Health Professions

Certified Nurse Aide (CNA)
Prerequisites: High school diploma or GED; a clear understanding of written and spoken English; background check; finger printing; proof of the following immunizations: Mantoux, HBV, MMR & Varicella; and 2-step PPD. Costs of the uniform, professional liability insurance, other material fees (approximately $300) and the state exam fee are additional.

All applicants are required to attend a free Information Session at the Conference Center (XAH253-083920) on Wednesday, September 16 at 6pm. Please e-mail ComEd@mccc.edu or call (609) 570-3311 to reserve a seat at least one week prior to the Information Session.

Certified Nursing Assistants (CNAs) are greatly increasing in demand in response to the need for senior care in long-term care facilities, rehabilitation centers, and senior housing. This 90-hour course is approved by the NJ Department of Health and Senior Services. It is designed to meet the challenge by providing 50 hours of classroom and 40 hours of clinical instruction to prepare you for the New Jersey State Certified Nursing Assistant Certification Exam. As a CNA, you will be eligible for employment in a long-term care facility, assisted living facility, adult medical day care, or some hospitals.

Textbook required. Available in college bookstore.
9.0 CEU. Tuition and fees: $1,195 (tuition: $720; lab fees: $375; non-refundable registration fee: $100)
XAH251-083766
12 sessions Sa Oct 3-Jan 9*
9am-3:30pm*
(1/2 hour for break)
*Clinical sessions begin at 7:30am and are held at Lawrenceville Nursing & Rehabilitation Center, 112 Franklin Corner Rd, Lawrenceville, NJ 08648.
*Class will not meet Nov 28, Dec 26, Jan 2

Certified Home Health Aide for CNA’s (CHHA)
Prerequisite: Students MUST be currently certified by the NJ Department of Health and Senior Services as a Certified Nurse Aide. Proof must be provided at time of enrollment.
This 10-hour program is designed for the CNA who wants to become a Certified Home Health Aide (CHHA). Upon successful completion of this program, you will be eligible to apply for certification as a CHHA. Textbook required. Available in college bookstore. There will be an additional $65 licensing fee payable to the NJ Board of Nursing.
1.0 CEU. Tuition and fees: $250 (tuition: $150; lab fees: $100)
XAH256-083883
3 sessions Sa Nov 7-Nov 21
8am-12pm
*Saturday classes: Nov 7 - 8am-12pm; Nov 14 & 21 - 8-11am
Liberty Healthcare Services, Inc.

Preparation Course for Dental Radiologic Technologists
Enjoy a rewarding career in a dental environment. In this 73-hour course, students will experience 25.5 hours of lecture, 17.5 hours of laboratory practice and a minimum of 30 hours in an approved clinical site.

Course requirements:
- Attendance is mandatory – students are responsible for all work and assignments
- Employment in a clinical setting or arrangements to volunteer in a clinical setting is required
- Students must show evidence of good moral character and pass a criminal background check
- The background check fee is $15 per name
- A high school diploma or equivalency is required and must be submitted at time of application
- Students who are homeschooled or possess online diplomas will need to pass a GED exam
- Foreign diplomas must be translated and evaluated for US equivalency prior to registration


7.3 CEU. Tuition and fees: $889 (tuition: $640; lab fees: $249)
XAH116-083751
14 sessions W Sept 9-Dec 16*
5-8:30pm (includes break time)
XAH116-083753 - 30-hour approved off-site internship – no fees attached
*Class will not meet Nov 25
*Laboratory classes (Sept 30, Oct 14, 28, Nov 11, Dec 2) will meet at Hamilton Dental Associates, 2501 Kuser Road, Hamilton, NJ 08691
*Didactic classes (Sept 9, 16, 23, Oct 7, 21, Nov 4, 18, Dec 9, 16) will meet at Mercer County Community College, West Windsor Campus
Charlene Fenster, BSDH, MA
Certificate in Gerontology

Explore the issues and challenges impacting aging adults. This gerontology program is designed for healthcare practitioners as well as individuals who provide services for the aging. The program may also be beneficial for personal caregivers.

A Certificate in Gerontology will be awarded after completion of six required courses, two electives and a Capstone Project. Courses can be taken on an individual basis.


