

Syllabus

YOUTH FITNESS TRAINER

COURSE LENGTH

6 months

PREREQUISITES

None

CO-REQUISITE

Basic Adult CPR with AED

TEXTBOOKS AND MATERIALS

Fahey, Thomas. *Youth Fitness Trainer*. 3rd Edition. International Sports Sciences Association.

Fahey, Thomas *Fitness for Kids and Teens* 3rd Edition. International Sports Sciences Association.

COURSE DESCRIPTION

This course discusses growth and development, metabolism, physiology, body composition, training, endurance, flexibility, strength, plyometrics, program structure, sports psychology, nutrition, and injury as each relates to children and teens.

COURSE OBJECTIVES

- Apply the principles of pediatric and adolescent growth, metabolism, muscle anatomy, biomechanics, training, and adaptation principles to create appropriate workout programs for children and teens based on fitness level and goals.
- Measure the body composition of a young client and classify the results according to the youth physical development guidelines.
- Develop a comprehensive exercise program that utilizes Adaptive Programming principles and techniques to address the fitness requirements of a young client.
- Apply the sports psychology principles for young clients.
- Incorporate the knowledge of energy and growth needs, nutritional content of food, and the food pyramid to facilitate replacement of unhealthy foods in a client's diet with nutritious foods.
- Identify the causes of overtraining and injury and incorporate injury prevention into the training program.
- Identify a situation when it is necessary to seek out a doctor's assistance with exercise design and/or injury needs.

COURSE OUTCOMES

- Identify the energy systems and the development of metabolic fitness.
- Identify the physiological similarities and differences between adults and children
- Design a 10-week exercise/physical activity program for an adolescent athlete.
- Recognize and articulate the physiological and psychological differences between children and adults.
- Monitor a youth's progress toward goals, and recognize opportunities to change an exercise program based upon a young child's progress toward goals.
- Identify and assign the appropriate exercises for the building strength, cardiovascular and muscular endurance, and flexibility.
- Utilize skinfolds, girths, and BMI charts to appropriately assess and monitor body composition in young people.
- Identify a youth's ability to incorporate sport-specific motor skills according to age and maturation.

COURSE OUTLINE

You have until the course end date to finish all required submissions. A suggested guided study for you to complete the course is set up as follows:

Week 1: Growth, Development, and Metabolism

Week 2: Cardiovascular, Pulmonary, and Muscle Physiology

Week 3: Temperature Regulation, Obesity, and Body Composition

Week 4: Training and Adaptation, Endurance Fitness, Flexibility

Week 5: Muscle Strength, Jumping and Plyometrics, Power and Speed

Week 6: Assessment, Program Structure

Week 7: Psychology of the Young Athlete

Week 8: Sports Nutrition

Week 9: Children and Athletic Injuries

Week 10: Final Examination

INSTRUCTIONAL METHODS

This course will include online lectures, reading assignments, written assignments, discussions, and quizzes.

GRADING

Review "How to Score Well" under "Course Home" for general guidance on how your written submissions are evaluated.

EARNING YOUR CERTIFICATE - MINIMUM REQUIREMENTS

To earn your certificate, you must:

- Submit all course components.
- Earn a course score of 75% or better in the course.
- Submit current Adult CPR/AED
- Any fees must be paid in full.