to the beginning of the semester, otherwise the provision of accommodations may be delayed. Students who have received accommodations from SAS for this course will provide the instructor with the legal document titled "Faculty Notification Letter" (FNL) through the Accessible Information Management (AIM) portal.

Until the instructor receives the FNL, accommodations should not be provided. Once the FNL is received, accommodations must be provided. Accommodations are not retroactive, so it is in the student's best interest to request their accommodations as soon as possible prior to the beginning of the semester.

Please contact SAS@austincc.edu for more information.

Student Technology Support

FIRS-1203 Firefighter Agility and Fitness Preparation

Austin Community College provides free, secure WiFi to students and employees at all campus locations.

Students who do not have the necessary technology to complete their ACC courses can request to borrow devices from Student Technology Services. Available devices include iPads, webcams, headsets, calculators, etc. Students must be registered for a credit course, Adult Education, or Continuing Education course to be eligible. For more information, including how to request a device, visit [Student Technology Access](#).

Student Technology Services offers phone, live-chat, and email-based technical support for students and can provide support on topics such as password resets, accessing or using Blackboard, access to technology, etc. To view hours of operation and ways to request support, visit [Student Technology Access](#)

Academic Support

ACC offers academic support services on all of its campuses. These services, which include online tutoring, academic coaching, and supplemental instruction, are free to enrolled ACC students. Tutors are available in a variety of subjects ranging from accounting to pharmacology. Students may receive these services on both a drop-in and referral basis.

Additional tutoring information can be found here: [Online Tutoring](#)

Library Services

ACC Library Services offers both in-person and extensive online services, with research and assignment assistance available in-person during limited hours of service. Although all college services are subject to change, plans include ACC students signing up for study space and use of computers at open libraries, extensive online instruction in classes, online reference assistance 24/7 and reference with ACC faculty librarians. In addition, currently enrolled students, faculty and staff can access Library Services online (also 24/7) via the ACC Library website and by using their ACCeID to access all online materials (ebooks, articles from library databases, and streaming videos). ACC Libraries offer these services in numerous ways such as: "Get Help from a Faculty Librarian: the 24/7 Ask a Librarian chat service," an online form for in-depth research Q and A sessions, one-on-one video appointments, email, and phone (voicemail is monitored regularly).

- [Library Website](#)
- [Ask a Librarian](#) 24/7 chat and form
- [Library Hours of Operation by Location](#)

FIRS-1203 Firefighter Agility and Fitness Preparation

- Email: library@austincc.edu

Parent and Family Engagement Services

ACC understands how important parent and family support is to every student's college journey. From parents and siblings to stepparents, grandparents, partners, and loved ones, the Parent and Family Engagement Office at ACC is committed to empowering families to support student success. The office provides a family orientation to ACC, free [workshops](#) explaining the world of higher education (financial aid, student resources, career and transfer services, etc.), a monthly [newsletter](#) full of student success tips, and a website designed to answer family members' frequently asked questions. All students, especially first-generation students, are encouraged to share these resources with their families and invite them to be part of the Riverbat experience. Contact familyengagement@austincc.edu or visit the [Parent & Family Engagement website](#) for more information.

Academic Adjustments for Pregnant Students

ACC works with each student to provide academic adjustments that best meet their needs, including for students who are pregnant. Examples of such adjustments may include but are not limited to:

- Breaks during class, as needed
- Excused absences or a leave of absence
- Making up missed assignments or assessments
- Additional time to complete assignments in the same manner as the institution allows for a student with a temporary medical condition

Additional examples and further information are available at the Accommodations for Pregnant Students [website](#). To request adjustments due to pregnancy, contact equalopportunity@austincc.edu.

Student Organizations

ACC has over seventy student organizations, offering a variety of cultural, academic, vocational, and social opportunities. They provide a chance to meet with other students who have the same interests, engage in service-learning, participate in intramural sports, gain valuable field experience related to career goals, and much else. Student

FIRS-1203 Firefighter Agility and Fitness Preparation

Life coordinates many of these activities, and additional information is available at the [Student Life website](#).

Personal Support

Resources to support students are available at every campus. To learn more, ask your professor or visit the campus Support Center. All resources and services are free and confidential. Some examples include, among others:

- Food resources including community pantries and bank drives can be found here at the [Central Texas Food Bank website](#).
- Assistance with childcare or utility bills is available at any campus [Support Center](#)
- The [Student Emergency Fund](#) can help with unexpected expenses that may cause you to withdraw from one or more classes
- Help with budgeting for college and family life is available through the [Student Money Management Office](#).
- A full listing of services for student parents is available at the [Child Care website](#).

Mental health counseling services are available throughout the ACC Student Services District to address personal and or mental health concerns at the [Counseling website](#). If you are struggling with a mental health or personal crisis, call one of the following numbers to connect with resources for help. However, if you are afraid that you might hurt yourself or someone else, call 911 immediately.

Free Crisis Hotline Numbers:

- Austin / Travis County 24-hour Crisis & Suicide hotline: **512-472-HELP (4357)**
- The Williamson County 24-hour Crisis hotline: **1-800-841-1255**
- Bastrop County Family Crisis Center hotline: **1-888-311-7755**
- Hays County 24 Hour Crisis Hotline: **1-877-466-0660**
- National Suicide Prevention Lifeline: **988** or **1-800-273-TALK (8255)**
- Crisis Text Line: **Text “home” to 741741**
- Substance Abuse and Mental Health Services Administration (SAMHSA)
National Helpline: **1-800-662-HELP (4357)**
- National Alliance on Mental Illness (NAMI) Helpline: **1-800-950-NAMI (6264)**