Who should attend:
- Nurses
- Licensed clinical social workers
- Psychologists/Counselors
- Nursing Home Administrators
- Clergy
- Personal caregivers

Required courses:
- Introduction - Process of Aging
- Introduction - Aging and Society
- The Adult Lifespan: Maturity to Old Age
- A Holistic Approach to Aging: Nutrition, Exercise, Spirituality & Wellness
- Dealing with Functional Loss and Change
- Cognitive Impairment / Memory Loss

Electives:
- Case Management and Navigating the Healthcare System for the Elderly
- Strategies for Counseling and Working with the Elderly
- Pharmacologic Issues in the Elderly
- Senior Housing Options for the Elderly
- Aging and Family Care Giving
- Aging, Public Policy and Societal Impact

Capstone Project:
Put your newly acquired knowledge into action. You will select a project based on your professional work environment and needs. The project will be clearly defined and implemented under the direction of a faculty advisor.

Introduction - Process of Aging
Explore the biological, psychological, and social issues related to aging. Students will review demographics, societal trends, and physical changes that accompany the aging process.
1.0 CEU. Tuition and fees: $120 (tuition: $80; fees: $40)
XCP103-083799 Sept 26-Oct 3
2 sessions Sa 9am-2:30pm
Eileen E. Doremus, Executive Director, Mercer County Office on Aging

The Adult Lifespan: Maturity to Old Age
Learn about the adult lifespan and explore the psychological and social forces affecting adults in today's American society. Topics will include prominent theories regarding stages of adult development. An examination of how individuals adjust to psychological and social changes in life will include discussions of the loss of a spouse, transitions in lifestyle such as a change in residence or living alone, and the impact of serious illness and loss of mobility on one's mental health.
0.5 CEU. Tuition and fees: $60 (tuition: $40; fees: $20)
XCP106-083800 Oct 10
1 session Sa 9am-2:30pm
Robin E. Mockenhaupt, Ph.D., Robert Wood Johnson Foundation

Dealing with Functional Loss and Change
When Robert Browning wrote, "Come grow old with me the best is yet to be," what did he mean? As we age, we are confronted with functional loss and emotional changes. This session will describe the normal versus abnormal functional changes associated with aging and offer detailed discussion about the changes that occur due to loss, changing roles and care giving.
1.0 CEU. Tuition and fees: $120 (tuition: $80; fees: $40)
XCP104-083801 Oct 24-Oct 31
2 sessions Sa 9am-2:30pm
Robin E. Mockenhaupt, Ph.D., Robert Wood Johnson Foundation

Cognitive Impairment/ Memory Loss
To Worry or Not to Worry About Memory Loss: That IS the Question!
The misunderstandings surrounding memory loss can cause misguided assumptions about the aging process. This workshop will offer insight into the amazing world of memory and help explain the difference between normal and abnormal changes in memory. Strategies to help maintain a healthy mind will be shared.
0.5 CEU. Tuition and fees: $60 (tuition: $40; fees: $20)
XCP105-083802 Nov 7
1 session Sa 9am-2:30pm
Eileen E. Doremus, Executive Director, Mercer County Office on Aging

Pharmacologic Issues in the Elderly
This course is designed to introduce concepts related to pharmacokinetics and pharmacodynamics in the older adult. Effects of the aging process on drug use, common side effects of frequently prescribed drugs, and compliance with medication regimens will be discussed. In addition, this course will address specific issues such as polypharmacy, the use of CAM therapies, the use of alcohol and other recreational substances. Socioeconomic issues related to pharmacologic therapy will also be discussed.
0.5 CEU. Tuition and fees: $60 (tuition: $40; fees: $20)
XCP100-083803 Nov 9-Nov 16
2 sessions M 6:30-9pm
Linda Martin, RN, Dean, Science & Health Professions, MCCC

Registration deadline is two weeks prior to the course start date. Avoid the $10 late fee... Register Early!
Introduction to Pharmacovigilance

After the withdrawal of several major products from the market because of safety concerns, the pharmaceutical industry and the regulatory agencies have increased their emphasis on patient safety and on the proper conduct of safety surveillance. This affects all levels of health care, ranging from the development of drugs, to proper prescribing and administration, to monitoring and surveillance of populations to assess adverse effects.

