

Firefighter Fitness and Conditioning I - FS145

Section: FS145 002261S 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: 08/18/2026 End Date: 12/10/2026

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.