Instructor: James H. Hickman

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Office Hours: 11:00 to 15:00

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Course #: FST-100

Campus Location: 520 Butler Farm Road Hampton, Va.

Textbooks:
- Jones & Bartlett Fundamentals of Fire Fighter Skills 3rd edition
- Virginia Department of Fire Program Hazardous Material Operation
- Basic Life Support for Health Care Providers- AHA

Course Description: This course is one in a series of course in basic preparation for a new firefighter. Should be taken in conjunction with Firefighter I & II and Hazardous Material Operation to satisfy the Virginia Department of Fire Program curriculum for Basic Structural Fire Suppression.

Instructional Philosophy
Fire program are geared young adults seeking professional competence growth and assurance that the training they receive meets current national standards and prevailing regulations. The course described in this catalog represent our most active programming areas.

Prerequisites:
Due to the strenuous physical activity involved in Fire Fighter all students will need to completed a physical exam with physician using a New Horizons form. This physical must be completed by August 1. Students who are not recommended for entry by a physician will not be able to enter this program. Also students must be 16 years are old on the first day of class. Student must have completed English 10 with a grade of "C" or above.

Length of course: 2.5 Hrs./day for 180 days= 1 academic year (3 credits) (6 college credits)
Evaluations methods: The purpose of the evaluation process is to strengthen the training efforts. There are three components of the overall grades: Related Instruction (test, quizzes, and projects), Competencies (skills), and Employability skills (behaviors that impact on the work environment). Related Instruction minimum passing score is 76%. Students who do not meet requirements will not be allowed to take the state exam. Attendances is very important and is REQUIRED in some aspects for meeting the State testing or certification.

Assessment Plan: Grades for the course will be based on the following levels of performance:

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<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>90-100</td>
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<tr>
<td>B</td>
<td>80-89</td>
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<tr>
<td>C</td>
<td>70-79</td>
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<tr>
<td>D</td>
<td>60-69</td>
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<tr>
<td>F</td>
<td>0-59</td>
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Attendance: Students are expected to attend all classes. Failure to appear in class for scheduled activity will be considered an absence, unless prior permission is received from the instructor. For any absence to be excused, it must be accompanied by written description of extenuating circumstance. For a certification course, student must attend all classes to obtain certification.

Classroom Rules and Regulations: New Horizons classes are organized to replicate the fire service work environment. Students are required to conduct themselves in the same manner that is required by fire service employees.

Students are expected to arrive in class on time prepared to engage in active learning with the appropriate homework assignments and materials, including textbooks, paper, pencil or pen, or project materials and students are expected to remain in class until the end of class.

Cheating will not be tolerated. Students are expected to do their own work.

Students are expected to follow directions given by any staff member.

Students are expected to demonstrate courtesy and respect for themselves, other students, guests, staff members, and substitute teachers as well as respect for school property and equipment.

Students are expected to refrain from using inappropriate language, including profanity, both in and out of the classroom.

Inappropriate displays of affection will not be tolerated.
Related SOL'S:

English:
Mathematics:
Science:
Computer:
Technology SOL'S:

NOCTI

Demonstrate Reading skills, math skills, writing skills, speaking and listening computer literacy on a level for employment in chosen career field. Reasoning, problem solving, and decision-making, "understanding the big picture", strong work ethic, positive attitude, independence and initiative, self presentation skills, satisfactory attendance, and participate as a team member to accomplish goals.

The course training consists of certification, or certificates of completion, in:

- Basic Life Support/AED for Healthcare Provider (American Heart Assoc.)
- First Aid (American Heart Assoc.)
- Bloodborne Pathogens
- NIMS 100a - Introduction to Incident Command System, ICS-100
- NIMS 200b - ICS for Single Resources and Initial Action Incidents
- NIMS 700a - National Incident Management System (NIMS) An Introduction
- NIMS 800b - National Response Framework, An Introduction
- Texas A & M Terrorism Awareness
- Work Place Readiness

<table>
<thead>
<tr>
<th>Firefighter 1</th>
<th>Chapter</th>
<th>Classroom</th>
<th>Practical</th>
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<tr>
<td>The Fire Service</td>
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</tbody>
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Lesson: The Orientation and History of the Fire Service

Objectives
After completing this lesson, the student shall be able to summarize fire department policies, procedures, and organizational principles as they apply to the authority having jurisdiction (AHJ).
Lesson: Fire Fighter Safety
Objectives
After completing this lesson, the student shall be able to apply firefighter safety and health practices following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Firefighter Personal Protective Equipment
Objectives
After completing this lesson, the student shall be able to identify, use, and maintain various articles of protective clothing and equipment following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Fire Service Communications
Objectives
After completing this lesson, the student shall be able to communicate effectively by radio and telephone following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Incident Command System
Objectives
After completing this lesson, the students shall be able to identify the parts of the ICS system following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Fire Behavior
Objectives
After completing this lesson, the student shall be able to summarize physical and chemical changes and reactions that occur with fire and the factors involved in fire development.

