



## **YOUTH FITNESS LEADER SCOPE OF PRACTICE**

### **The NSFA Youth Fitness Leader (YFL) is Certified to:**

- Lead an effective land, group exercise class to children and youth aged 5 to 18 providing safe and appropriate exercises in order to meet the needs of the participants.
- Lead exercise groups that are based on NSFA standards and NFLA guidelines.
- Incorporate the use of appropriate equipment based on the identified or implied needs of the participants.
- Use Eating Well with Canada's Food Guide, Canada's Physical Activity Guide to Healthy living, and the Par-Q: Physical Activity Readiness Guide.
- Lead participants that are APPARENTLY healthy.

### **Once certified, a YFL is sanctioned by the NSFA to lead group fitness classes in the following formats:**

- Loosely choreographed high and low impact aerobic classes
- Muscular conditioning and stretching classes
- Combination using any of the above formats

### **The YFL is NOT sanctioned to teach:**

- Adult fitness classes
- Step classes
- Kickboxing classes
- Any format of aqua fit classes