

**McLennan**

C O M M U N I T Y

**C O L L E G E**

WACO, TEXAS

---

**COURSE SYLLABUS**

**AND**

**INSTRUCTOR PLAN**

**EMS FIRST RESPONDER AGILITY and FITNESS PREPARATION**

**EMSP 1173 77**

**Zachary Cleere**

**NOTE: This is a 16-week course.**

**COVID 19 Notice:**

McLennan Community College is committed to providing you with every resource you need to reach your academic goals including your safety. We will continue to monitor the evolving situation with COVID 19 and adjust our safety guidelines to make sure we offer a safe environment for you and our faculty. Please make sure to consult your faculty and the MCC website at <https://www.mclennan.edu/crisis-management/coronavirus-updates/index.html> on any changes to these guidelines.

## EMS FIRST RESPONDER AGILITY and FITNESS PREPARATION

EMSP 1173\_77

---

### **Course Description:**

Provides the student with the tools necessary to improve long-term physical health and conditioning. Exercise and physical training will prepare the EMS student to successfully meet or exceed the physical strength requirements and challenges of working with EMS

### **Prerequisites and/or Corequisites:**

Students must contact the program director at 299-8311 to be advised on application process and deadlines

### **Course Notes and Instructor Recommendations:**

NONE

### **Instructor Information:**

Instructor Name: Zachary Cleere

MCC E-mail: [zcleere@mclennan.edu](mailto:zcleere@mclennan.edu)

Office Phone Number: 254-299-6535

Office Location: ESEC 119

Office/Teacher Conference Hours: By appointment

Other Instruction Information: Each student must be advised by the program director before he/she can be enrolled in this course.

### **Required Text & Materials:**

NONE

**MCC Bookstore Website:** <http://www.mclennan.edu/bookstore/>

### **Methods of Teaching and Learning:**

This course will provide the student with the tools necessary to improve long-term physical health and conditioning. Exercise and physical training will prepare the EMS student to successfully meet or exceed the physical strength requirements and challenges of working in EMS

**Course Objectives and/or Competencies:**

At the completion of the course the student will:

1. Demonstrate the ability to meet all physical fitness goals established by the course instructor;
2. Demonstrate safe patient lifting and moving techniques using proper body mechanics;
3. Develop and implement a safe plan for managing an acutely injured combative patient;
4. Demonstrate proper body mechanics and utilize appropriate tools to properly extricate a patient in a confined space or damaged vehicle; and
5. Communicate effectively with the patient and family and members of the health care team.

**Course Outline or Schedule:**

EMSP 1173 will be offered for the EMT students on Thursday in the skills lab and work-out facilities located in the Emergency Services Education Center (ESEC).

Course topics begin with an introduction to the mechanics of moving and lifting patients safely. Emphasis is on building core strength and flexibility. Students will focus on using proper body mechanics, selecting and using proper materials and equipment to assist the patient

**Course Grading Information:**

Students must meet or exceed physical fitness goals established at the beginning of class.

Student's physical fitness will be measured at the beginning, during the semester, and at the conclusion of the semester. Students will need to show physical fitness improvement throughout the semester.

The course average will be based on the following:

Daily Participation:	60%
Tests:	20%
Final exam:	20%

**Late Work, Attendance, and Make Up Work Policies:**

*Include late work policies, make-up policies, and other policies specific to the instructor. Be specific about consequences for late work or missing class.*

---

---

**Student Behavioral Expectations or Conduct Policy**

Students are expected to maintain classroom decorum that includes respect for other students and the instructor, prompt and regular attendance, and an attitude that seeks to take full advantage of the education opportunity.

**Code of Conduct**

EMS professionals are required to conduct themselves with integrity, honesty, and reliability.