This course will provide an introduction and a solid foundation in the key components of clinical and postmarketing drug safety surveillance, also known as Pharmacovigilance. It will cover practical and theoretical aspects of the conduct of Pharmacovigilance, with emphasis on understanding of the concepts, on common themes underlying effective processes, and on the basic tenets of global regulatory compliance with safety principles.

Target audience for this course:

- Those who need to know more about safety surveillance for their current work, in the following areas:
  - Clinical research
  - Pharmacovigilance
  - Regulatory affairs
  - Data management
  - Medical information
- Individuals seeking positions or new hires in the pharmaceutical industry in the above-mentioned fields
- Health care professionals participating in clinical trials
- Health care professionals in HMOs, hospitals, or in other clinical care settings dealing with patient safety across populations, or with surveillance of adverse drug effects
- Public health professionals in areas such as patient safety or drug safety surveillance
- Legal professionals dealing with drug safety litigation or related areas
- Journalists in the health care sector, with emphasis on pharmaceutical business
- Information technology professionals

3.6 CEU. Tuition and fees: $960

XAH142-083677                                      Sept 10-Oct 31
8 sessions                                         Th 6:30–9:30pm
2 sessions                                         Sa* 9am–3:30pm
*Sat. classes: Oct 24, 31
Lourdes M. Frau, MD, FAAP, FISPE

Cardio-Pulmonary Resuscitation (CPR) for Health Care Providers
(For New and Renewal)

See pg. 51 for course description. Tuition and fees: $75 (includes $20 tuition and $55 fees)

XFW348-080504                                      Aug 1
1 session                                          Sa 9am–1:30pm
XFW348-083462                                      Oct 15
1 session                                          Th 6:30–10:30pm
XFW348-083463                                      Nov 14
1 session                                          Sa 9am–1:30pm
(1/2 hour for lunch)
All participants will receive an American Heart Association card valid for 2 years.
LifeForce, USA, Inc.

New Jersey State Certified Animal Control Officer

Topics covered:
- Animal behavior
- Handling techniques
- State animal welfare
- Wildlife laws
- Investigative report writing
- Courtroom testimony
- Shelter regulations

This course meets the requirements of N.J.A.C. 8:23A-2.2. Successful completion includes both the classroom component and a 20-hour field experience, required in order to be appointed as an Animal Control Officer by a New Jersey Municipality, and which is often required to work in shelters and other animal welfare agencies. Additional certifications you receive are American Red Cross Pet First Aid and Incident Command Systems 100 and 700.

Tuition: $749

XCP340-083663                                      Sept 26-Nov 7
7 sessions                                         Sa 9am-5pm
John C. Saccenti, Career Development Institute
Certificate in Drug Development & Clinical Research

In response to the continuing need for trained professionals in the pharmaceutical industry, the Center for Continuing Studies at Mercer offers a certificate program in Drug Development and Clinical Research. All courses are taught by instructors who are highly experienced in their field, as well as guest speakers who bring special expertise to the program. To earn a certificate, you must complete all three courses.

You will learn to:

- Apply principles of Good Clinical Practices in helping to conduct and manage a clinical trial suitable for regulatory (FDA) submission
- Interpret the laws and guidelines necessary to develop an audit plan and interpret the FDA 483 and how to implement corrective actions
- Apply the fundamental concepts to the design of a clinical trial and the development of a study protocol
- Understand the differences and relative merit of efficacy and effectiveness studies
- Understand the steps involved in managing data obtained from clinical trials
- Apply the concepts of quality control to the data review process

Who should attend:

Those with a BA or BS in:
- Nursing
- Pharmacy
- Chemistry
- Biology
- Medical Technology
- Other fields of study may be appropriate

To earn graduate credits, MCCC now has an articulation agreement with Drexel University College of Medicine. Students who successfully complete Mercer’s Certificate in Drug Development & Clinical Research, and apply and gain acceptance to Drexel, will be awarded 9 credits toward their Master’s Degree in Clinical Research Organization and Management.

Foundations of Clinical Research and Study Design

Do you know what it takes to get a new drug to market? In this course you will learn the fundamentals of new pharmaceutical research and clinical trial methodology. Students will learn to design a clinical trial, develop a study protocol, understand the assessment and reporting of adverse events, and establish guidelines for reporting study results. Textbooks are included and may be collected at the registration desk in the Conference Center.

