

# 26 -27 Cert. Health and Fitness for First Responders Certificate of Completion (HFFR) (Noncredit)



## 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.

### TO EARN A DEGREE A STUDENT MUST COMPLETE THE FOLLOWING:

[1] Complete all required courses with a minimum grade of "P"/" SP"

(Noncredit) cert. Health and Fitness for First Responders (HFFR)

[Total Hours Required in the major 324]

| Required Courses , complete all the following (total 54 hours)  |     |
|-----------------------------------------------------------------|-----|
| AJ911 - Beginning Health and Fitness for First Responders I     | 108 |
| AJ912 - Intermediate Health and Fitness for First Responders II | 108 |
| AJ913 - Advanced Health and Fitness for First Responders III    | 108 |

## RECOMMENDED PATHWAY

### CERT. Health and Fitness for First Responders (NONCREDIT)

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!

Fall/Spring: Max 19 units| Summer: Max 9 units| Intersession: Max 6 units

| SEMESTER 1                  |            |
|-----------------------------|------------|
| Course Advisement           | Hours      |
| AJ 911                      | 108        |
| <b>Total Semester Hours</b> | <b>108</b> |

| SEMESTER 2                  |            |
|-----------------------------|------------|
| Course Advisement           | Hours      |
| AJ 912                      | 108        |
| <b>Total Semester Hours</b> | <b>108</b> |

| SEMESTER 3                  |            |
|-----------------------------|------------|
| Course Advisement           | Hours      |
| AJ 913                      | 108        |
| <b>Total Semester Hours</b> | <b>108</b> |
| <b>Total Hours</b>          | <b>324</b> |

## COUNSELING NOTE SECTION

**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)

### Application for Graduation:

Antelope Valley College awards degrees three times annually following the Fall, Spring, and summer semesters. Students must apply for graduation to earn their degree or certificate. Applications are due by September 6 for spring/summer graduates and by February 14 for fall graduates.

AVC 26-27 CATALOG: [ACADEMIC POLICIES](#)

### INFORMATION and RESOURCES

|                                     |                                                      |                                             |
|-------------------------------------|------------------------------------------------------|---------------------------------------------|
| <a href="#">Tutoring Assistance</a> | <a href="#">Career Center</a>                        | <a href="#">AVC Student Health Services</a> |
| <a href="#">Transfer Center</a>     | <a href="#">Office of Students with Disabilities</a> | <a href="#">Palmdale Center</a>             |
| <a href="#">Basic Needs</a>         | <a href="#">Financial Aid</a>                        | <a href="#">Counseling Division</a>         |