

**Northwest Arkansas Community College**  
(Health Professions Division)

**Discipline Code**

FIRE

**Course Number**

1073

**Course Title**

Firefighter Health and Safety

**Catalog Description**

This course will provide students with information related to health, safety and fitness for Firefighters, and will prepare them to take the Firefighter Encounter Agility Test (FEAT) developed by the Arkansas Fire Academy. Prerequisite for FIRE 1104 – Firefighter I.

**Prerequisites**

None

**Credit Hours**

3 credit hours

**Contact hours**

45 lecture contact hours

**Load hours**

3 load hours

**Semesters Offered**

Spring/Fall Alternating

**ACTS Equivalent**

None

**Grade Mode**

A-F

**Learning Outcomes**

Students completing this course will:

- Define the importance of health and safety for Firefighters, and the 16 Firefighter Life Safety Initiatives
- Recall and discuss facts related to good nutrition and the important role it plays in keeping Firefighters healthy and safe.
- Explain how proper exercise assists Firefighters in the health and safety both in the training

setting and at emergency incidents.

- Describe and demonstrate both the importance of and how to properly perform the tasks of the Firefighter Encounter Agility Test (FEAT).
- Complete the Firefighter Encounter Agility Test (FEAT) within the allotted time given by the Fire Academy.

## **General Education Outcomes Supported**

- Students develop higher order thinking skills.

## **Standard Practices**

### **Topics list**

- Overview of Health and Fitness for Firefighters and 16 Firefighter Life Safety Initiatives
- Planning of a personal fitness program that fits into the expectation of the Fire Service based on the Cooper Clinic Firefighter Minimum Requirements
- Demonstrate the Firefighter Encounter Agility Test (FEAT) developed by the Arkansas Fire Academy, and conduct a baseline test time
- As a group and individuals, work on the various elements of the FEAT and Review Physical Fitness Benchmarks Requirements
- At the end of the course, demonstrate ability to complete FEAT Exam within allotted time in order to receive a Passing grade

### **Assessments**

- Written Exam and successful completion of the FEAT Exam within the allotted time of 12 minutes or less.

**Revision Date** March 5, 2020

