

Health Fitness Professional

EQUIPMENT LIST

All Health Fitness Professional and Personal Training Students are **required** to have the following equipment:

- Pulse Oximeter
- Heart Rate Monitor (chest strap with watch or app)
 - Please note: Wrist based HR monitors are not always accurate
- Measuring Tape- Gulick measuring tapes are recommended
- Blood pressure Cuff and Stethoscope
- Body Composition Caliper – Plastic or Lange
- Stopwatch

There is 3 ways in which you can purchase equipment:

1. In the MCC book store- EXER1 + is the Fitness Appraisal Kit which contains all required equipment.
2. Online at www.chponline.com – They sell Basic and Deluxe kits.
3. You can assemble your own kit– most students choose to purchase individual pieces of equipment online(amazon)

Recommended Equipment

We also recommend you start assembling your own toolbox including the following equipment typically used in many courses:

- Foam roller
- Stretch Strap
- Spiky ball/ massage/lacrosse ball
- Tubing/Dynabands

EXER 1+ - Basic Fitness Appraisal Kit

Kit consists of 1 each of these items:

- C-120 Slim Guide Body Fat Caliper
- AD-768-641 Blue Match Mate Blood Pressure Unit
- BMS-85 Measuring Tape
- 90051024 Polar Heart Rate Strap
- P-V1-OXIGO Pulse Oximeter
- A-S1XLBK Stopwatch

