

# FIRE ACADEMY (FSA)

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**FSA 201 0.1 units****Biddle Physical Agility Test (BPAT)****4 hours lecture, 14 hours laboratory**

Grading: letter grade.

This course is designed to examine students' physical abilities and capabilities to perform the functions and tasks expected of a firefighter in accordance with the Los Angeles County and Orange County Fire Chief's Physical Agility Test (PAT).

**FSA 202 0.1 units****Fire Physical Agility Training****4 hours lecture, 14 hours laboratory**

Grading: letter grade.

This course will introduce students to the events of the "Biddle" Firefighter Physical Agility Test. This supplemental learning assistance course is designed to prepare the student for participation and successful completion of the "Biddle" test. Students will perform physical exercise using fire hose, ladders, stairs, TRX, kettlebells and other equipment. Students will learn proper body mechanics, correct lifting techniques and appropriate physical conditioning principles.

**FSA 211 0.5 units****BPAT Instructor Certification****9 hours lecture, 9 hours laboratory**

Grading: letter grade.

This course is designed to prepare and train instructors to administer and proctor the Biddle Physical Agility Test (BPAT). The course is designed to ensure that students not only understand the test's theoretical foundations, but also gain practical skills necessary for its administration.

**FSA 401 3 units****Firefighter Refresher****36 hours lecture, 54 hours laboratory**

Grading: letter grade.

This course is designed to allow working firefighters to train and maintain perishable skills necessary for successfully carrying out firefighting services.