

ESFF-1000 *Introduction to Emergency Services and Ability Testing*



Instructor Contact Information

See [instructor page \(https://uvu.instructure.com/courses/586873/pages/gary-noll-instructor-information?module_item_id=12018445\)](https://uvu.instructure.com/courses/586873/pages/gary-noll-instructor-information?module_item_id=12018445) for specific contact info

Course Description

Explores career opportunities and job requirements of fire and rescue emergency services. Discusses the various duties within emergency services, including structural fire fighting, wildland fire fighting, technical rescue, hazardous materials control, fire protection, fire investigations, and incident command. Explains the employment testing and selection processes of federal, state, municipal, and industrial emergency service organizations. Develops basic emergency skills in hazard recognition, response organization, and fire extinguisher use.

Provides aspiring firefighters with information needed to pass various physical ability tests. Explores the background and development of tests, including the role the Candidate Physical Ability Test plays in the Wellness Fitness Initiative. Outlines principles for designing and implementing an effective training program.

This is a required course for most Emergency Services department majors. In addition, the course meets per-requisite requirements for UVU's Recruit Candidate Academy.

Course Outcomes

Upon successful completion of this course, students should be able to:

1. Describe the career opportunities within fire and rescue emergency services.
2. Describe the employment process and requirements of various emergency services organizations.
3. Choose an educational path that will lead towards career goals.
4. Identify the roles and responsibilities of fire and rescue emergency services.
5. Describe various firefighter physical ability tests.
6. Identify key factors for successful completion of various firefighter physical ability tests.
7. Describe the importance of a lifelong fitness program.
8. Create individual wellness and fitness plans.

Prerequisites and Needed Skills

Course Prerequisites: None

Technology Expectations: reliable computer with internet access

Materials, Fees and Technology Tools

- **Text: Fire & Emergency Services Orientation & Terminology**
Publisher: FPP/IFSTA; 6th Revised Edition (2016)
- ISBN-10 : 0879395923

- ISBN-13 : 978-0879395926

How This Course Works

This online course has weekly due dates and must be completed within the semester for which you are registered. At the beginning and end of this course students will take a physical fitness assessment. It is very important that the pre-assessment portion be completed in the first week. At the end of the semester a post assessment will be completed where students will evaluate goals set during the pre-assessment. Also in the first week, students are expected to select a fitness tracker and begin logging their weekly exercise. Planning time for regular weekly exercise is essential in order to achieve fitness goals. Expect to spend at least 30 minutes each day (5-6 days per week) exercising, recording and reviewing your fitness plan. Additionally, each week students will read textbook material, read/view online course materials as well as participate in discussions, take quizzes and submit assignments. Online course materials consist of an overview page, text chapters, videos and PowerPoint slides. **Slides are Not to be used in lieu of reading the textbook.** Students are expected to attend the online class and complete weekly activities just as they would for a face-to-face course.

Remember, for this **four (4) credit-hour** course students should expect to spend up to **9+ hours a week** completing course activities.

Communication, Submission & Grading Procedures


Communication

The best way to communicate with the instructor is through the Canvas Inbox.

Submitting Assignments

All assignments will be submitted through the online course due as per the dates listed on the individual assignments. For a full list of the assignments, see the Assignments menu on the left navigation of your Canvas course.

Student Responsibilities:

- *Start class the first week of the term.*
- **Be accountable by setting aside regular time each week to complete course activities and assignments on time as noted per the due dates.**
- *Learn how to use Canvas including communication tools (e.g. discussion, Canvas inbox, etc.). If you have technology-related problems contact the [Service Desk](https://www.uvu.edu/servicedesk/)  (<https://www.uvu.edu/servicedesk/>).*
- *Abide by ethical standards. Your work must be your own.*
- *Contact your instructor as early as possible if an emergency arises. Do NOT wait until the last minute to ask for an extension.*

Instructor Responsibilities:

- *Respond to emails within ONE business day. If multiple emails are received regarding the same question or concern, they may be responded to with an announcement to the entire class.*
- *Provide timely, meaningful and constructive feedback on assignments.*
- *Facilitate an effective learning experience.*
- *Refer students to appropriate services for issues that are non-course content specific. For instance, technical issue, writing labs, accessibility services, etc.*
- *Mentor students through the course.*

