

The Certified Fitness Coordinator™ Workshop Yakima, WA 31 August – 4 September 2015

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 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 380+ 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.

Faculty

HMI's staff is highly qualified and offers 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, NSCA or hold degrees in allied health and fitness disciplines.

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 practical exercises and the learning objectives outlined in the course manual. The practical skills include participating in and demonstrating the ability to administer health risk appraisals, properly conducting fitness assessments using validated HMI protocols and designing and administering individual and organizational fitness programs.

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.)

Registration

To register you have several options. You can check out HMI's website at <www.healthmetrics.com>, download a paper registration form and fax or email it to HMI. *A completed registration form should be received by HMI not later than August 7, 2015.* Cost is \$599 for new registrants. Recertification cost is \$299 for each student.

Point of Contact

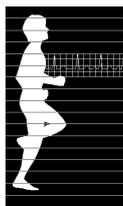
The workshop is being hosted by the Yakima Fire Department. POC for the workshop is Chief Bob Stewart 509-576-6760 or bob.stewart@yakimawa.gov. For course content specific questions, please contact Health Metrics, Inc.

HEALTH METRICS, INC.
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Certified Fitness Coordinator Workshop Registration Form – 2015

Organization _____ Workshop Site _____
 Address _____ Workshop Dates _____
 City _____ State _____ Zip _____ Phone (_____) _____
 Dept. Contact Person _____ Fax (_____) _____
 Email Address _____

Name(s) [TYPE or PRINT NEATLY]	Recertification*?	Tuition per Person**
1 _____	<input type="checkbox"/>	_____
2 _____	<input type="checkbox"/>	_____
3 _____	<input type="checkbox"/>	_____
4 _____	<input type="checkbox"/>	_____
5 _____	<input type="checkbox"/>	_____
TOTAL AMOUNT		_____

Payment Information

Payment Enclosed Purchase Order/Check Number _____

Authorized Signature _____

Billing Address (if different from above): _____
 Street _____
 ATTN: _____ Street _____
 City _____ State _____ Zip _____

Billing Email Address (if different from above) _____

(**) Tuition and Refund Policy

\$599 – per enrollee

\$299 – recertification for former attendees*

** Full refund for cancellation *more than 22* calendar days before workshop starts; \$250 charge for cancellation *within 22 days* of workshop (per enrollee); no refund *within 7 days* of workshop start. We reserve the right to cancel a workshop. In the event of cancellation, enrollees may transfer to another workshop or receive full refund.

CFC Workshop Information

- The daily schedule*** for all workshops is:
 Monday: **9 a.m.** – 5 p.m.
 Tues - Thursday 8 a.m. – 5 p.m.
 Friday 8 a.m. – 2 p.m.
 - Directions and lodging information are sent with confirmation upon receipt or registration
 - Dress casual. Bring athletic wear, a calculator, notepaper, pen and pencils. The course manual is given to attendees at the workshop.
- ***NOTE: Class times are typical, but may be changed due to class or host site requirements.

To register, complete this form, make a copy for your records, and mail the original or fax it with a copy of your purchase order (or PO number) or check (made payable) to:

* NOTE: Your certification must be current in order to qualify for the recertification price of \$299.

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