

## Firefighter Fitness and Conditioning II - FS146

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**Section:** FS146 001252S Main Campus

**Credit Hours:** 1.00

**Course Description:** Continuation of FS145 Firefighter Fitness and Conditioning I; preparation of fire science students for the physical requirements needed to pass fitness tests and the demands of a career in fire service.

**WHEN** Start Date: 01/20/2026 End Date: 05/05/2026

**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.