



**First Coast  
Technical College**  
*Your Future Comes First*



## Physical Agility Test Preparatory Course

**Wednesday – October 28, 2026 (9 am-1 pm)**

**Cost \$60.00**

**Course Description:** This comprehensive 4-hour course is designed to familiarize prospective firefighter students with the components of the Physical Agility Test (PAT) required for entry into the Firefighter Minimum Standards Program. Participants will receive a detailed overview of each component, learn proper techniques, and gain valuable insight into the physical demands of the fire service.

During the course, experienced instructors will provide practical tips for improving strength, endurance, and overall performance. Participants will have the opportunity to review PAT events, ask questions, and receive guidance on developing an effective fitness plan to prepare for testing day.

Whether you are planning to apply for an upcoming firefighter class or simply want to assess your readiness, this course offers a supportive environment to help you understand expectations and build confidence before taking the PAT.

### Registration

To register, go to <https://fctc.edu/programs/public-safety-short-term-courses/>. Click **Create My Account** then call (904) 547-3381 or (904) 547-3383 to make payment. You may also pay in person at the FCTC Main Campus Registration Office (Building A) at 2980 Collins Avenue.

