



Kids Development Specialist

Short Course



Duration: 1 Weekend



8 REPSSA endorsed CPD points



Admission 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



Registered: REPSSA



Modes of delivery: Contact, Online



Subjects and Modules

KIDS DEVELOPMENT SPECIALIST CHAPTERS

- ▶ Introduction
- ▶ Guidelines For The Growing Child
- ▶ The Benefits Of Physical Activity
- ▶ Exercise Considerations
- ▶ Child Nutrition
- ▶ Designing An Exercise Programme
- ▶ Practical Components
- ▶ Principles And Guidelines For Constructing A Lesson Plan
- ▶ 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



Other courses you might be interested in

- ▶ **Pre- and Post Natal Instructor**
- ▶ **Group Training Specialist**
- ▶ **Pilates Mat Instructor**