

# 911 Fitness Certification

## 911 FITNESS

### Registration

Registration Form  
911 Fitness Trainer  
Certification Exam  
On-line Registration and  
Payment  
[www.911fitness.com](http://www.911fitness.com)

### Benefits

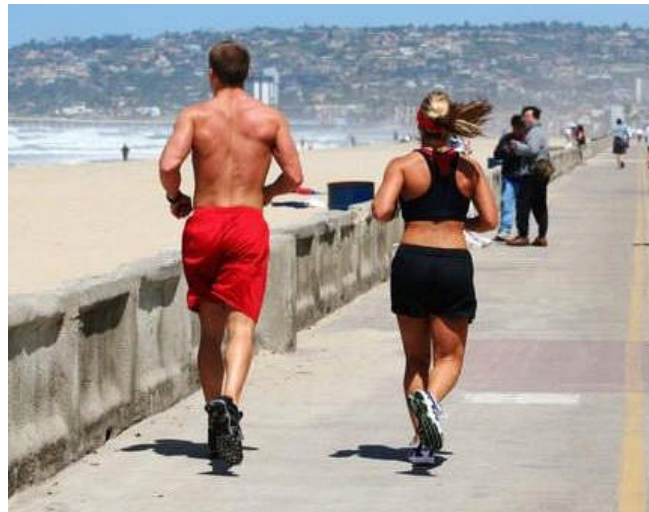
- More efficient work force & improved community relations
- High morale,
- Reduces personnel absenteeism, injuries & stress
- In-house
- Cost-effective
- Certified Fitness Experts,
- Available department-wide.

### \$369.00 includes:

- Study Manual (Ebook)
- Workshop/Webinar
- Membership
- For Police, Firefighters & Military

### Mail or Fax

**911 FITNESS, Inc.**  
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Cooper City, FL 33330  
(305) 297-5328  
Fax (954) 239-3911  
Email: [jim@911fitness.com](mailto:jim@911fitness.com)  
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## Police, Firefighter & Military "Fitness Trainer"

Today, every Police, Fire and Military Agency has a **NEED** for Physical Fitness. However, it may not be practical for all agencies to have a full time fitness staff and facility. Fortunately, most agencies possess fitness oriented, self - motivated individuals with a strong interest in helping others. Now your agency can utilize such existing, internal resources to assist your personnel in improving their various fitness levels.

Fitness Leaders require a background in various topics ranging from physiology to energy metabolism, anatomy to exercises and exercise principals to personal motivation The **911 Fitness Certification** for "**Fitness Leader**" utilizes guidelines established by the American College of Sports Medicine (ACSM); recognized for maintaining the highest standards in the fitness industry. This certification focuses on the practical fitness information needed as a fitness leader within your agency.

## Course Topics

- Functional Anatomy & Biomechanics.
- Exercise Physiology
- Human Development
- Pathophysiology / Risk Factors
- Human Behavior / Psychology
- Appraisal & Fitness Testing

