## Firefighter Fitness and Conditioning I - FS145

**Section:** FS145 002251S 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** Start Date: 08/21/2025 End Date: 12/11/2025

**Days:** TR

8:00 AM - 8:59 AM Campus: Main Campus

Building: Fire Science Building

Room: FS137

## **INSTRUCTOR**

RC WATSON

**BOOKS** 

No textbooks for this course.