

# AFLCA FITNESS LEADERSHIP CERTIFICATION

Become a fitness leader! For Alberta Fitness Leadership Association (AFLCA) certification process info, please contact the AFLCA office 780.492.4435. For information specific to courses offered at the Medicine Hat College and **to register, email [befitforlife@mhc.ab.ca](mailto:befitforlife@mhc.ab.ca)** or call Amy at 403-504-3548.

*Registration deadline is 2 weeks prior to course date (Min. 4 participants)*

WED EVENINGS: 5:00 PM - 10:00 PM  
January 23rd & 30th, February 6th & 13th, 2019  
Room S103  
\$300 + GST

## EXERCISE THEORY COURSE

This course is the pre-requisite for certification in the four specialty areas and includes anatomy, physiology, active living, adult learning communication and principles of fitness.

FRI, SAT & SUN, March 1st - 3rd, 2019  
FRI: 6:00 PM - 10:00 PM  
SAT & SUN: 8:30 AM - 5:30 PM  
Rooms S103 & H131  
\$320 + GST

## RESISTANCE TRAINING SPECIALTY

This course includes topics such as Anatomy, Physiology, Training Principles, Resistance Training Technique, Program Design, Practical Sessions, Equipment, and Special Considerations.  
**Pre-requisite:** Exercise Theory Course

FRI, SAT & SUN, March 29th - 31st, 2019  
FRI: 6:00 PM - 10:00 PM  
SAT & SUN: 8:30 AM - 5:30 PM  
Room S103 & B201  
\$320 + GST

## FITNESS FOR OLDER ADULTS

A course covering topics specific to leading fitness classes for the aging population. This course provides an overview of the changes which occur in the body as it ages and the considerations required when planning and leading fitness classes for older adults. Topics covered include: nutrition, physiology of aging, sociology of aging, common disorders, and risk management.  
**Pre-requisite:** Exercise Theory Course

FRI, SAT & SUN, April 12th - 14th, 2019  
FRI: 6:00 PM - 10:00 PM  
SAT & SUN: 8:30 AM - 5:30 PM  
Rooms S103 & H131  
\$320 + GST

## GROUP EXERCISE FUNDAMENTALS WITH PORTABLE EQUIPMENT DESIGNATION

This course will teach you the skills necessary to effectively lead group exercise programs. Portable Equipment explored may include: steps, dumbbells, fitness balls, body bars, elastic resistance, etc.  
**Pre-requisite:** Exercise Theory Course

Fitness  
Leadership  
SINCE 1984



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