

FIRE SERVICE PHYSICAL FITNESS I ARTICULATION

Pierce County Careers Connection
Dual Credit Articulation Agreement

Upon completion of a full year of high school or equivalent to the following competencies:

- Two Mile Run
 - Student will complete a timed 2 mile run
- Push-ups In One Minute
 - Minimum = 25 push-ups for 80%
 - Maximum = 60 push-ups for 100%
- Sit-ups In Ninety Seconds
 - Minimum = 25 sit-ups for 80%
 - Maximum = 60 sit-ups for 100%
- Pull-ups "No Time Limit"
 - Minimum = 1 pull-up for 80%
 - Maximum = 14 pull-ups for 100%

A student earning a "B" grade or better may earn college credit at the following college:

<u>College</u>	<u>Course</u>	<u>Credits</u>
Bates Technical College	FIRES 104 (CIP Code: 43.0203)	1