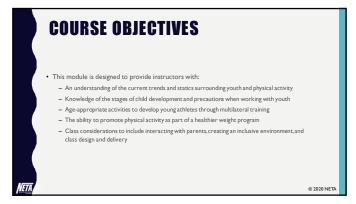


• Welcome to NETA's Youth Fitness Specialty Certification online module. This specialty certification is designed for instructors and trainers who are currently working with children and adolescents or are interested in doing so. Current statistics and general physical activity recommendations for youth 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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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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https://www.youtube.com/watch/v=ZpbZ33Dc53E

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