

## Firefighter Fitness and Conditioning I - FS145

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**Section:** FS145 002232S Main Campus

**Section Type:** Lecture

**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**

Days: T R

Times: 05:15 PM - 06:15 PM

Start Date: 02/13/2024

End Date: 04/30/2024

**WHERE**

Campus: Main Campus

Building: Fire Science Building

Room: FS137

**INSTRUCTOR**

RC WATSON

**BOOKS**

No textbooks for this course.