



Youth Movement Instructor Certification

COURSE DETAIL:

This self-paced, virtual certification course will provide you the education and reference materials necessary to turn you into a dynamic youth fitness coach, and successful fitness entrepreneur!

Children are NOT miniature adults and should not exercise as such. Throughout this self-paced, virtual course you will experience a successful Recess & Results class, gain a strong understanding of the physical and psychological developmental stages of youth, practice proven coaching strategies, develop skills for incorporating education teachings into “play”, and master the art of keeping youth motivated and excited no matter what the activity!

Upon successful completion of our Youth Movement Instructor Certification exam, instructors are granted limited, non-exclusive rights to the Recess & Results® class name and formats. To learn more about Recess & Results® visit www.recessandresults.com or contact us at info@recessandresults.com for more information.

OBJECTIVES:

- comprehend the extent of the childhood obesity epidemic and develop a strategy for impacting change as a fitness professional
- understand the physical and physiological development milestones of youth as it relates to movement enrichment classes
- acknowledge differences in youth vs. adult fitness to include motivational factors, types of fitness assessments and exercise class formats
- identify core components and appropriate corresponding activities for a successful youth movement and education classes
- leave with an action plan on how to start building your Recess & Results business and class schedule in your community



Youth Movement Instructor Certification Workshop Outline

- I. Personal RR Account creation + activation**
- II. Youth class demo (via video)**
- III. Childhood Obesity**
 - a. Overview / Statistics
 - b. Causes
 - c. Related Disease
 - d. Treatment
 - e. Prevention
- IV. Exercise / movement for today's youth**
 - a. Need for youth exercise
 - b. Basis of instruction – Movement and education
 - c. Differences in youth fitness vs. adult fitness
 - d. Components of youth fitness
 - e. Assessments / health history
 - f. Developmental stages of youth
 - g. Myths about youth exercise
 - h. Benefits of youth exercise
 - i. Precautions for youth exercise
 - j. Recess & Results class structure
 - k. Class formats / overview of components
 - l. Class control / Discipline techniques
 - m. Safety
 - n. One-on-one and small group training
- V. Mock youth class; skill enhancement**
- VI. Nutrition for today's youth**
 - a. Dietary requirements
 - b. My Pyramid
 - c. Fruits / veggies
 - d. Nutrition Education activity
- VII. Building your RR business**
 - a. Recess & Results – what does it mean to be an owner?
 - b. Building your business guide
- VIII. Certification Exam**



Youth Movement Instructor - Recommended Readings

WEB RESOURCES:

United States Department of Agriculture: "My Plate"

<https://www.choosemyplate.gov/MyPlate>

KidsHealth from Nemours: Nutrition and Fitness Center

<http://kidshealth.org/en/parents/nutrition-center/> (staying fit section)

US Department of Health and Human Services: *Physical Activity Guidelines for Americans "Chapter 3: Active Children and Adolescents"*

<http://www.health.gov/PAguidelines/guidelines/chapter3.aspx>

Center for Disease Control: Youth Physical Activity Guidelines Toolkit

<http://www.cdc.gov/Healthyyouth/physicalactivity/guidelines.htm#1>

Recess & Results Blog <http://recessandresults.com/blog/>

BOOKS:

Childhood Obesity by N.N. Jimerson (2009)

Fitness Education for Children by Stephen J. Virgilio (1997)