Northwest Arkansas Community College
Division of Health Professions / Fire Science

Course Number and Title
FIRE 1073 Firefighter Health and Safety

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

Prerequisites
Permission of Fire Science Program Director

Credit Hours/ Contact Hours/ Load Hours
3/3/3

Target Audience/Transferability
This course will benefit anyone seeking a career in the fire service. This course prepares students to meet the physical requirements for Firefighters required by the Arkansas Fire Academy.

Student Learning Outcomes
- Define the importance of health and safety for Firefighters
- 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

Outline of Instruction

I. Overview of Health and Fitness for Firefighters
II. Successful planning of a personal fitness program that fits into the expectation of the Fire Service
III. Demonstrate the Firefighter Encounter Agility Test (FEAT) developed by the Arkansas Fire Academy,
and conduct a baseline test time
IV. As a group and individuals, work on the various elements of the FEAT and Physical Fitness Benchmarks Requirements
V. At the end of the course, demonstrate ability to complete FEAT and Physical Fitness Benchmarks Requirements within allotted time in order to receive a Pass/Satisfactory grade

Forms of Assessment
This course is graded Pass/Fail or Satisfactory/Unsatisfactory. At the end of the course a representative from the Arkansas Fire Academy will administer the FEAT exam to the students, and they must successfully complete it within the allotted time, which is set at 12 minutes