


PERSONAL TRAINER PREPARATION

FREE CLASSES


COLLEGE OF THE CANYONS
School of Personal &
Professional Learning
Education extended



Do you want to become a personal trainer? This three course Personal Trainer Preparation Certificate of Completion is designed to prepare students for the Certified Personal Trainer exam as required by the National Strength and Conditioning Association (NSCA).

▶ **NC. HLTH-001 ADULT AND PEDIATRIC CPR, FIRST AID, AND AED**

Upon successful completion, the students receive a digital American Red Cross certificate for CPR, First Aid, and AED (valid two years) for an additional fee, which meets OSHA/ workplace requirements.

5-16 Hours

▶ **NC. HLTH-002 PERSONAL TRAINER CERTIFICATION PREPARATION**

Prepares students to take the CPT, Certified Personal Trainer exam through the National Strength and Conditioning

Association (NSCA). Covers methods of client assessment, measurement, and evaluation. Highlights include resistance training program design, nutrition, body composition, and cardio-respiratory fitness. Instruction in proper weight training exercise fundamentals and spotting techniques.

36 Hours

▶ **NC. HLTH-003 PRINCIPLES OF COACHING**

Examines the practice of coaching individuals and teams including development of personal coaching philosophy, skill development, team management, and injury prevention.

12 Hours

Classes are...

- ✓ FREE
- ✓ Short Term
- ✓ Repeatable



www.canyons.edu/free



Registration instructions can be found on the back of this flyer

REGISTRATION INSTRUCTIONS

To register for these courses, you must be an existing student or apply to be a student at the college. Please follow the steps below to register for these courses:

New students start here

Submit an application for admission

- Go to: www.canyons.edu/freeclasses
- Click on "Applicants"
- Click on "Go to OpenCCC" when you are ready to fill out the online application.
- Successful application submission will generate an email with the subject line: "Your COC Noncredit Application Has Been Accepted." The email will also include your unique student email, which is also your CanyonsID username.

Upon receipt of the application confirmation email, click on the My Canyons icon at www.canyons.edu. Enter your CanyonsID student email and establish your CanyonsID password.

Current students start here

Register for classes

- From www.canyons.edu, click on the My Canyons icon and enter CanyonsID username and password.
- Click on the green "My Registration" tile ► click on "Search for Sections"
- Select a term and search for the Subject alphabetically under "Noncredit..."
- Add desired section(s) to course plan ► click on "Academics" icon ► click on "Student Planning"
- Click on "Plan your Degree & Register for Classes," ► click blue "Register" button for each course
- Select "Register," then click "Submit" at the bottom of the page.

If you would like assistance with enrollment, please call (661) 362-3304 or email freeclasses@canyons.edu during regular business hours.

Monday – Thursday 9:00 AM-5:00 PM
Friday 9:00 AM-1:00 PM

We look forward to serving you!

School of Personal and Professional Learning Team