

KINGSBOROUGH COMMUNITY COLLEGE
The City University of New York

CURRICULUM TRANSMITTAL COVER PAGE

Department: Health, Physical Education and Recreation

Date: 3/8/18

Title Of Course Or Degree: PEC 7200 Physical Fitness Training for First Responders

Change(s) Initiated: (Please check)

- | | |
|---|---|
| <input type="checkbox"/> Closing of Degree | <input type="checkbox"/> Change in Degree or Certificate Requirements |
| <input type="checkbox"/> Closing of Certificate | <input type="checkbox"/> Change in Degree Requirements (adding concentration) |
| <input type="checkbox"/> New Certificate Proposal | <input checked="" type="checkbox"/> Change in Pre/Co-Requisite |
| <input type="checkbox"/> New Degree Proposal | <input type="checkbox"/> Change in Course Designation |
| <input checked="" type="checkbox"/> New Course | <input type="checkbox"/> Change in Course Description |
| <input type="checkbox"/> New 82 Course | <input type="checkbox"/> Change in Course Title, Numbers Credit and/or Hour |
| <input type="checkbox"/> Deletion of Course | <input type="checkbox"/> Change in Academic Policy |
| | <input type="checkbox"/> Pathways Submission: |
| | <input type="checkbox"/> Life and Physical Science |
| | <input type="checkbox"/> Math and Quantitative Reasoning |
| | <input type="checkbox"/> A. World Cultures and Global Issues |
| | <input type="checkbox"/> B. U.S. Experience in its Diversity |
| | <input type="checkbox"/> C. Creative Expression |
| | <input type="checkbox"/> D. Individual and Society |
| | <input type="checkbox"/> E. Scientific World |

Other (please describe): _____

PLEASE ATTACH MATERIAL TO ILLUSTRATE AND EXPLAIN ALL CHANGES

DEPARTMENTAL ACTION

Action by Department and/or Departmental Committee, if required:

Date Approved: 3/8/18 Signature, Committee Chairperson: Shichela Bracco

I have reviewed the attached material/proposal

Signature, Department Chairperson: Donald Hume

**Kingsborough Community College
The City University of New York
Undergraduate Curriculum
FORMAT FOR PRESENTATION OF CURRICULUM PROPOSALS**

1. DEPARTMENT, COURSE NUMBER AND TITLE:

Department of Health, Physical Education and Recreation

Course Number: PEC 7200

Title of the course: Physical Fitness Training for First Responders

2. DOES THIS COURSE MEET DISTRIBUTION REQUIREMENTS FOR GROUPS I-V? IF SO, WHICH GROUP?

This course does not meet distribution requirements for Groups I-V nor pathways A-E.

3. TRANSFERABILITY OF THIS COURSE. DESCRIBE HOW THIS COURSE TRANSFERS (required for A.S. degree course). If A.A.S. degree course and does not transfer, justify role of course, i.e., describe other learning objectives met:

This course would transfer as an elective.

4. BULLETIN DESCRIPTION OF COURSE:

This course is specifically designed to develop general fitness to enhance a candidate's ability to pass the physical requirements for entrance to the Police and Fire Academies in New York City, as well as other first responder exams in the United States. The course includes aerobic and anaerobic training, and resistance training, to build strength and endurance.

5. NUMBER OF WEEKLY CLASS HOURS (please indicate the number of hours per week spent in a lab, hours spent on site doing fieldwork, hours of supervision and hours in classroom- if applicable):

2 Hours

6. NUMBER OF CREDITS:

This course is 1 credit

7. COURSE PREREQUISITES AND COREQUISITES

Prerequisites: none

Corequisites: none

Pre or Coreq: none

8. BRIEF RATIONALE TO JUSTIFY PROPOSED COURSE TO INCLUDE:

- A. Enrollment summaries, if previously offered as an 82 No
- B. Projected enrollment 80 students annually
- C. Class limits 20
- D. Frequency course is likely to be offered 1-2 sections per semester
- E. Role of course in department's curriculum and college's mission:

Currently, we have many students at Kingsborough whose goal is to obtain 60 college credits to fulfill their educational requirement for becoming a police officer or firefighter in New York City. There are approximately 1,000 students enrolled in the Criminal Justice degree program at Kingsborough alone. Additionally, there are many students enrolled in other programs such as Liberal Arts, Physical Education, Exercise Science, etc., whose goal is to become a first responder. Part of the application process for these

public safety positions typically includes rigorous testing of physical agility and overall physical fitness by completing several job related physical tasks. Although the tasks and standards vary from department to department across the country, one thing they all have in common is that a high level of fitness is necessary in order for a participant to pass the examination. Unfortunately, candidates are often left to their own devices in preparing to take the physical exam. The goal of this new course, therefore, would be to provide the necessary information and physical conditioning that will enhance a student's ability to pass the physical requirements for entrance to the Police and Fire Academies in New York City.

