

Become a Certified YOUTH FITNESS SPECIALIST!!

Youth sports are serious business. There is a great need of youth trainers to help them stay active and improve agility. If you have a passion for shaping young minds and bodies, this certification is for you.

What You'll Learn From This Course

Our course material is continually updated so you can be sure you're receiving the most accurate and up-to-date information available:

- Apply the principles of pediatric and adolescent growth, metabolism, muscle anatomy, biomechanics, training, and adaptation principles to create appropriate workout programs for children and teens based on fitness level and goals.
- Measure the body composition of a young client and classify the results according to the youth physical development guidelines.
- Develop a comprehensive exercise program that utilizes Adaptive Programming principles and techniques to address the fitness requirements of a young client.
- Apply the sports psychology principles for young clients.
- Incorporate the knowledge of energy and growth needs, nutritional content of food, and the food pyramid to facilitate replacement of unhealthy foods in a client's diet with nutritious foods.
- Identify the causes of overtraining and injury and incorporate injury prevention into the training program.
- Identify a situation when it is necessary to seek out a doctor's assistance with exercise design and/or injury needs.

Your New Career as a Specialist in Youth Fitness Starts Here

Dr. Hugh D. Allen stated in USA Today that 30 million of today's youth in the US will die of heart disease as adults. Additional health problems have all been linked to childhood obesity and lack of fitness in today's youth. As a result, youth fitness training is one of the fastest-growing segments in the health club and fitness industry. In addition, youth sports are a booming industry, starting as early as 5 years old in hopes of a college scholarship. Parents are willing to invest significant time and resources to help their kids get an advantage.

- Study at your own pace with flexible, online learning to fit your busy schedule.
- Pass your certification exam online wherever you're most comfortable.
- Rest easy with great customer support before, during and after your certification.

How the ISSA Youth Fitness Certification Works

About the International Sports Science Association (ISSA): Since, 1988, The ISSA is the world leader in fitness education and delivers comprehensive, cognitive and practical distance education for fitness professionals, grounded in industry research, using both traditional and innovative modalities. Founded by leading fitness researchers, PhDs and elite practitioners, the ISSA now offers 24 fitness certifications and has certified over 400,000 trainers in 174 countries.

We know that balancing your studies with an already busy schedule can be a challenge, which is why we designed a flexible, self-paced online course schedule that allows you to study when, where, and how often you'd like.

1. **Get Instant Access and Start Studying Right Away**
Access your digital textbook online. With 1-2 hours of studying per day, most students finish in just 8-10 weeks. Feel free to study at your own pace.
2. **Complete Quizzes and Test Your Comprehension**
- We offer multiple online practice quizzes throughout the course to completely prepare you for the final exam and for real life coaching and helping.
3. **Take the Open-Book, Untimed Final Exam from Anywhere**
- You read that correctly - the final exam is online, open-book, untimed, and can be completed over multiple sessions! You can even go back and change any answer, at any time, before you submit your exam. If you don't pass the first time, we even allow you to re-take the exam.

What You'll Get With This Course

1. Online Study Guide and Workbook

This online handy reference guide walks you through the course unit-by-unit, allowing you to gain a better understanding of personal trainer concepts.

Online Course Textbook (Downloadable & Printable)

Youth Fitness is a 273 page book that includes everything you need to earn an ISSA Youth Fitness Certification. The course material is continually updated with new information so you can be sure you're receiving the most up-to-date information available.

2. Online Exercise Lab

ISSA and Hyperstrike provide you with an exclusive online exercise lab with over 250 animated exercises. 3D animation and three different angles ensure that proper form and technique are a breeze!

3. Practice Exam and Section Quizzes

- The practice exam and quizzes test your understanding of the materials; so while you're reading you're preparing for the exam at the same time.
- 9 sets of quiz, 20-35 questions/ set.

4. Online and Home Study Exam:

- ISSA's certification exam solidifies your proficiency as a fitness professional. Choose a paper-and-pencil exam or utilize our secure online testing portal. One No-cost Retest (if necessary).
- 50 Multiple-Choice Questions, 13 Short Answer, 1 Long Essay, 3 Case Studies

5. Online Student Forum

Our online forum is where you can post client or business challenges and receive guidance from our on-staff Master Trainers and members of the ISSA family worldwide.

Plus Bonus Support After Your Exam...

6. Free Professional Website

All ISSA members get a free website to support their personal trainer careers online. Five pages of professionally designed, easily editable, fully hosted content is included. Choose from nine designs and put your best face forward online! To learn more about this benefit, click: <https://www.issaonline.com/free-website/>

7. Unlimited Educational Support

All ISSA students have access to unlimited educational support. If you have questions about the course materials, our on-staff professors can guide you through.

Our online forum is where you can post client or business challenges and receive guidance from our on-staff Master Trainers and members of the ISSA family worldwide.

Course Author: Thomas Fahey, Ed.D

Thomas Fahey received his doctorate from the University of California, Berkeley in 1972. He earned his bachelors and masters degrees at San Francisco State University, where he was an All-American discus thrower and competed in power lifting competitions. He currently is professor of Physical Education and Exercise Science at California State University, Chico, where he teaches exercise physiology and helps to coach discus throwers.

Dr. Fahey has authored 15 books on exercise physiology, wellness, and strength, and hundreds of articles for scientific journals and bodybuilding and fitness magazines. He serves as a coach at the John Powell summer throwers camp at Dennison University in Ohio and is a world-class masters track and field athlete, competing in the discus and hammer throw. He won five United States national championships, two gold medals in the World Games, and two silver medals in the Masters Athletics World Championships.

Frequently Asked Questions:

1. Pre-requisite?
Must be 18 year old and have proof of current CPR/AED certification
2. What is required to get my certificate?
You must meet the following:
 - Submission of all course quizzes
 - a score of 75% or better on all sections of the final examination
 - Proof of current Adult CPR/AED certificate
3. Is there any deadline for the exam?
You must take the exam within 8 months or you will have to pay a \$10 a month extension fee (up to four). After certified, you can still visit the course materials as long as you have an account with ISSA.
4. What happens if I fail my examination?
If you fail any portion of your Examination, you will be offered the opportunity to resubmit that portion of the examination, free of charge. (This is known as your second attempt at the examination.) Each retest beyond the second attempt (e.g., third attempt, fourth attempt, etc.) will incur an administrative fee.
5. Is there an expiry date for the certification?

ISSA trainers are required to renew their certification every 2 years. This process consists of a renewal fee, updated CPR/AED certification, and documentation stating the completion of 20 Continuing Education Units (CEUs). (Please note, fulfillment of this specification is required of trainers only after they have received certification through ISSA. CEUs are not a prerequisite to receiving certification.)

All ISSA Professional Trainers maintain their professional status by:

- Submission of the CE Report Form and accompanying documentation of acceptable CE hours completed during the previous 2-year certification cycle. These documents can be uploaded online at: ISSAtrainer.com, under My Account.
- Proof of a valid Basic Adult CPR/AED certification.
- Payment of renewal fees.

6. Renewal Fee

- \$0 if all 20 CEU credits are obtained through ISSA
- \$99 if CEU credits were earned outside of ISSA
- Late Fees: \$40 (3 - 6 months late), \$50 (6 - 12 months late)
- All renewal fees are non-refundable

7. Table of Contents for ISSA Youth Fitness Textbook

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Information displayed above is correct during time of publishing and may subject to change without prior notice.