The following conduct guidelines are to be followed:

1. Students are required to do their own work and conduct themselves in a professional manner. All clinical documentation, assigned homework, or special assignments are to be completed by the student without sharing information or conferring with another student.
2. Students are required to be in their seats at the assigned start time for each class. Students are also required to report to clinical and ambulance assignments on time. Students arriving more than 15 minutes late without prior instructor approval will be counted as tardy. Students arriving more than 30 minutes late without prior authorization will be counted absent. Any student who accumulates three late arrivals for class will be officially counseled.
3. Students are expected to be alert and take initiative to participate in classroom, skills, and clinical activities. Students participating in clinical are expected to demonstrate a professional, helpful, courteous attitude when directed by clinical staff or a clinical preceptor to complete a task.
4. Students should be open and accepting of corrections or recommendations to their performance in classroom, skills lab, or clinical activities. Students should accept instructor recommendations as constructive criticism.
5. Students will maintain a professional appearance at all times. Students are required to maintain good personal hygiene. Tattoos are to be covered during clinicals. Body piercing in areas other than the earlobe is not to be displayed while participating in classroom or clinical activities. After each student receives his/her uniform, he/she will wear their approved uniforms to class, clinical, and EMS ride-outs
6. When not in uniform, students will come to class dressed appropriately. Collared shirts and blouses are to be worn (no see-through tops, tank, halter, or bikini tops) and clothing must be in good condition without holes in inappropriate areas. Clothes imprinted with inflammatory/derogatory statements or pictures will not be allowed.
7. Students will demonstrate respectful caring attitudes at all times.
8. Students will observe the requirements outlined in the Health Insurance Portability and documentation forms and information will be limited to anonymous, general medical information. Violation of HIPAA guidelines may result in dismissal from the program.

## EMS FIRST RESPONDER AGILITY and FITNESS PREPARATION

EMSP 1173\_77

- 
9. Students will refrain from disruptive behavior or inappropriate language in the classroom or clinical sites.
  10. Students will refrain from sleeping or doing homework for other courses while in class (see#3). Any student observed doing so will be excused from the class and marked as absent. Students will be counseled if two such occurrences are documented.
  11. Students will not report to class or clinical while under the influence of any substance affecting the student's mental status or ability to function in an alert, appropriate manner. This regulation includes prescription medications. Students are subject to mandatory testing if any doubt exists or in the event of any accident or injury
  12. MCC is a tobacco free institution. Tobacco products (cigarettes, snuff, chewing tobacco) are to be used in designated areas only. "Spit cups" or bottles are not allowed inside the classrooms or clinical sites.
  13. Students will refrain from fraternization with instructors, adjunct staff, and preceptors.
  14. Students will not access another student's grades or class information.

**[Click Here for the MCC Attendance/Absences Policy](https://www.mclennan.edu/highlander-guide/policies.html)**

**(<https://www.mclennan.edu/highlander-guide/policies.html>)**

Click on the link above for the college policies on attendance and absences. Your instructor may have additional guidelines specific to this course.

# McLennan

C O M M U N I T Y

# COLLEGE

---

## ACADEMIC RESOURCES/POLICIES

### **Accommodations/ADA Statement:**

Any student who is a qualified individual with a disability may request reasonable accommodations to assist with providing equal access to educational opportunities. Students should contact the Accommodations Coordinator as soon as possible to provide documentation and make necessary arrangements. Once that process is completed, appropriate verification will be provided to the student and instructor. Please note that instructors are not required to provide classroom accommodations to students until appropriate verification has been provided by the Accommodations Coordinator. For additional information, please visit [www.mclennan.edu/disability](http://www.mclennan.edu/disability).

Students with questions or who require assistance with disabilities involving physical, classroom, or testing accommodations should contact:

[disabilities@mclennan.edu](mailto:disabilities@mclennan.edu)

254-299-8122

Room 319, Student Services Center

### **Title IX:**

We care about your safety, and value an environment where students and instructors can successfully teach and learn together. If you or someone you know experiences unwelcomed behavior, we are here to help. Individuals who would like to report an incident of sexual misconduct are encouraged to immediately contact the Title IX Coordinator at [titleix@mclennan.edu](mailto:titleix@mclennan.edu) or by calling Dr. Drew Canham (Chief of Staff for Diversity, Equity & Inclusion/Title IX) at (254) 299-8645. Individuals also may contact the MCC Police Department at 299-8911 or the MCC Student Counseling Center at MCC at (254) 299-8210. The MCC Student Counseling Center is a confidential resource for students. Any student or employee may report sexual harassment anonymously by visiting <http://www.lighthouse-services.com/mclennan/>.

