

## COURSE SYLLABUS

**COURSE TITLE:** FIRS 1203.001 Firefighter Agility & Fitness Preparation (2:0:2)

**SEMESTER/YEAR:** Spring 2019

**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***

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#### 1. GENERAL COURSE INFORMATION

- A. **Course Description:** (2:0:2) 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. **Textbook and Other Materials:**
  - There are no required textbooks for FIRS 1203.
  
- B. **Attendance Policy:** Punctual and regular attendance is required of all students. Students are responsible for all class work covered during any absence from class. Only **four** excused absences are allowed during the semester. Saturdays count as two class days. All day absences on Saturday will count as two absences. **Students who miss more than four class days will be subject to expulsion from the SPC Basic Structural Firefighter Academy.**

- C. **Assignment Policy:** All required work, including assignments and periodic exams, must be turned in on time or be subject to penalty points (5 penalty points for each day late.) Periodic examinations will be administered covering course content materials. Periodic exams will be administered to cover a maximum of 50 hours of instruction. A comprehensive final (midterm) exam will be administered at the end of the semester. All students are required to take the final course examination (midterm) as a prerequisite to successful course completion.
- 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 exams, assignments, and the final. Points will be determined in accordance with the following guidelines:

16 classes worth up to 5 points each	= 80
• Attend and Participate	= 5
• Attend but Physically Unable to Participate	= 3.5
• Attend and do not participate, or do not attend	= 0
<b>Total points possible</b>	<b>= 80</b>

Total points earned, divided by .80, 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 teacher 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 ACCOMODATIONS 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](mailto: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.

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**