



Nova Scotia Fitness Association
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**YOUTH FITNESS LEADER PROGRAM:
HOST ORGANIZATION**

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YOUTH FITNESS PROGRAM GUIDELINES

PURPOSE

The following information is intended to give host facilities and organizations ideas and guidelines for the delivery of Youth Fitness classes.

1. The Certified Youth Fitness Leader has participated in an intensive 30 hour workshop, passed a practical and written exam, and developed teaching skills with an adult mentor.
2. It is the goal of the Youth Fitness Leader (YFL) Program to provide children and youth with fun, non-competitive opportunities for physical activity. It is hoped that continuous participation in these programs will provide the participants with a positive role model and an appreciation and understanding of the benefits of physical activity.
3. The marketing and promotion of these classes should be inclusive of all participants, even targeting those who are not currently physically active.
4. The Certified Youth Fitness Leader, certified in level C- CPR, will be instructing on-floor fitness/aerobic classes for duration of 30 minutes per group.
5. It is recommended the Certified YFL be paid \$12.00 - \$15.00 per hour.

SPACE EQUIPMENT AND SUPERVISION REQUIREMENTS

The following is a recommended separation of participants by grade as well as maximum numbers (based on recreation leader to participant ratios, *HRM Recreation and Leisure Services* and *Nova Scotia Department of Education: Phys Ed Curriculum Outcomes*).

1. Grade primary to 3 (ages 5 to 9) max 15 children
2. Grade 4 to 6 (ages 9 to 12) max 20 children
3. Grade 7 to 9(ages 12 to 15) max 25 children
4. Grade 10 to 12 (ages 15 to 18) max 30 youth

- The Youth Leader will require a space equivalent to at least 8ft² per child and appropriate flooring on which to teach (i.e.) gym hardwood floor or similar and not a concrete floor for reasons of safety.
- The YL will require a sound system in the form of a tape/CD player or better. A personal mic and sound system for the leader is preferred but not mandatory. A whistle may also be sparingly used by the Youth Leader.
- The YL may also require mats for each child participant and youth leader for the conditioning/stretching components of the class.
- A fresh, clean source of water is recommended for child participants before and after the class. It is not recommended during class as this gets disruptive to the program delivery.
- For lunch time program delivery, it is recommended that the children participate in the class first and then eat their lunch; this will cut down on any upset stomachs during the class.

NSFA recommends a responsible adult is on the premises and accessible during the class to help ensure fair play and in the case of an emergency situation.

Feel free to contact the NSFA with any comments, suggestions, and successes

PROGRAM DELIVERY IDEAS AND SUGGESTIONS

- A girls only *Cardio Hip Hop* class for high school students
- A lunch hour *Get Grooving* for elementary *Excel* lunch participants
- A *Boot camp* workout for youth community groups (i.e.) churches
- A 30 minute class can be incorporated into almost any programs for children and youth (i.e. Art Camp, Drama Club, Phys Ed Class)
 - Consecutive fitness classes (i.e. *Cardio Hip Hop* then *Boot camp*)
 - Lead a 30 minute warm-up and stretch for sport team practices
- Use these skills to lead any recreational fitness opportunity for children and youth