

# KENNEBEC VALLEY COMMUNITY COLLEGE



## PROFESSIONAL AND CAREER DEVELOPMENT HEALTH & FITNESS

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?

February 15, 2011

### 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

### *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 5.0 CEU's through IACET, BOC and AOTA.

**Dates:** Saturdays March 26—May 7, 2011 **Time:** 9:00 a.m. –4:00 p.m.  
**Location:** Fairfield **Cost:** \$475.00

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

### *Legal Nurse Consultant*

.This exciting program prepares medical professionals for a career in the legal field as legal nurse consultants. Building on your medical education and possible clinical experience, this course provides the RN and PA with fundamental skills necessary to advise law firms, health care providers, insurance companies, and governmental agencies regarding medically related issues and to appear in court as expert witnesses. Any RN or PA interested in entering the legal field can benefit from the education provided by this course.

Taught completely on-line this course is offered through the Center for Legal Studies and utilizes the Center for Legal Studies Blackboard system. *More information regarding this course can be found at [www.legalstudies.com](http://www.legalstudies.com)*

**Dates:** January 10—February 25, 2011 Or March 7—May 22, 2011 **Cost:** \$849.00 (does not include text)  
**Time:** On-line **Location:** N / A **Instructor:** Center for Legal Studies—Golden, CO

### *Pharmacy Technician*

This comprehensive 50 hour course will prepare students to enter the pharmacy field and take the Pharmacy Technician Certification Board's PTCB exam. Technicians work in hospitals, home infusion pharmacies, community pharmacies and other health care settings—working under the supervision of a registered pharmacist. Course content includes medical terminology specific to the pharmacy, reading and interpreting prescriptions and defining drugs by generic and brand names. Students will learn dosage calculations, I.V. flow rates, drug compounding, dose conversions, dispensing of prescriptions, inventory control and billing and reimbursement.

**Day/Dates:** Tuesdays & Thursdays March 15—May 3, 2011 **Cost:** \$999 (includes text)  
**Time:** 6:00 p.m.—9:00 p.m. **Location:** Fairfield **Instructor:** CCI

### *Introduction to Reflexology*

Reflexology is an ancient healing art and preventative care system that strengthens the body's immune system. Reflexology assists in relaxation, improving circulation and reducing stress. It has been shown to be effective in the relief of pain, headaches, arthritis, as well as improving conditions for problems with restless legs, diabetes and many other conditions. Students will review the history, reflexology map and basic anatomy of the feet. They will also learn the basic skills of reflexology, developing the thumb and finger walking technique. A fun, informal class! You will need to bring a large towel, pillow, and lotion.

**Date:** Friday April 15, 2011 **Cost:** \$90  
**Time:** 8:00 a.m.—5:00 p.m. **Location:** Augusta  
**Instructors:** Connie Hubley and Claire Guy



**EKG Technician Certification**

This comprehensive 50 hour EKG Technician Certification Program prepares students to function as EKG Technicians and to take the American Society of Phlebotomy Technician (ASPI) - Electrocardiograph (KG) Technician exam and other National Certification Exams. This course will include important practice and background information on anatomy of the heart and physiology, medical disease processes, medical terminology, medical ethics, legal aspects of patient contact, laboratory assisting, electrocardiography and echocardiography. Additionally, students will practice with equipment and perform hands on labs including introduction to the function and proper use of the EKG machine, the normal anatomy of the chest wall for proper lead placement, 12-lead placement and other clinical practices.

**Dates:** Mondays & Wednesdays March 14–May 2, 2011 **Time:** 6:00 p.m.–9:00 p.m.. **Location:** Fairfield  
**Cost:** \$ 999 (includes all materials) **Instructor:** CCI

**Healthcare Provider CPR—Instructor**

Do you currently hold a Healthcare Provider CPR certification? Do you like working with people? Does your company require Healthcare Provider CPR certification? Have you ever considered being an Instructor? This course is for you. In this 12 hour class students will learn all the techniques required by the American Heart Association to become a certified CPR Instructor. You will receive all materials necessary to run a successful class. This is a two-year certification.

**Dates:** Friday / Saturday March 25 and 26, 2011  
**Time:** 8:30 a.m.—1:00 p.m. **Location:** Fairfield  
**Cost:** \$ 225 (includes all materials)

**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
Saturday	January 22, 2011	Fairfield
Saturday	January 29, 2011	Augusta
Saturday	February 26, 2011	Fairfield
Saturday	April 30, 2011	Augusta
<b>Time:</b>	8:00 a.m.—4:00 p.m.	
Tuesdays	March 22 & 29, 2011	Fairfield
<b>Time:</b>	5:00 p.m.—9:00 p.m.	
<b>Cost:</b>	\$ 65.00 (includes 2 yr. certification)	

**Healthcare Provider CPR—Instructor —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:** Thursday April 21, 2011  
**Time:** 8:30 a.m.—1:00 p.m.  
**Location:** Fairfield **Cost:** \$ 125 (includes all materials)

**Healthcare Provider CPR—Recertification**

This 4 hour workshop will meet the requirements of the American Heart Association for re-certification.

Day	Date / Time	Location
Saturday	February 12, 2011	Augusta
Thursday	April 7, 2011	Fairfield
<b>Time:</b>	8:00 a.m.—12:00 noon	
<b>Cost:</b>	\$40.00 (includes 2 yr. certification)	

**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
Saturday	February 5, 2011	Fairfield
Friday	March 11, 2011	Augusta
<b>Time:</b>	8:00 a.m.—4:00 p.m.	
<b>Cost:</b>	\$50.00 (includes 2 yr. certification)	

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