

FIREFIGHTER FITNESS TRAINER CERTIFICATE – M106

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COURSE TITLE	COURSE NUMBER	PREREQUISITES	CREDITS	SEMESTER TAKEN	GRADE
GENERAL EDUCATION REQUIREMENTS			11		
Firefighter Fitness Trainer	HFN 184		3		
Tools for Resistance Training	HFN 129		1		
Fitness Professional Seminar/Internship 1	HFN 190	PER 134, PER 172, or PER 183	3		
Standard First Aid and Personal Safety/CPR or Sports First Aid	HFN 103 HFN 104		1		
Introduction to Nutrition	NTR 101	Eligibility for ENG 101	3		
PROGRAM ELECTIVES			2		
Physical Conditioning I	HFN 180		1		
Physical Conditioning II	HFN 181		1		
Physical Conditioning III	HFN 182		1		
Nutrition Throughout the Lifecycle	NTR 201	NTR 101	3		
Total Credits			13		

PROGRAM OVERVIEW
The Firefighter Fitness Trainer Certificate is designed to prepare the student to assume the role of fitness instructor within the firefighting community.

NOTES:

¹ HFN 190 strongly suggested taken after HFN 184