Go to McLennan's Title IX webpage at [www.mclennan.edu/titleix/](http://www.mclennan.edu/titleix/). It contains more information about definitions, reporting, confidentiality, resources, and what to do if you or someone you know is a victim of sexual misconduct, gender-based violence or the crimes of rape, acquaintance rape, sexual assault, sexual harassment, stalking, dating violence, or domestic violence.

**Student Support/Resources:**

MCC provides a variety of services to support student success in the classroom and in your academic pursuits to include counseling, tutors, technology help desk, advising, financial aid, etc. A listing of these and the many other services available to our students is available at <http://www.mclennan.edu/campus-resource-guide/>

College personnel recognize that food, housing, and transportation are essential for student success. If you are having trouble securing these resources or want to explore strategies for balancing life and school, we encourage you to contact a Success Coach by calling (254) 299-8226 or emailing [SuccessCoach@mclennan.edu](mailto:SuccessCoach@mclennan.edu). Students may visit the Completion Center Monday-Friday from 8 a.m.-5 p.m. to schedule a meeting with a Success Coach and receive additional resources and support to help reach academic and personal goals. Paulanne's Pantry (MCC's food pantry) provides free food by appointment to students, faculty and staff based on household size. Text (254) 870-7573 to schedule a pantry appointment. The Completion Center and pantry are located on the Second Floor of the Student Services Center (SSC).

**MCC Foundation Emergency Grant Fund:**

Unanticipated expenses, such as car repairs, medical bills, housing, or job loss can affect us all. Should an unexpected expense arise, the MCC Foundation has an emergency grant fund that may be able to assist you. Please go to <https://www.mclennan.edu/foundation/scholarships-and-resources/emergencygrant.html> to find out more about the emergency grant. The application can be found at [https://www.mclennan.edu/foundation/docs/Emergency\\_Grant\\_Application.pdf](https://www.mclennan.edu/foundation/docs/Emergency_Grant_Application.pdf).

**MCC Academic Integrity Statement:**

Go to [www.mclennan.edu/academic-integrity](http://www.mclennan.edu/academic-integrity) for information about academic integrity, dishonesty, and cheating.

**Minimum System Requirements to Utilize MCC's D2L|Brightspace:**

Go to <https://www.mclennan.edu/center-for-teaching-and-learning/Faculty-and-Staff-Commons/requirements.html> for information on the minimum system requirements needed to reliably access your courses in MCC's D2L|Brightspace learning management system.

**Minimum Technical Skills:**

Students should have basic computer skills, knowledge of word processing software, and a basic understanding of how to use search engines and common web browsers.

**Backup Plan for Technology:**

In the event MCC's technology systems are down, you will be notified via your MCC student email address. Please note that all assignments and activities will be due on the date specified in the Instructor Plan, unless otherwise noted by the instructor.

**Email Policy:**

McLennan Community College would like to remind you of the policy (<http://www.mclennan.edu/employees/policy-manual/docs/E-XXXI-B.pdf>) regarding college email. All students, faculty, and staff are encouraged to use their McLennan email addresses when conducting college business.

A student's McLennan email address is the preferred email address that college employees should use for official college information or business. Students are expected to read and, if needed, respond in a timely manner to college emails.

**Instructional Uses of Email:**

Faculty members can determine classroom use of email or electronic communications. Faculty should expect and encourage students to check the college email on a regular basis. Faculty should inform students in the course syllabus if another communication method is to be used and of any special or unusual expectations for electronic communications.

If a faculty member prefers not to communicate by email with their students, it should be reflected in the course syllabus and information should be provided for the preferred form of communication.

**Email on Mobile Devices:**

The College recommends that you set up your mobile device to receive McLennan emails. If you need assistance with set-up, you may email [Helpdesk@mclennan.edu](mailto:Helpdesk@mclennan.edu) for help.

**Forwarding Emails:**

You may forward emails that come to your McLennan address to alternate email addresses; however, the College will not be held responsible for emails forwarded to an alternate address that may be lost or placed in junk or spam filters.

**Disclaimer:**

The resources and policies listed above are merely for informational purposes and are subject to change without notice or obligation. The College reserves the right to change policies and other requirements in compliance with State and Federal laws. The provisions of this document do not constitute a contract.