Youth Fitness Practical Review

.9 CEU's/ 9 CEC's

This course provides a broad overview of concepts related to the design of fitness programs for youth. Topics include assessing youth fitness levels, parental permission, equipment, and advanced exercises, as well as strategies for training youth and understanding the physical and psychological differences between children and adults. 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:

  Practical One: Obtaining Parental Consent, Health History, Warming Up, and FitnessGram Assessments
  Practical Two: Assessment Review, Strength Training Modalities
  Practical Three: Advanced Strength Exercises, Training Scenarios, Exam Review

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

Course Fee: $195