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COURSE DESCRIPTION

- Welcome to NETA's Youth Fitness Specialty Certification online module. This specialty certification is designed for instructors and trainers who are currently working with children and adolescents or are interested in doing so. Current statistics and general physical activity recommendations for youth ages 3 to 18 will be addressed in addition to stages of child development. Participants will learn how to safely develop youth athletes through multilateral training, as well as how to promote physical activity for a healthier weight.

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COURSE OBJECTIVES

- This module is designed to provide instructors with:
 - An understanding of the current trends and statics surrounding youth and physical activity
 - Knowledge of the stages of child development and precautions when working with youth
 - Age-appropriate activities to develop young athletes through multilateral training
 - The ability to promote physical activity as part of a healthier weight program
 - Class considerations to include interacting with parents, creating an inclusive environment, and class design and delivery

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EARNING & MAINTAINING YOUR SPECIALTY CERTIFICATION

- Online, 50 multiple-choice question exam
- 75% (≥ 37 questions answered correctly)
- Must be taken within 30 days of the workshops
- 2-year validity period
- Completion of 10 continuing education credits (CECs)
- 6 CECs must be obtained from NETA workshops or home study courses purchased directly from NETA

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FACTS & STATISTICS

SECTION ONE

NETA

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<https://www.youtube.com/watch?v=Zpbz33Dc53E>

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