

Firefighter Fitness and Conditioning I - FS145

Section: FS145 001251S Main Campus

Credit Hours: 1.00

Course Description: Preparation of fire science students for the physical requirements needed to pass fitness tests and the demands of a career in the fire service.

WHEN Start Date: 08/21/2025 End Date: 12/11/2025

Days:

TR

5:15 PM - 6:15 PM

Campus: Main Campus

Building: Fire Science Building

Room: FS137

INSTRUCTOR

RC WATSON

BOOKS

No textbooks for this course.