Youth Training & Fitness (Boys)

Teens on the Move Ages: (12-15)

# Instructor Information

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| Instructor  | Email | Class Location & Hours |
| **Lead-Austin** **Co- Stephen Rockette** | Srockette@ymcaswm.com | Weightroom/outdoors/gymBHSJ Y Fall, Winter, and Spring: Hours 5pm-6pm NB Y- Day and time TBD \*Check with Kristi before registering with the partnership |

# General Information

## Description

Youth Strength and fitness is a combination of cardiovascular exercise and strength training. This class offers a sampling of agility, cardio and strength training activities. Youth strength and fitness incorporates a combination of strength exercise that will provide your child with a fun, safe, and effective workout. This is a low/moderate level wellness program that will incorporate all major muscle groups and help students to understand proper lifting technique, form, and endurance/strength training.

## Expectations and Goals: (circle one):

10 question quiz (Grade)

85% of class attendance

# Course Materials

## Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)

N/A

## Optional Materials (provided by student/family)

Weightlifting gloves- if needed

Knee/ankle wraps or tapes- if needed

Students should wear proper athletic clothing i.e. shorts, comfortable fitting shoes

Student should bring water bottle

| Week | Topic |  |  |
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| See attachment |  |  |  |
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# Course Schedule

# End of Semester evidence of learning:

* **Score 70% or more on written exam.**
* **Understand and know the function of the Major muscle groups**
* **Understand and know exercises for Major muscle groups**
* **The ability to demonstrate resistance training with proper form, technique, and breathing**
* **The ability to demonstrate how to safely use both Cardio and Weightlifting exercise equipment.**