

April 24, 2023

Glendale Community College  
6000 West Olive Avenue  
Glendale, AZ 85302



Dear WESTMEC Students and Supporting Family,

The Glendale Community College Fire Science Department is excited to offer the Candidate Physical Ability Test (CPAT) to the WESTMEC Fire Program.

The dates for the CPAT Module of the WESTMEC Fire Program are as follows:

- M/W Class: Monday May 8, 2023 and Wednesday May 10, 2023
- T/TH Class: Tuesday May 9, 2023 and Thursday May 11, 2023
- Final CPAT Test: Thursday May 11, 2022 (M/W may attend this date if needed)
- All class meeting times: 1:30 pm – 4:30 pm
- Attendance is required for each meeting period.

The CPAT Testing Facility is located at:

Glendale Regional Public Safety Training Center (GRPSTC)  
11550 West Glendale Avenue  
Glendale, AZ 85307

- Ample parking is available on the South side of the building.

Appropriate attire for all meeting periods:

- Athletic or workout attire is necessary to include:
  - T-shirt (no tank tops/strapped shirts).
  - Sweatpants or warmup pants (shorts will not be permitted).
  - Athletic Shoes (no open toes).

I have included the CPAT Fitness Preparation Guide as well as the CPAT Orientation Manual. This material will be available during class and outlines the CPAT class curriculum.

I have included a scanned version of the documentation used during the CPAT testing process, please complete both pages in full including **parent or guardian signatures** if the WESTMEC Student is under the age of 18 (Please *DO NOT* include Social Security Numbers).

I look forward to expanding your firefighter fitness preparation.

Thank you,

Dr. Kane Nixon, Ed.D., Deputy Chief  
Firefighter Fitness and Conditioning Director  
National Academy of Sports Medicine, CPT, FNS, CES, BCS