Grading and Late Work Statement

Grading Scale:

The following grading standards will be used in this class:

Table of Assignments

Assignment	Points Possible	% of Grade
Case Studies 10 @ 10 points each	100	19%
Discussions 10 @ 5 points each, 1 @ 30 points	80	15%
Quizzes 10 @ 10 points each	100	19%
Fitness module	120	23%
Goal setting paper	20	4%
Final Exam	100	19%
Total	520	

Grading Scale : This scale represents your percentage of total points

A = 100-95% B- = 82-80% D+ = 69-66%

A-	=	94-90%	C+	=	79-76%	D	=	65-63%
B+	=	89-86%	C	=	75-73%	D-	=	62-60%
B	=	85-83%	C-	=	72-70%	E	<=	59%

Late Work Statement:

Late work is accepted, but will be assessed up to a 30% penalty (i.e. 10% less than 1 day late, 20 % 1 day to 1 week late, 30% more than 1 week late).

Assignment and Assessment Descriptions

Assignment Detail

Case Studies

There will be several case studies to analyze and respond to. Students will be required to compare their experience with that of those featured in the case study and write a 100 word reflection.

Discussions

Much like face to face classes, discussions are structured for you, as a student to make a comment, "listen" to comments from others, such as the instructor and other students, and then respond again to the group discussion. Discussions are public reflections and follow up responses are optional.

Discussions are also a great way for sharing discoveries as well as tips and tricks for accomplishing the assignments. Feel free to share online resources you find helpful.

In order to earn maximum points for Discussion participation, students must completely address the question and provide evidence to support your answers.

Quizzes

All quizzes are opportunities for learning and cover the material from the lesson. Quizzes are timed, open book/video, but NOT open neighbor and must be completed individually. It is highly recommended that you prepare for the quizzes by spending adequate time and attention on the lesson materials.

Goal Setting Paper

See [Module 13 \(https://uvu.instructure.com/courses/586873/pages/module-13-overview?module_item_id=12018544\)](https://uvu.instructure.com/courses/586873/pages/module-13-overview?module_item_id=12018544) assignment area for instructions/criteria for this assignment.

Fitness Goals and Achievement Reporting

In [Module 00 \(https://uvu.instructure.com/courses/586873/pages/module-00-overview?module_item_id=12018447\)](https://uvu.instructure.com/courses/586873/pages/module-00-overview?module_item_id=12018447) you will assess your fitness level and set goals. In [Module 12 \(https://uvu.instructure.com/courses/586873/pages/module-12-overview?module_item_id=12018539\)](https://uvu.instructure.com/courses/586873/pages/module-12-overview?module_item_id=12018539) you will submit your final report and assessment regarding your fitness goals and achievement.

Final Exam

The final exam is a comprehensive, multiple choice, 100 question test administered online. The final exam is timed, open book/video, but NOT open neighbor and must be completed individually. It is highly recommended that you prepare for the exam by spending adequate time and attention on the lesson materials.

Course Schedule

[Course Schedule \(https://uvu.instructure.com/courses/586873/pages/course-schedule\)](https://uvu.instructure.com/courses/586873/pages/course-schedule)

UVU Policies and Resources

[Policies and Success Strategies](https://greengold.uvu.edu/_crs_info_master/success.html)  (https://greengold.uvu.edu/_crs_info_master/success.html)

[Accessibility Services \(https://www.uvu.edu/accessibility-services/\)](https://www.uvu.edu/accessibility-services/)

- Students who need accommodations because of a disability may contact the UVU Office of Accessibility Services (OAS), located on the Orem Campus in LC 312. To schedule an appointment or to speak with a counselor, call the OAS office at 801-863-8747. Deaf/Hard of Hearing individuals, email nicole.hemmingsen@uvu.edu or text 385-208-2677.

[Campus Resources](https://www.uvu.edu/otl/students/campus_resources.html)  (https://www.uvu.edu/otl/students/campus_resources.html)

Technology Support Services

🇨🇭 For technical support contact the **UVU Service Desk** ➡️ (<https://www.uvu.edu/servicedesk/>)

☎️ (801) 863-8888