9. LIST OF COURSES, IF ANY, TO BE WITHDRAWN WHEN COURSE(S) IS (ARE) ADOPTED:

None

10. IF COURSE IS AN INTERNSHIP OR INDEPENDENT STUDY OR THE LIKE, PROVIDE AN EXPLANATION AS TO HOW THE STUDENTS WILL EARN THE CREDITS AWARDED. THE CREDITS AWARDED SHOULD BE CONSISTENT WITH STUDENTS' EFFORTS REQUIRED IN A TRADITIONAL CLASSROOM SETTING:

N/A

11. PROPOSED TEXT BOOK(S) AND/OR OTHER REQUIRED INSTRUCTIONAL MATERIAL(S):

- A. Lecuyer, John. 2001. *Designing the Fitness Program: A Guide for Public Safety Organizations*. Saddle Brook, New Jersey: Fire Engineering Books and Videos.
- B. New York City Orientation Guide for taking the Candidate Physical Ability Test (CPAT)
Website: http://www.nyc.gov/html/dcas/downloads/pdf/misc/preparation_guide.pdf

12. REQUIRED COURSE FOR MAJORS AND/OR AREA OF CONCENTRATION? (If course is required, please submit a separate transmittal with a degree requirement sheet nothing the proposed revisions, including where course fits into degree requirements, and what courses(s) will be removed as a requirement for the degree. NYSED guidelines of 45 credits. Of Liberal Arts coursework for an A.A. degree, 30credits. For an A.S. degree and 20 credits. Of Liberal Arts for A.A.S. degree must be adhered to for all 60 cr. Programs).

No

13. IF OPEN ONLY TO SELECTED STUDENTS (specify):

Not Applicable

14. EXPLAIN WHAT STUDENTS WILL KNOW AND BE ABLE TO DO UPON COMPLETION OF COURSE:

At the conclusion of the course, students will be able to:

- A. Identify the health benefits of physical activity and exercise.
- B. Define the health related and skill related components of physical fitness.
- C. Identify the physical tasks that candidates must pass for entrance to the Police and Fire Academies in New York City.
- D. Explain how various physical fitness components and exercises relate to physical safety tasks required for firefighters and police officers in New York City.
- E. Describe the three basic principles applied to all fitness and conditioning programs.
- F. Explain the FITT formula as it relates to exercise programming.
- G. Explain the significance for the warm-up and cool-down.
- H. Explain the difference between aerobic and anaerobic exercise activity.
- I. Identify the adaptations that occur to muscles with muscular fitness training.
- J. Explain the factors affecting development of muscle hypertrophy and strength.

- K. Identify the variables for designing a cardiorespiratory program, resistance program and flexibility program.
- L. Explain the guidelines for safe and effective resistance training.
- M. Design a personal fitness program to improve cardiorespiratory fitness, muscular strength and endurance, and flexibility.
- N. Demonstrate and properly perform resistance exercises using various modalities, and callisthenic type activities that effectively meet firefighter and public safety task requirements.
- O. Identify the body area, and major muscle groups involved in specific exercises.
- P. Identify safety and emergency procedures, such as recognizing an adverse reaction to exercise, recognizing the need to terminate an exercise session, and knowing when and how to provide or summon help.

15. METHODS OF TEACHING –e.g., LECTURES, LABORATORIES, AND OTHER ASSIGNMENTS FOR STUDENTS, INCLUDING ANY OF THE FOLLOWING: DEMONSTRATIONS, GROUP WORK, WEBSITE OR E-MAIL INTERACTIONS AND/OR ASSIGNMENTS, PRACTICE IN APPLICATION OF SKILLS:

- A. Teaching is accomplished through lectures (see topical Outline), class discussions, and demonstrations on proper performance of each exercise.
- B. Physical practices will include warm-up, stretches, drills and participation.

