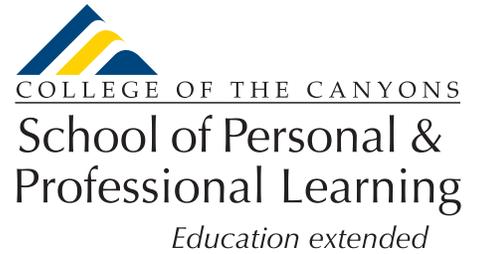


FREE CLASSES

PHYSICAL FITNESS PREPARATION FOR THE PUBLIC SAFETY



PHYSICAL FITNESS PREPARATION FOR PUBLIC SAFETY CERTIFICATE OF COMPLETION

Is your physical ability holding you back from a job in public safety (fire department, sheriff or police)? The Physical Fitness Preparation for Public Safety was designed to help individuals prepare for the Physical Ability Tests (PAT) and Public Safety careers.

- ▶ **NC.VOC-010 Physical Preparation for Public Safety I:** Introduces the principles of physical fitness and mental health for students preparing for careers in public safety, as well as those training for the Physical Ability Test (PAT).
- ▶ **NC.VOC-011 Physical Preparation for Public Safety II:** Applies principles of both physical and mental wellness for Pre-Academy students, and prospective Public Safety candidates, to prepare for Physical Ability Tests (PAT).

www.canyons.edu/free



Registration instructions can be found on the back of this flyer

REGISTRATION INSTRUCTIONS

To register for these courses, you must be an existing student or apply to be a student at the college. Please follow the steps below to register for these courses:

New students start here

Submit an application for admission

- Go to: www.canyons.edu/freeclasses
- Click on "Applicants"
- Click on "Go to OpenCCC" when you are ready to fill out the online application.
- Successful application submission will generate an email with the subject line, "Your COC Noncredit Application Has Been Accepted." The email will also include your unique student email, which is also your CanyonsID username.

Upon receipt of the application confirmation email, click on the My Canyons icon at www.canyons.edu. Enter your CanyonsID student email and establish your CanyonsID password.

Current students start here

Register for classes

- From www.canyons.edu, click on the My Canyons icon and enter CanyonsID username and password.
- Click on the green "My Registration" tile, ► click on "Search for Sections."
- Select a term, and search for the Subject alphabetically under "Noncredit...."
- Add desired section(s) to course plan ► click on "Academics" icon ► click on "Student Planning"
- Click on "Plan your Degree & Register for Classes," ► click blue "Register" button for each course
- Select "Register," then click "Submit" at the bottom of the page.

If you would like assistance with enrollment, please call (661) 362-3304 or email freeclasses@canyons.edu during regular business hours.

Monday – Thursday 9:00 AM-5:00 PM
Friday 9:00 AM-1:00 PM

We look forward to serving you!

School of Personal and Professional Learning Team