Youth Fitness Foundations
.9 CEU's/ 9 CEC's

This informative course will provide you with a core knowledge foundation in Youth Fitness topics. Since 1980, obesity prevalence among children and adolescents has almost tripled, according to the CDC. This course will help fitness professionals understand the physical and psychological differences between children and adults and provide them with the tools necessary to design effective and appropriate programs for a growing audience. This course is also a great review and preparation for those interested in taking the Youth Fitness Specialist Certification course.

Review will cover the following:

Lecture One: Fundamentals of Strength Training, Program Prescription, Youth Fitness Assessment, Safe Training Environments, and Teaching Technique

Lecture Two: Body Composition, Motivation and Individualizing Youth Programs, The Youth Physical Activity Promotion Model, Eating for Strength and Performance

Lecture Three: Periodization and Recovery, Sport-Specific Training, Strength Training Across the Ages.

Required Workshop Text: Youth Strength Training & Fitnessgram/Activitygram Combo

Course Fee: $195