

**Western Dakota Technical Institute  
800 Mickelson Drive  
Rapid City, SD 57703-4018**

**Master Syllabus**

**Course Number:** FFT 290  
**Course Name:** Physical Fitness IV  
**Credits:** 1  
**Contact Hours:** 2 Lab

**Course Description:** This course is the final course in a series of four courses preparing students for the Red Card Pack Test, the Firefighter Combat Challenge Test, and the CPAT test to meet the hiring requirements of municipal and wildland fire departments. Health, physical conditioning, and nutrition will be covered as they relate to general fitness for meeting the physical requirements and demands for the job of firefighter. Strength, stamina, and agility will be emphasized.

**Prerequisites:** None

**Textbooks:** None

**Materials:** Approved workout uniform

**Student Learning Outcomes:**

- Demonstrate the ability to pass nationally recognized physical testing procedures required to obtain employment as a firefighter.

**Assessment:** The core abilities of Life Skills and Employability will be assessed throughout this course.

**ADA Accommodations:** Students Rights to Assistance or Accommodations: Western Dakota Technical Institute (hereinafter WDT) does not discriminate on the basis of disability. If you have a disability as defined by federal or state law, including a temporary disability related to pregnancy and/or parenting as a result of a medical necessity due to childbirth, WDT will provide reasonable accommodations including but not limited to architectural access, aids and services necessary for effective communication, and modification of its policies and procedures. Students with a disability who are requesting an accommodation should contact your instructor and the Student Success Director who serves as the disability coordinator as early as possible in the semester.

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