



## **Youth Movement Instructor Certification + Owner Training**

### **OVERVIEW:**

This interactive course will provide you the education and insight necessary to turn you into a dynamic youth coach, and successful faith-filled fitness entrepreneur!

Throughout this self-paced virtual course, you will develop an understanding of RR's "play with His purpose" philosophy and begin to define your purpose and plan for RR in your community.

You will have the opportunity to watch a successful Recess & Results class, define wellness based in the Word of God, gain in-depth understanding of the differences in youth vs. adult fitness, learn the physical and psychological developmental stages of youth, develop skills for spreading the Good News via "play-based fitness", and master the art of keeping youth motivated and excited no matter what the activity!

Upon successful completion of the workshop you will take our Youth Movement Instructor Certification exam. After achieving a passing score of 75% or better, you are granted limited, non-exclusive rights to the Recess & Results® and Rejoice at Recess program names and formats. To learn more about Recess & Results® programs visit <https://recessandresults.com/programs-2/> or contact us at [info@recessandresults.com](mailto: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



## Recess & Results Certification: VIRTUAL Training Outline

### MODULE 1:

- I. **Introductions**
  - a. Our story
  - b. Your story
- II. **The Struggle**
  - a. The decline of activity + technology takeover
  - b. Physical, mental, spiritual consequences of inactivity
- III. **The Solution**
  - a. The Word on Wellness
  - b. RR's play-based fitness philosophy defined
  - c. Benefits of (play-based) activity

### MODULE 2:

- 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

### MODULE 3:

- V. **Recess class video review**
- VI. **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

### MODULE 4:

- VII. **Nutrition Basics**
  - a. My Plate
  - b. General tips

### MODULE 5:

- VIII. **Intro to your RR business**
  - a. Your purpose + calling
  - b. Tools + resources
  - c. Building your business exercise

### **What's Next?** *\*may be completed in any order\**

- Complete Certification Test
- Attend New Owner Orientation
- Schedule Coaching call with Beth



## Recommended Resources + Readings

### MODULE 1 Readings:

1. [Center for Disease Control and Prevention: Childhood Obesity Facts](#)
2. [US Department of Health & Human Services: Facts & Statistics, Physical Activity](#)
3. [Child Mind Institute: Media Guidelines for All Ages](#)
4. [US News: Finding Fitness Through Faith, September 2016](#)
5. [The State of Childhood Obesity](#)

### MODULE 2 Readings:

1. [KidsHealth from Nemours: Nutrition and Fitness Center](#)
2. [KidsHealth from Nemours: Motivating Kids to be Active](#)
3. [US Department of Health and Human Services: \*Physical Activity Guidelines for Americans\* "Chapter 3: Active Children and Adolescents"](#)
4. [Center for Disease Control: Physical Activity Facts](#)

### MODULE 3 Supporting Resources

1. [RR Instructional Videos \(found in the "instructor certification" section of your Recess account\)](#)
2. Recess sample class outline
3. [RR Guide to Stretching](#)

### MODULE 4 Readings:

1. [United States Department of Agriculture: "My Plate"](#)

### MODULE 5:

1. [Guide for Building your Business](#)
2. [Building your business webinar](#)

### ADDITIONAL RESOURCES:

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