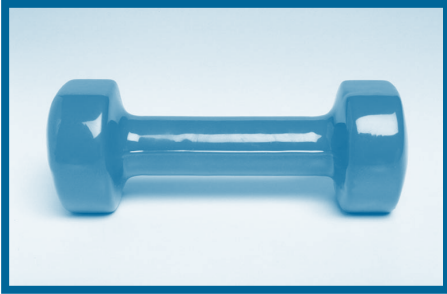


Tots to Teens 2009

A Certificate in Adapting Gym Instruction for Adolescents



This two day course for qualified level two instructors will give you all the skills you will need to teach gym based activities to young people

The course includes:

- Physiological and psychological changes in young adults and how these relate to a gym environment
- Guidelines to teaching adolescents in a gym environment
- Practical CV and resistance training ideas for gym based activity
- The nutrition needs of an adolescent
- Suitable equipment, health, safety and legal considerations
- Current perspectives on adolescents activity and health
- Motivations & barriers of an adolescent in relation to being more active

Assessment: Theory Paper & Worksheets

Friday 4th & Saturday 5th December , 9am-6pm
at our central Leeds venue



Call 01943 879816 or visit www.northernfitness.co.uk