4.4 CEU. Tuition and fees: $1,050
XAH144-083676 Sept 16-Nov 18
7 sessions W* 6:30-9:30pm
4 sessions Sa** 9am-3:45pm
*Wed classes: Sept 16, 23, Oct 7, 14, 28, Nov 11, 18
**Sat. classes: Sept 26, Oct 10, 24, Nov 7
Barbara Novak

Data Management

Prerequisite: Foundations of Clinical Research and Study Design

The objective of this course is to provide a general overview of the steps involved in managing data in clinical trials. Traditional aspects of data management will be discussed including the development of a trial protocol and the design and completion of case report forms. In addition, the course will cover: trial planning and resource assessment, eligibility checking and patient registration, data collection and data entry, and quality control systems and interaction with statistics. The course is intended for any healthcare professional involved in a clinical trial.

4.0 CEU Tuition: $975
XAH147-0 dates TBA
Denise Tsilionis/Stephen Duprez

Regulatory and Legal Issues in Drug Development

Prerequisite: Foundations of Clinical Research and Study Design

Examine historical and legal cases as part of the evolution of new pharmaceutical compound development and investigate specific ethical principles and issues surrounding clinical research operations and the management of clinical trials. Included will be exercises for practical understanding of regulatory interactions concerning drug development, such as advisory committee meetings and regulatory inspections.

3.6 CEU. Tuition: $895
XAH145-0 dates TBA
Lourdes Frau

Registration deadline is two weeks prior to the course start date. Avoid the $10 late fee... Register Early!
Health Professions

Certificate in Medical Billing/Coding Specialist
Accurate medical billing/coding is necessary to secure maximum reimbursement for the healthcare provider and to ensure legal compliance on claims. The Certificate in Medical Billing/Coding is designed to prepare participants for an entry level position in one of the fastest growing industries. This administrative position assists medical research and reimbursement in a medical office, hospital, or other health care settings. This program prepares you for a career change, advancement, or independent contracting out-of-your-home office.

Certificate in Medical Billing/Coding Specialist
To earn the certificate, participants must successfully complete the following nine core courses. Medical Terminology: A Short Course is the prerequisite for all other courses and needs to be taken first. Upon completion of the requirements for the certificate, notify our office at www.ComEd@mccc.edu/ccs for a certificate. Individual courses may be taken on a non-certificate basis.

Core Courses
- Medical Terminology: A Short Course
- Advanced Medical Terminology
- Basic Anatomy
- CPT-4 Medical Coding I & II
- ICD-9 Coding
- Medical Billing
- Medisoft
- Medical Insurance, Law and Ethics

Medical Terminology: A Short Course
This is a basic introductory “jump-start” course that covers everyday terminology used in all medical areas: physicians’ offices, hospitals, clinics, insurance and pharmaceutical firms. Includes word analysis, word structure, pronunciation of terms, and case studies. A medical or scientific background is not necessary. Self-evaluation quizzes will be used. Textbooks required at first class session (Medical Terminology the Basics by Corinne Linton, ISBN 9781572225381; and Medical Terminology: A Short Course by Davi Ellen Chabner, ISBN 9781416055181). Available in college bookstore.
1.8 CEU. Tuition: $198
XAH114-083678 Sept 9-Sept 30* 6 sessions M,W 6:30-9:30pm *Class will not meet Sept 28 Eileen Streight, MCCC Instructor
XAH114-083679 Sept 12-Oct 10* 4 sessions Sa 9am-1:30pm *Class will not meet Sept 19 Mark Kneee, MCCC Instructor

Advanced Medical Terminology
Prerequisite: Medical Terminology: A Short Course; Corequisite: Basic Anatomy
This advanced course uses a body system approach to medical terminology. Terms relating to diseases, disorders, diagnostic and surgical procedures of the organ systems of the body will be presented. Medical terms built from word parts and other sources are included. Ongoing self-evaluation quizzes will be used. Textbook required at first class session (Exploring Medical Language by Myrna LaFleur Brooks, ISBN 9780323049504). Available in college bookstore.
3.0 CEU. Tuition and fees: $295
XAH115-083680 Oct 5-Nov 19* 10 sessions M,Th* 6:30-9:30pm *Monday classes meet Oct 5 through Nov 16 *Thursday classes meet Nov 5, 12, 19 Eileen Streight, MCCC Instructor

