



The Certified Fitness Coordinator™ Workshop

Overview

The Certified Fitness Coordinator (CFC) Workshop is a five-day course designed to train in-house fitness managers and assistants to develop and administer public safety or private sector fitness programs. The workshop follows the guidelines for exercise programming of the American College of Sports Medicine (ACSM) and is responsive to mandates from OSHA, the NFPA, and the IAFF/IAFC Wellness Initiative. There are no specific educational prerequisites, although EMT training is beneficial. Attendees should have good study skills and be motivated. They will need athletic wear, a calculator, a note pad and pencils.

Attendees Will Learn How to...

- Perform Health Risk Appraisals
- Conduct IAFF/IAFC Approved Fitness Assessments, including...
 - Aerobic Capacity
 - Body Composition
 - Muscular Fitness
 - Flexibility
- Develop Weight Control Strategies
- Design Muscular Strength and Aerobic Fitness Training Programs
- Reduce or Prevent Injuries
- Develop Program Policy
- Administer Criterion Task Tests
- Develop a Performance Tracking system

Additionally, each student receives a 400+ page Fitness Coordinator's Manual to keep. The manual is a compendium of information including protocols and guidelines that can be used as a reference.

Course Requirements

Program instruction is a balance between classroom learning and practical training. Students must pass a written examination to earn CFC certification. Certification is good for three years. The written exam is based on each day's lectures and the learning objectives outlined in the course manual. The practical skills include participating in and demonstrating the ability to administer health risk appraisals and properly conduct fitness assessments using validated HMI protocols.

The fitness assessment consists of measurements for cardiovascular fitness (step test and 1.5-mile run), muscular strength (grip test), muscular endurance (sit ups and push ups), body composition and flexibility. (Note: students do not have to attain specific times or results in the fitness assessment to be certified.)

Note: Up to three undergraduate college credits are now available for this course. Call for details and tuition fees. ACE continuing education credits are pending for this course.

Registration

To register you have several options. You can check out HMI's website at <www.healthmetrics.com>, fill out the form and submit it electronically. Or you download a paper registration form and fax or email it to HMI. A completed registration form should be received by HMI not later than three weeks prior to the start date of the workshop.

Faculty

HMI's staff is highly qualified to present such programs offering a unique blend of experience in training fitness specialists for public safety, athletic, and military organizations. Instructors are specialists in job-related fitness and health. They are certified by the ACSM or NSCA or hold degrees in allied health and fitness disciplines.

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