



Native Youth Fitness Leader Certification

Provider: Native American Fitness Council

Course Description

This course prepares adults to work with Native American youth to help them live healthy active lives. Management techniques to effectively instruct groups of children are presented. Physical activities are taught hands on that include structured active play, foundational fitness exercises, athletic drills & traditional Native games. Leadership skills are developed to help participants effectively motivate children & adolescents in Native communities.

Continuing Education Credits: 27 hours

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

Certification Renewal: The Native Youth 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 - 8:45 Introduction to Native Youth Fitness Leader
- 8:45 - 10:00 Qualities of a Great Youth Fitness Leader
- 10:00 - 10:15 Break
- 10:15 - 12:00 Teaching Group Activities Effectively - Teaching & Communicating
- 12:00 - 1:00 Lunch
- 1:00 - 2:45 Tag Games
- 2:45 - 3:00 Break
- 3:00 - 4:15 Teaching Group Activities Effectively - Managing the Class
- 4:15 - 4:30 Questions & Answers

Day 2

- 8:00 - 8:45 Group Introductions
- 8:45 - 10:00 Coaching & Communication
- 10:00 - 10:15 Break
- 10:15 - 12:00 Body Awareness Movements
- 12:00 - 1:00 Lunch
- 1:00 - 2:45 Running & Movement Drills
- 2:45 - 3:00 Break
- 3:00 - 4:15 Traditional Native Racing Contests
- 4:15 - 4:30 Questions & Answers

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Day 3

- 8:00 - 8:45 Icebreakers
- 8:45 - 10:00 Youth Goal Setting
- 10:00 - 10:15 Break
- 10:15 - 12:00 Creative Activity for Young Children
- 12:00 - 1:00 Lunch
- 1:00 - 2:45 Strength Training with Bodyweight
- 2:45 - 3:00 Break
- 3:00 - 4:15 Traditional Native Games – Stick & Ball
- 4:15 - 4:30 Questions & Answers

Day 4

- 8:00 - 8:45 Dynamic Warmup for Youth
- 8:45 - 10:00 Motivating Youth
- 10:00 - 10:15 Break
- 10:15 - 12:00 Moving to Music
- 12:00 - 1:00 Lunch
- 1:00 - 2:45 Strength Training with Bands
- 2:45 - 3:00 Break
- 3:00 - 4:15 Traditional Native Games – Eskimo Olympics
- 4:15 - 4:30 Awarding of Certificates