Medical Billing
Prerequisite: Medical Terminology: A Short Course, or equivalent experience
This is an overview of medical billing procedures for the claim cycles of many types of insurance coverage. Included topics: daily transaction entries, completing medical submissions, billed claim follow-up, the appeal process, itemized statements, and management reporting. Textbook required. Available in college bookstore.
1.8 CEU. Tuition and fee: $198
XAH121-083683 Oct 1-Nov 5 6 sessions Th 6-9pm Elizabeth A. Calamia, CPC

Basic Anatomy
Prerequisite: Medical Terminology: A Short Course; Corequisite: Advanced Medical Terminology
This is an introductory course covering basic anatomy by developing an understanding of functions and structures of parts of the body. Textbook required (Introduction to Human Anatomy and Physiology by Eldra Pearl Solomon, ISBN 1416044051).
2.1 CEU. Tuition and fees: $231
XAH207-083684 Oct 7-Nov 18 7 sessions W 6:30-9:30pm Eileen Streight, MCCC Instructor
CPT-4 Introduction to Medical Coding Level I
**Prerequisite:** Medical Terminology: A Short Course
CPT-4 coding is required to bill for medical services and procedures in medical practices, emergency rooms, ambulatory surgery centers and many other facilities. Coding has a language of its own. This course will give the student an introduction to the language and how to use the CPT-4 book to assign the appropriate codes. **Textbooks required. Available in college bookstore.**
2.4 CEU. Tuition: $264
XAH117-083681 Sept 15-Nov 3
8 sessions Tu 6-9pm
Jessica Pursell, CPC

CPT-4 Medical Coding Level II
**Prerequisite:** CPT-4 Medical Coding Level I, Medical Terminology: A Short Course, Anatomy, and Medical Billing
We will review principles and guidelines from CPT-4 Medical Coding Level I and go into greater depth and detail to offer a more comprehensive understanding of CPT strategy and proficiency, focusing on medical and surgical coding, E&M coding, modifiers and HCPCS. Those students who are active in the field may be asked to research and provide actual coding issues. The instructor and students together will research and resolve the various coding and compliance issues. **Textbooks required. Available in college bookstore.**
2.4 CEU. Tuition and fees: $264
XAH119-083682 Nov 7-Dec 16
8 sessions W* 6-9pm
Sa** 9am-12pm
*Wednesday classes meet Dec 2, 9, 16
**Saturday classes meet Nov 7, 14, 21, Dec 5, 12
Mark Knece, MCCC Instructor

ICD-9 CM Introduction to Medical Coding
**Prerequisite:** Medical Terminology: A Short Course
ICD-9-CM coding is required to bill for medical services and procedures in medical practices, emergency rooms, ambulatory surgery centers and many other facilities. ICD-9-CM is a standardized coding system which correlates disease and diagnosis. It is essential to assign the appropriate diagnosis from a legal perspective and from a reimbursement prospective. **Textbooks required. Available in college bookstore.**
3.0 CEU. Tuition: $330
XAH111-083922 Oct 5-Dec 17
10 sessions M 6-9pm
Jessica Pursell, CPC

Medisoft
**Prerequisite:** CPT-4 Level I and computer literate
This 18-hour “hands-on” class helps to prepare you to perform duties using the Medisoft Advanced Medical Billing Software System. Areas of Medisoft that will be covered include: inputting patient information, processing patient transactions, producing various reports, and learning how to print statement and insurance forms, as well as processing claims. **Textbook required. Available in college bookstore.**
1.8 CEU. Tuition: $274 (tuition $189; lab fee $85)
XAH218-083685 Nov 10-Dec 15
6 sessions Tu 6-9pm
Elizabeth A. Calamia, CPC