16. ASSIGNMENTS TO STUDENTS:

Physical training sessions will let students demonstrate their fundamental skills, knowledge of safety practices, and correct exercise technique. Students will maintain a workout log, in which they will record the exercises (with any modifications), repetitions, and sets performed for each session. In addition, students will write a final paper that will require a description of the specific activities and exercises that have become part of their individual program for increasing their ability to pass the NYPD and NYFD physical examinations.

17. DESCRIBE METHOD OF EVALUATING LEARNING SPECIFIED IN #15:

- A. Preparation and Participation (30%)
- B. Application of Training Techniques (30%)
- C. Written Assignment and Workout Log (20%)
- D. Final Written Examination (20%)

18. TOPICAL COURSE OUTLINE (WHICH SHOULD BE AS SPECIFIC AS POSSIBLE REGARDING TOPICS COVERED, LEARNING ACTIVITIES AND ASSIGNMENTS):

Week 1	<p>Lecture Topic(s): Course Syllabus and Requirements Facility Rules and Exercise Safety Guidelines Health Benefits of an Active Lifestyle Health and Skill Related Components of Physical Fitness</p> <p>Activity: Orientation tour of area(s) used for activities Demonstration and practice of stretching exercises</p>
Week 2	<p>Lecture: Physical Tasks Required for Entrance to the Police and Fire Academies in New York City Relationship Between Physical Fitness Components to Specific Physical Tasks Required for Police Officers and Firefighters in New York City Basic Principles Applied to All Fitness and Conditioning Programs FITT Formula as it Relates to Exercise Programming</p>

	<p>Components and Structure of an Exercise Session</p> <p>Activity: Demonstration and practice exercises for warming up (calisthenics), and stretching</p>
Week 3	<p>Lecture: Improving Aerobic and Anaerobic Capacity Variables for Designing a Cardiorespiratory Endurance Program Monitoring Exercise Intensity</p> <p>Activity: Warm-up: calisthenics and stretching; walk/jog/run for distance</p>
Week 4	<p>Lecture: Variables for Designing a Resistance Program Guidelines for Safe and Effective Resistance Training</p> <p>Activity: Warm-up: calisthenics and stretching; sprint and interval training</p>
Week 5	<p>Lecture: Exercises that Relate to Specific Physical Tasks Required for Entrance to Police and Fire Academies</p> <p>Activity: Warm-up: calisthenics and stretching Demonstration and practice of exercises related to specific physical tasks</p>
Week 6	<p>Lecture: Range of motion, Flexibility and Joint Nutrition</p> <p>Activity: Warm-up: calisthenics and stretching Demonstration and practice of exercises related to specific physical tasks-continued</p>
Week 7	<p>Lecture: Body Mechanics, Posture and Care of the Back and Neck</p> <p>Activity: Warm-up: calisthenics and stretching Group resistance circuit training</p>
Week 8	<p>Lecture: Basic Exercise Physiology Principles</p> <p>Activity: Warm-up: calisthenics and stretching Group resistance circuit training</p>
Week 9	<p>Lecture: Basic Exercise Physiology Principles - continued</p> <p>Activity: Warm-up: calisthenics and stretching Group resistance circuit training</p>
Week 10	<p>Activity: Warm-up: calisthenics and stretching Group resistance circuit training</p>
Week 11	<p>Activity: Warm-up: calisthenics and stretching Group circuit training</p>
Week 12	<p>Activity: Warm-up: calisthenics and stretching Group circuit training</p>

19. SELECTED BIBLIOGRAPHY AND SOURCE MATERIALS:

- a. Umeh, C., Davidson, 2014, *Protect Your Life: A Health Hand Book for Law Enforcement Professionals*, 2nd ed; Looseleaf Law Publications
- b. Deuster, Patricia A., et al. 2002. *Navy Seal Physical Fitness Guide*. William S Konecky Assoc.
- c. Wasser, Al and Walter, Andrea A.. 2009. *The Firefighter's Fitness Handbook*. Cengage Learning.
- d. Smith, Stew, *Ace The CPAT: Prepare for Fire Fighting Academy*;
Website: <http://store.stewsmithptclub.com/info.html>;
- e. Website: [The Cooper Institute: Law Enforcement, Fire, and Military Fitness Training](#)