



KIDS DEVELOPMENT SPECIALIST

8 REPSSA ENDORSED CPD POINTS | REPSSA

COURSE DURATION: 1 WEEKEND

ONLINE | SHORT CONTACT COURSE

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entry requirements

If you hold a fitness qualification or exercise science qualification you will:

Receive a certificate of achievement | Be able to use this qualification to train clients

If you do not hold a fitness qualification or exercise science qualification you will:

Receive a certificate of attendance | Not be able to use this qualification to train clients

course overview

Physical activity is vitally important to ensure proper development of the body and mind in children. The Kids Development Specialist course outlines the differences between training children as opposed to adults.

Fundamental differences in the anatomy and physiology of the child's body are discussed as well as the importance of physical activity to ensure proper development of both body and mind. This course focuses on age groups ranging from toddlers to teenagers.

Although all the essential theoretical concepts are covered, this course is very practical in nature. You will cover all the fundamental movement skill areas and come away with lesson plan ideas for children of all ages.

campuses/study modes

CONTACT COURSE	Johannesburg, Cape Town, Durban, PE, Nelspruit, Potchefstroom
ONLINE	Attend online workshops

course resources

- Contact course with online assignment submission
- Learner guide
- Hard copy manual
- Additional online resources videos
- Online Tutor support

accreditation

- 8 REPSSA endorsed CPD points
- HFPA Certificate of Achievement/Attendance

subjects & modules

KIDS DEVELOPMENT SPECIALIST CHAPTERS

- 1 Introduction
- 2 Guidelines For The Growing Child
- 3 The Benefits Of Physical Activity
- 4 Exercise Considerations
- 5 Child Nutrition
- 5 Designing An Exercise Programme
- 6 Practical Components
- 7 Principles And Guidelines For Constructing A Lesson Plan
- 8 Examples Of Equipment Which Can Be Utilised

learning outcomes

Successful learners will be able to:

- Broaden the range of clients you can appeal to by acquiring the skills needed to work with children
- Have the potential to train not only one on one, but also parents and children

learning pathways

- Jr Youth Fitness Programme
- Per and Post Natal Instructor
- Group Exercise Instructor

description of modes of delivery

SHORT CONTACT COURSE

We offer the largest selection of Continuing Education and Specialisation programmes to the SA Fitness industry. Our wide range of courses will assist you to expand your expertise, earn your CPD points and broaden your scope of services. All of our short courses conveniently take place on weekends. Our short course tutors are of the highest calibre, and our facilities are state of the art.

contact details

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