Lesson: Building Construction
Objectives
After completing this lesson, the student shall be able to recognize the various components of basic building construction, understand the effects of fire on common building materials, and identify the indications of imminent building collapse and construction hazards.

Lesson: Portable Fire Extinguishers
Objective
After completing this lesson, the student shall be able operate portable fire extinguishers effectively and safely following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Fire Fighter Tools and Equipment
Objective
After completing this lesson, the student shall be able to transport and operate hand and power tools following the policies and procedures set forth by the authority having jurisdiction (AHJ).
Lesson: Ropes & Knots
Objective
After completing this lesson, the student shall be able to apply basic use of ropes and knots following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Response and Size-up
Objectives
After completing this lesson, the student shall be able to respond on apparatus to an emergency scene, given personnel protective clothing and other necessary PPE, so that the apparatus is correctly mounted and dismounted, seat belts are used while vehicle is in motion, and other PPE is correctly used.

Lesson: Forcible Entry
Objectives
After completing this lesson, the student shall be able to force entry through various types of doors, padlocks, windows, and walls following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Ladders
Objectives
After completing this lesson, the student shall be able to safely and effectively select, carry, raise, and work from ladders following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Search & Rescue
Objectives
After completing this lesson, the student shall be able to summarize procedures and guidelines for rescue operations and perform basic victim removal following the policies and procedures set forth by the having jurisdiction (AHJ).

Lesson: Ventilation
Objectives
After completing this lesson, the student shall be able to identify reasons and needs for various types of ventilation within a structure, distinguish which types of ventilation are most effective to varying situations, and perform duties related to ventilating a structure following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Water Supply
Objectives
After completing this lesson, the student shall be able to make hydrant connections and draft from a static water source according to the authority having jurisdiction (AHJ).

Lesson: Fire Attack and Foam
Objectives
After completing this lesson, the student shall be able to attack various types of fires, using effective attack tactics, following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Fire Fighter Survival
Objectives
After completing this lesson, every member of a team is instructed how to survive the worst event on the fire ground using self-rescue techniques.

Lesson: Salvage and Overhaul
Objectives
After completing this lesson, the student shall be able to perform loss control operations following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Fire Fighter Rehabilitation
Objectives
After completing this lesson, the student shall be able to define rehabilitation, describe the facts and causes that require rehabilitation for fire fighters

Lesson: Wild land and Ground Fires
Objectives
After completing this lesson, the student shall be able to operated at Wild land or ground fire following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Fire Suppression
Objectives
After completing this lesson, the student shall be able to effectively operate a solid stream nozzle, fog stream nozzle, and broken stream nozzle following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Preincident Planning
Objectives
After completing this lesson, the student shall be able to obtain information about a building or a property and store that information in an accessible system following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Fire and Emergency Care
Objective
After completing this lesson, the student shall be able to explain how the delivery of Emergency Medical Service fits into the mission of the fire department following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Vehicle Rescue and Extrication
Objectives
After completing this lesson, the student shall be able to describe the extrication tools that are used for accessing locked compartments in a motor vehicle accident following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Assisting Special Rescue Teams  
Objectives  
After completing this lesson, the student shall be able to define the types of special rescues encountered by fire fighters following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Fire Prevention & Public Education  
Objectives  
After completing this lesson, the student shall be able to give fire prevention and public education presentations following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Fire Detection, Protection and Suppression Systems  
Objectives  
After completing this lesson, the student shall be able to operate various fire detection, alarm, and suppression systems and operate at fires in protected properties following the policies and procedures set forth by the authority having jurisdiction (AHJ).

Lesson: Fire Cause Determination  
Objectives  
After completing this lesson, the student shall be able to identify indicators of an incendiary fire and protect and preserve evidence after a fire following the policies and procedures set forth by the authority having jurisdiction.