

Health & Fitness for First Responders Certificate of Completion 25-26

(Non-Credit)



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 CERTIFICATE A STUDENT MUST COMPLETE THE FOLLOWING:

[1] A minimum grade "P" on each course

(Noncredit) CERT- Health & Fitness for first Responders

[Total Hours required for Level I, II, III: 162]

Require Course, choose one the following: (total 54 hours)	
AJ111 - Beginning Health & Fitness for First Responders I	54
AJ911 - Beginning Health & Fitness for First Responders I	54

Require Course, choose one the following: (total 54 hours)	
AJ112 - Intermediate Health & Fitness for First Responders II	54
AJ912 - Intermediate Health & Fitness for First Responders II	54

Require Course, choose one the following: (total 54 hours)	
AJ113 - Advanced Health and Fitness for First Responders III	54
AJ913 - Advanced Health and Fitness for First Responders III	54

RECOMMENDED PATHWAY

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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

☒ Major

SEMESTER 1

Course Advisement	Hours
<input checked="" type="checkbox"/> AJ 111 or AJ 911	54
Total Hours	54

SEMESTER 2

Course Advisement	Hours
<input checked="" type="checkbox"/> AJ 112 OR 912	54
Total Hours	54

SEMESTER 3

Course Advisement	Hours
<input checked="" type="checkbox"/> AJ 113 OR AJ 913	54
Total Hours	54

Total Overall Hours | 162

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 25-26 CATALOG: [ACADEMIC POLICIES](#)

INFORMATION and RESOURCES

Tutoring Assistance	Career Center	AVC Student Health Services
Transfer Center	Office of Students with Disabilities	Palmdale Center
Basic Needs	Financial Aid	Counseling Division