

# Tots to Teens 2009

## A Certificate in Health Related Fitness for Children



This fantastic 2 day module will give you all the skills you will need to kick start your career as a professional children's fitness instructor

### The course includes:

- Growth & development, physiology and psychology of children (5 to 11) and young adults (12 to 16)
- Creative, fun warm ups and cool downs
- Practical CV, resistance and flexibility ideas
- Nutrition
- Health, safety and legal considerations
- How to get you started, opportunities in schools
- Links to the National Curriculum

Practical assessment is via a video / DVD: plan, teach and evaluate  
Theory paper Level 2 NVQ & completion of worksheets

This course comes with helpful start-up lesson plans and resources

Friday 11th & Saturday 12th September , 9am-6pm  
at our central Leeds venue



Call 01943 879816 or visit [www.northernfitness.co.uk](http://www.northernfitness.co.uk)