

# KENNEBEC VALLEY COMMUNITY COLLEGE



## PROFESSIONAL AND CAREER DEVELOPMENT HEALTH & FITNESS

November 18, 2009

Would you like to have your employees better skilled to meet current job demands?

Would you like your employees to acquire skills to help you gain the competitive edge?

Do your employees need workshops to meet licensing requirements?

### *Personal Trainer National Certification*

Come join this fun field and be a part of what ABC NEWS.com states as the 4th hottest job in the US! This challenging course is taught over a five-week period. 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. Students must hold a valid Healthcare Provider CPR certificate to be eligible for National Personal Trainer status. Upon successful completion students will not only be Nationally Certified as Personal Trainers, but will be eligible for 30 CEU's through IACET.

**Dates:** Saturdays

March 13, 2010—April 24, 2010

**Time:** 9:00 a.m. –4:00 p.m.

**Location:** Fairfield

**Cost:** \$699.00 (cost does not include the text)

(text may be ordered by calling 888-330-9487)

**Instructor:** World Instructor Training School certified instructor

### *EMT—Basic*

*(5 credits)*

This first Emergency Medical Technology course and its associated practicum provide the student with basic life support skills. Course content addresses the management of airway and respiratory problems, cardiopulmonary resuscitation, techniques of oxygen therapy, bleeding control and treatment for shock, soft tissue injury and fracture care, principles of spinal immobilization, fundamentals of triage and transportation of the sick and injured, and treatment modalities for a range of medical, obstetrical, pediatric environmental, and psychiatric emergencies. This course offers an introduction to patient assessment skills and includes training in the maintenance of intravenous lines and use of automatic external defibrillation devices as required by the Maine Office of Emergency Medical Services for licensure at the basic EMT level. The course meets the most recent National Standard Curriculum for EMT—Basic Education. This course is a prerequisite to entry into the advanced levels of EMS education.

**Day:** Monday and Wednesday

January 11—May 5, 2010

**Time:** 6:00 p.m.—10:00 p.m.

**Location:** Fairfield

**Days:** Tuesdays and Thursdays

January 12—May 5, 2010

**Time:** 6:00 p.m.—10:00 p.m.

**Location:** Buker Center—Augusta

**Cost:** \$603.00 (cost does not include text) **Instructor:** Maine State Licensed EMT Trainers

#### How to Register

##### (Fairfield)

- Via Phone - Call the Academic Affairs Office at 453-5134
- In Person - Come to the Academic Affairs Office at 92 Western Avenue, Fairfield

##### (Augusta)

- Via Phone - Call the Buker Center Office at 622-5001
- In Person - Come to the Buker Center Office at 22 Armory Road, Augusta



If you are interested in receiving up-dated announcements via email—Please contact Flora Stack at [fstack@kvcc.me.edu](mailto:fstack@kvcc.me.edu)

Kennebec Valley Community College is an equal opportunity/affirmative action institution and employer. For more information, please call 453-5123

**Healthcare Provider CPR—Trainer**

If you would like to become an American Heart Association Certified CPR Trainer or if your company would like to save money by having an employee trained to certify or re-certify your employees—this course is what you are looking for. In this two day course students will learn techniques for teaching Healthcare Provider CPR which meet the standards of the American Heart Association.

**Dates:** Saturdays April 24 and May 1, 2010

**Time:** 8:30 a.m.—3:30 p.m. **Location:** Fairfield

**Cost:** \$ 225 (includes all materials)

**Instructor:** A. Newhouse

**Healthcare Provider CPR**

This course is the American Heart Association’s 8 hour course in Cardiopulmonary Resuscitation (CPR). Topics include Adult, Child and Infant, and an overview of the AED. If you work in the Healthcare Profession, or just want to be better prepared - this course is for you.

Day	Date / Time	Location
Friday	January 29, 2010	Fairfield
Friday	March 12, 2010	Fairfield
<b>Time:</b>	8:00 a.m.—4:00 p.m.	
Wednesdays	February 3 and 10, 2010	Fairfield
Thursdays	April 8 and 15, 2010	Fairfield
<b>Time:</b>	5:00 p.m.—9:00 p.m.	
Saturday	January 30, 2010	Augusta
Saturday	February 20, 2010	Augusta
<b>Time:</b>	8:30 a.m.—4:30 p.m.	
<b>Cost:</b>	\$ 65.00 (includes 2 yr. certification)	

**Healthcare Provider CPR—Recertification**

If your current Healthcare Provider CPR certification is about to expire—this course is for you. This 4 hour workshop will meet the requirements of the American Heart Association for re-certification.

Day	Date / Time	Location
Saturday	February 13, 2010	Augusta
Friday	March 19, 2010	Fairfield
<b>Time:</b>	9:00 a.m.—1:00 p.m.	
<b>Cost:</b>	\$40.00 (includes 2 yr. certification)	

**Healthcare Provider CPR—Trainer—Recertification**

If you are currently an American Heart Association Certified CPR Trainer and your certification is about to expire—this course is for you. This one day refresher course meets the requirements of the American Heart Association to maintain certification.

**Dates:** TBA

**Time:** 8:30 a.m.—3:30 p.m.

**Location:** Fairfield

**Cost:** \$ (includes all materials)

**Instructor:** A. Newhouse

**Basic First Aid**

This course in basic first aid is for everyone. Topics include: breaks, splints, cuts, diabetic emergencies, and more. If you love the out of doors, have children, take care of others, work with others—this course is for you.

Day	Date/Time	Location
Saturday	January 23, 2010	Fairfield
<b>Time:</b>	8:00 a.m.— 4:00 p.m.	
Saturday	April 3, 2010	Augusta
<b>Time:</b>	8:30 a.m.—4:30 p.m.	
<b>Cost:</b>	\$ 35.00	

**Basic First Aid / CPR**

If you are looking for a general First Aid / CPR course and do not need all that the Healthcare Provider requires—this course is for you.

Day	Date / Time	Location
Friday	February 5, 2010	Fairfield
Saturday	April 24, 2010	Augusta
<b>Time:</b>	8:00 a.m.—4:00 p.m.	
<b>Cost:</b>	\$65.00 (includes 2 yr. certification)	

