



CPR & Personal Trainer Certification

PERSONAL TRAINER CERTIFICATION

\$360

Personal training has come a long way as a legitimate health and fitness service. Join this fun field as there has never been a better time to promote safe and effective exercise. This 20 hour International Sports Conditioning Association (ISCA) course presents the most current knowledge, instructional techniques, and responsibilities needed by personal trainers. It is a rewarding and challenging course requiring study and practice. ISCA certification is administered on the last day of class. Prerequisite: Proof of CPR (or HLTH 1153). Workbook required & available for purchase from instructor on 1st day of class.

HLTH 1149 – 21 11/07/09-11/28/09 Saturday 8:00AM – 1:00 PM FAC

HEART SAVER CPR

\$69

This is an American Heart Association course that teaches lay rescuers how to recognize and treat life-threatening emergencies, including cardiac arrest and choking for an adult. This course satisfies the requirement for the Personal Fitness Trainer Certification, and successful completion leads to CPR certification. Textbook required.

HLTH 1153 – 21 10/03/09 Saturday 10:00AM – 2:00 PM FAC
HLTH 1153 – 101 11/14/09 Saturday 10:00AM – 2:00 PM DTC

Please register at least seven days prior to the start of class.

**Fredericksburg Area Campus in Spotsylvania
 10000 Germanna Point Drive
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Register online at www.germanna.edu