Medical Insurance, Law and Ethics
**Prerequisite:** Medical Terminology: A Short Course, or equivalent experience and computer literate
Learn to understand complex medical insurance concepts, legal requirements, and the consequences associated with improper claims filing. Students will be able to identify and understand the basic medical insurance programs and their features; handle patient authorization for the release of medical records; understand disclosure and confidentiality issues associated with maintaining, sending and transmitting patient records; identify fraud and abuse issues, and handle insurance claim forms to prevent questionable or illegal filing. **Textbook required. Available in college bookstore.**
1.5 CEU. Tuition and fee: $165
XAH188-083921 Nov 12-Dec 17*
5 sessions Th 6-9pm
Class will not meet Nov 26
Kim Barca, RHIA

Reiki Level I
The Japanese word “Reiki” means universal life force energy and also refers to the technique of hands-on healing that uses this energy to restore physical, mental and emotional balance. Reiki can be used on yourself, on others, and even your pets. Reiki promotes healing, boosts the immune system and restores your body’s natural ability to heal itself. This gentle, non-invasive system of natural healing is frequently used in the healthcare setting as complementary care. All students will practice giving and receiving Reiki. **Dress comfortably and bring a pillow, blanket, lunch and bottled water. Limited enrollment.**
11.8 Nursing CEUs. Tuition and fees: $125
XAH219-083686 Oct 3-Oct 4
2 sessions Sa,Su 10am-4pm
Maryann Marian, MSW, Reiki Master

Registration deadline is two weeks prior to the course start date. Avoid the $10 late fee... Register Early!
Pharmacy Technician
Pharmacy Technician Program
This program is dedicated to the student interested in becoming a Certified Pharmacy Technician, ultimately acquiring the skills to be able to sit for the National Exam. The student is offered seven classes in the field of pharmacy practice to help them master the skills of both retail and hospital settings. Textbooks available in college bookstore and are used for all courses in this program.

To earn the Certificate, you must complete the following core courses:

Core Courses:
- Pharmacy Law & Ethics
- Pharmacy Billing & Insurance Practices
- Terminology for Pharmacy Technicians
- Pharmacy Technician Dosages & Calculations
- Therapeutic Response to Medication I
- Therapeutic Response to Medication II (Spring 2010)
- Retail & Hospital Practices (Spring 2010)

Terminology for Pharmacy Technicians
This course will provide an introduction to pharmaceutical terminology, including: common prescription drugs, therapeutic indications, drug classifications, medical abbreviations, and symbols. The students will also learn about and decipher the various parts of a prescription and hospital medical chart.
1.8 CEU. Tuition and fees: $180
XAH153-083687 Sept 9-Oct 14
6 sessions W 6-9pm
Neil Mohamed, Certified Pharmacy Technician

Pharmacy Technician Dosages & Calculations
Introduction to this course includes simple mathematical operations, systems of measurement, basic conversions, and calculating drug dosages. As the course progresses, more intricate calculations will be required, including IV flow rates, infusion times, and pediatric dosing. The student should be proficient using the basic functions of a calculator before registering for this course.
2.4 CEU. Tuition and fees: $240
XAH154-083688 Sept 12-Nov 7*
8 sessions Sa 9am-12pm
*Class will not meet Sept 19
Jonathan Marbach, CPhT, CPC, CCS-P

Pharmacy Law & Ethics
This course will introduce the student to medical practices, professionalism, and communication. The history of healthcare will also be discussed, including the derivation of pharmacy practices from Greek & Latin origins. Pharmacy-related government agencies, such as the FDA, DEA, and OSHA will also be discussed. Waste management, infectious-agent control, and proper sanitation management are also included in this course.
1.5 CEU. Tuition and fees: $150
XAH150-083690 Oct 21-Nov 18
5 sessions W 6-9pm
Neil Mohamed, Certified Pharmacy Technician

Therapeutic Response to Medication Parts I & II
These two courses are directed to helping the students understand how various medical disorders affect the human body. Numerous common diseases will be introduced according to their respective body systems by their description, causative agents, signs & symptoms, diagnostic procedures, treatment, and prognosis. Each of the two courses will focus on separate body systems, including: respiratory system, cardiovascular system, endocrine system, etc.

