



## Community Fitness Leader Certification

**Provider:** Native American Fitness Council

### Course Description

This course gives you the foundational skills to start training fellow community members on tribal lands. The basics of resistance training, cardiovascular conditioning and functional movement are presented using elastic resistance bands, dumbbells & bodyweight. Motivational communication skills are taught that encourage inactive community members to become committed exercise participants.

**Continuing Education Credits:** 13.5 hours

**Eligibility to Participate:** 18 years of age or older, CPR/AED recommended (not required)

**Certification Renewal:** The Community Fitness Leader Certification is a specialty certification of the Native American Fitness Council & does not need renewal. Continuing education is encouraged.

### Agenda

#### Day 1

- 8:00 - 8:15 Registration
- 8:15 - 9:00 Introduction to the Community Fitness Leader
- 9:00 - 10:00 Role of the Community Fitness Leader
- 10:00 - 10:15 Break
- 10:15 - 11:15 Postural Awareness
- 11:15 - 12:00 Relaxed Breathing
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 Active Flexibility
- 2:30 - 2:45 Break
- 2:45 - 4:15 Strength Training Lower Body
- 4:15 - 4:30 Questions & Answers

#### Day 2

- 8:00 - 9:00 Introductions & Warmup
- 9:00 - 10:00 Strength Training Upper Body
- 10:00 - 10:15 Break
- 10:15 - 12:00 Endurance Training
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 Multi-Directional Movement
- 2:30 - 2:45 Break
- 2:45 - 3:15 Program Design
- 3:15 - 4:15 Practice Teaching
- 4:15 - 4:30 Awarding of Certificates