

# FIRE SERVICE PHYSICAL FITNESS I ARTICULATION

Pierce County Careers Connection  
Dual Credit Articulation Agreement

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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%

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A student earning a "C" 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