Part I:
Prerequisite: Terminology for Pharmacy Technicians
2.4 CEU. Tuition and fees: $240
XAH155-083689 Sept 12-Nov 7*
8 sessions Sa 9am-12pm
*Class will not meet Sept 19
Neil Mohamad, MCCC Instructor

Part II: (Returning in Spring 2010)
Pharmacy Billing & Insurance Practices
This lecture class is focused on the billing aspect of pharmacy practice. Students will be exposed to various examples of prescription insurance cards as well as diverse benefits offered by state and federal insurance plans, such as Medicare and Medicaid. Paper insurance claim forms will be reviewed to learn about accurate and billing of various conditions with respect to the various insurance plans. Emphasis will be placed on the various plans between neighboring states.
1.5 CEU. Tuition and fees: $150
XAH151-083691 Nov 14-Dec 19*
5 sessions Sa 9am-12pm
*Class will not meet Nov 28
Jonathan Marbach, CPhT, CPC, CCS-P
**Fitness Careers**

The following courses are taught by World Instructor Training Schools. W.I.T.S. is an approved CEU provider for International Association of Continuing Education and Training (IACET), Board of Certification for Athletic Trainers (BOC) and the American Occupational Therapy Association (AOTA).

**Personal Training Certification**

SPECIAL NOTE: The certification is eligible for Workforce Investment Act funding and Veteran’s Educational Benefits in many states. Interested applicants should check with the college listed, your local Workforce Investment Board or Veteran’s Administration offices for additional information.

Come join this fun field and be a part of what ABC NEWS.com states as the 4th hottest job in the US at a national average of $25 an hour. Get all the information you need to become a CERTIFIED PERSONAL TRAINER. This challenging course is taught over a five-week period for better retention and skill competency. The National Exam is held on the sixth week. Fifteen hours of “hands-on” practical training prepares you to actually work with clients one on one. Lectures include: anatomy, exercise physiology, nutrition, health screening. Proof of CPR/AED and a 30-hour internship will prepare you to work successfully in the fitness field. *Call 1-888-330-9487 to order the required textbook for the course.*

Tuition and fees: $499 (includes $100 tuition and $399 fees)

XAH200-083426  Sept 13-Oct 18  6 sessions  Su  10am-5pm
XAH200-083427  Nov 1-Dec 13*  6 sessions  Su  10am-5pm
*Class will not meet Nov 29

**Advanced Skills for Fitness Professionals**

Take all three courses in one fitness career weekend to get all your continuing education credits to renew your certification with W.I.T.S.

**Advanced Weight Training Techniques**

Designed to help you expand your strength training skills, this dynamic workshop for the dedicated personal trainer will challenge their clients and athletes. We will give you both theory and practical information to design safe and effective strength exercises. The variety in movement patterns will challenge and enhance your client’s neuromuscular developmental patterns of the upper and lower body.

3 CECs. Tuition and fees: $55 (includes $20 tuition and $35 vendor fees)

XAH221-083428  Oct 16  1 session  F  6:30-9:30pm

**Balls, Tubing and Plyometrics (for Fitness Professionals)**

Expand your athletic, rehabilitation and sports-oriented client base with specific exercise regimens for these populations. Better utilize stability balls, free weights and weight-bearing machines for improved functional fitness. Identify single and multi-joint exercises. Explain the benefits and differences between machine, free-weight lifting and learn activity, sports and rehabilitation with specific exercises to increase your ability to serve more clients.

6 CECs. Tuition and fees: $99 (includes $29 tuition and $70 vendor fees)

XAH227-083430  Oct 18  1 session  Su  9am-4pm

**Successful Program Planning for Fitness Professionals**

The most successful fitness clubs and professionals know that the key to keeping members and clients motivated and active is programming. Programming can attract new clients and members, create ‘community’ and connections among members, increase motivation and retention and enhance the exercise experience. Find out how to create, promote and implement successful fitness programs, why programming is important, the steps to programming success and keys to retention. Also discussed are the internal and external promotions, niche marketing, and traits of successful programming leaders.

Required text: *Successful Programs for Fitness and Health Clubs, 2007, by Sandy Coffman.* This class is approved for .5 CEUs.

Tuition and fees: $99 (includes $29 tuition and $70 vendor fees)

XAH108-083429  Oct 17  1 session  Sa  9am-4pm

Registration deadline is two weeks prior to the course start date. Avoid the $10 late fee... Register Early!