

Health and Fitness for First Responders Certificate of Completion (Noncredit) 24-25



ABOUT THIS MAJOR

The program introduces and applies the principles of physical fitness and mental health for individuals preparing for careers in public safety, as well as those training for employment that requires a Physical Ability Test (PAT). This program

is designed to enhance the overall fitness level of participants and introduce them to specific skills required to successfully complete physical agility tests for law enforcement, correctional agencies, and other employers that have entry-level fitness requirements. The emphasis is on improving both cardiovascular and anaerobic endurance plus muscle strength and endurance. Intense resistance training, anaerobic and cardiovascular workouts are utilized including concepts of wellness, mindfulness, injury prevention, and stress management. Participants progress through 3 levels of program instruction and training to earn a Certificate of Completion. For more information, visit the [Social and Behavioral Sciences](#) division.

Residency: Minimum of 12 units completed at AVC with a minimum of 9 of those units completed from the certificate/major. (credit earned by examination will not be included in these 12 units) Title 5, Section 54000: <http://ccr.oal.ca.gov>.

TO EARN A Certificate A STUDENT MUST COMPLETE THE FOLLOWING:
[1] Minimum grade "P" on each course

Certificate- Health and Fitness for First Responders

Required Courses: Choose one of the following	
AJ111 - Beginning Health and Fitness for First Responders I	0
OR	
AJ911 - Beginning Health and Fitness for First Responders I	0

Required Courses: Choose one of the following	
AJ112 - Intermediate Health and Fitness for First Responders II	0
OR	
AJ912 - Intermediate Health and Fitness for First Responders II	0

Required Courses: Choose one of the following	
AJ113 - Advanced Health and Fitness for First Responders III	0
OR	
AJ913 - Advanced Health and Fitness for First Responders III	0

RECOMMENDED PATHWAY Certificate- Health and Fitness for First Responders

The Recommended Plan of Study is determined by the discipline faculty.

- Take classes in **Summer** or **Intersession** if needed to complete your degree in a timely manner
- **[#]** recommended courses may select other options.
- Fall/Spring: Max 19 units, 12-15 units Recommended.
- This is a certificate only program, currently no associated degree offered.

TERM 1	
Course	Units
AJ111 OR AJ911	0
Total Units	0

TERM 2	
Course	Units
AJ112 OR AJ912	0
Total Units	0

TERM 3	
Course	Units
AJ113 OR AJ913	0
Total Units	0

COUNSELING NOTE SECTION		
<p>Prerequisite: If a course is listed as a prerequisite for another course, that prerequisite course must be completed with a satisfactory grade to enroll in the next course. A satisfactory grade is a grade of "A," "B," "C" or "P". Students who enroll in classes for which they do not meet the prerequisites will be involuntarily dropped. Students will be notified of this involuntary drop. Title 5, Section 55200(d)</p>		
<p>AVC 24-25 CATALOG: ACADEMIC POLICIES</p>		
<p>INFORMATION and RESOURCES</p>		
<p>Tutoring Assistance</p> <p>Transfer Center</p> <p>Basic Needs</p>	<p>Career Center</p> <p>Office of Students with Disabilities</p> <p>Financial Aid</p>	<p>AVC Student Health Services</p> <p>Palmdale Center</p> <p>Counseling Division</p>