



Youth Movement Instructor Certification

COURSE DETAIL:

This interactive certification workshop will provide you the education and hands-on practice necessary to turn you into a dynamic youth coach, and successful faith-filled fitness entrepreneur!

Throughout this 4-hour course you will develop an understanding of RR's "play with His purpose" philosophy. You will experience a successful Recess & Results class, gain in-depth understanding of the differences in youth vs. adult fitness, learn the physical and psychological developmental stages of youth, practice proven coaching strategies, develop skills for incorporating education and / or biblical teachings into "play", and master the art of keeping youth motivated and excited no matter what the activity!

Upon successful completion of the workshop you will be eligible to take our Youth Movement Instructor Certification exam. After achieving a passing score of 75% or better, instructors are granted limited, non-exclusive rights to the Recess & Results® and Rejoice at Recess class name and formats. To learn more about Recess & Results® visit www.recessandresults.com or contact us at info@recessandresults.com.

OBJECTIVES:

- comprehend the benefits of physical activity on the physical, mental, and spiritual state of youth, and leave with a strategy for impacting positive change through play-based fitness
- understand the physical and physiological development milestones of youth as it relates to kids' fitness classes and age-appropriate physical activity
- 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 successful play-based fitness classes
- develop an action plan for building your Recess & Results-business and class schedule to positively impact your community



Youth Movement Instructor Certification: Live Workshop Outline

- I. Intro to Recess & Results**
 - a. About us
 - b. History
 - c. Vision
 - d. About you
- II. Challenges facing today's youth**
 - a. The decline of active play
 - b. Physical, mental, spiritual consequences of inactivity
- III. The solution: "Play with His Purpose"**
 - a. RR's play-based fitness philosophy defined
 - b. Benefits of (play-based) activity
 - c. The role of the recess instructor
- IV. The science behind play-based fitness**
 - a. Basis of instruction – Play based fitness and education
 - b. Developmental stages of youth
 - c. National guidelines for physical activity in youth
 - d. Differences in youth fitness vs. adult fitness
 - e. Motivating factors for kids
 - f. Components of youth fitness
 - g. Assessments / health history
 - h. Precautions for youth exercise
- V. Recess & Results Format**
 - a. FITT for RR
 - b. RR curriculum overview (ages 3-5 and 6-11)
 - c. Recess class outline
 - d. Recess class modifications
 - e. Class control + motivation techniques
 - f. Safety protocol
- VI. Recess & Results entertaining exercise class: skill practice**
- VII. Nutrition for today's youth**
 - a. Dietary requirements
 - b. My Plate
 - c. Fruits / veggies
 - d. Interactive nutritional activity
- VIII. Building your RR business**
 - a. "Saving the world, one recess at a time". What does it mean to be an owner?
 - b. Building your business guide
 - c. Business coaching + support
- IX. Certification Exam**



Youth Movement Instructor - Recommended Resources + 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 and Prevention: Childhood Obesity Facts
<https://www.cdc.gov/healthyschools/obesity/facts.htm>

Center for Disease Control: Youth Physical Activity Guidelines Toolkit
<http://www.cdc.gov/Healthyouth/physicalactivity/guidelines.htm#1>

US Department of Health & Human Services: Facts & Statistics, Physical Activity
<https://www.hhs.gov/fitness/resource-center/facts-and-statistics/index.html>

The State of Childhood Obesity <https://stateofobesity.org/childhood-obesity-trends/>

AOTA: "*Building Play Skills for Healthy Children and Families*"
<https://www.aota.org/~media/Corporate/Files/AboutOT/consumers/Youth/Play/Building%20Play%20Skills%20Tip%20Sheet%20Final.pdf>

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

Articles:

Recess – It's Indispensable, *Young Children*, September 2009

US News: Finding Fitness Through Faith, September 2016
<https://health.usnews.com/wellness/articles/2016-09-19/finding-fitness-through-faith>