



Mastering the CPAT: A Comprehensive Guide

Al Wasser, Donna Kimble

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This exceptional resource provides aspiring firefighters with the information needed to pass the Candidate Physical Ability Test. It begins by exploring the background and development of the test, including the role the CPAT plays in the Wellness Fitness Initiative. Principles of designing and implementing an effective training program are outlined next, followed by the roles that physical testing, nutrition, fitness concepts, and mental focusing techniques play in successful CPAT preparation. Finally, each CPAT event is discussed, including approaches and strategies designed to meet challenges.

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