

Physical Fitness Qualifications Program

While assigned to the College of the Desert PSA Fire Academy, students will be required to participate in Physical Fitness Qualification (PFQ) performance activities and must participate in regular PFQ assessment exercises. PFQ activities will include aerobic, anaerobic, and flexibility training.

It is mandatory that all students achieve a minimum composite score of 70% on the first PFQ to continue with the class. Students must achieve a minimum composite score of 80% over each of the two separate semesters to successfully complete the Fire Academy.

The PFQ consists of three events, all completed in succession over a period of approximately one hour. These events include; a 1.5 mile run, crunches, and push-ups. All events are timed and/or monitored. **Students will have one minute to complete as many correct repetitions as possible for push-ups and crunches.** Points will vary based on the age of the Cadet. The 1.5 mile run will be a timed event, with scores based again on the age of the Cadet.

Students will receive a score 0-100 percent, based on the following maximum component scores:

- 50 points for aerobic fitness assessment (1.5 mile run)
- 25 points for push-ups
- 25 points for crunches

PFQ Guidelines:

Crunches:

- Arms folded across chest
- Feet flat on the ground-no wider than hips
- Touch both elbows to their respective leg at the top of each repetition
- Both shoulder blades must touch ground
- Rest in “up” position for up to 5 seconds (don’t touch legs with arms)

Push-ups:

- Hands should be shoulder width apart or narrower
- Keep body straight throughout exercise (except during rest periods)
- Arms must bend to minimum of 90 degrees at the bottom of each repetition
- Rest in “up” position

1.5 mile run:

- Minimum time for this run for the minimum age is 9:32 minutes. Maximum times will vary again, according to age.

Suggested Guidelines to Prepare the Basic Firefighter Academy

First and foremost, it must be recognized that Firefighting in general and the Basic Firefighter Academy are in fact strenuous and physically demanding upon the individual. It must be further emphasized that individuals must rely on their own personal assessment as to their physical fitness ability to pursue these events and/or a Fire Service Career, up to and including a physician's advice and/or program plan.

The Fire Academy expectation is a performance level to achieve the 80% composite score in order to be physically fit to perform the strenuous activities inherent in the Fire Service.

Crunches

Take the self-test score and multiply it by three. This number will be the total number of repetitions that should be performed every other day. Perform as many repetitions as physically able, resting for one minute between each set. Continue this process until the total goal as determined above is met.

Push-Ups

Take the self-test score and multiply it by three. This number will be the total number of repetitions that should be performed every other day. Perform as many repetitions as physically able, resting for one minute between each set. Continue this process until the total goal determined above is met.

Aerobic Run

The minimum suggestion is running 20 minutes per day, three days per week for three weeks. After three weeks, increase your time to 30 minutes per day. It is strongly recommended that this Training Plan is started as early as possible prior to arrival to the Fire Academy in order to establish the best results and evaluations during the Basic Firefighter Academy