

Developing Fit Futures:

Exercise for Children and Adolescents

By Dr Ian Boyle

Developing Fit Futures explores:

- Guidelines for running physical activity programs for young people in fitness and leisure centres
- Duty of care: considerations when working with children
- Stages of growth and development
- Fundamental movement skills
- Major types of injuries that are commonly associated with different stages of development
- Assessing client fitness levels
- Age specific exercise prescription for children and adolescents
- Teaching tips and techniques for fitness professionals working with children
- Nutrition for strength training

Upon successful completion, course participants will:

- Have the tools to conduct a pre exercise screen and health check
- Understand the difference between chronological and developmental age and how this will affect programming
- Know the effect of not learning fundamental motor skills by the time they reach the end of primary school
- Be able to structure lessons and student interaction by using the three domains of development
- Know the common injuries and imbalances found in young athletes
- Be able to provide advice on alternate options for participants who are unsuitable for planned exercise
- Understand how to take data from fitness tests to write a fitness program appropriate to your clients fitness development
- Know the training guidelines for children and adolescents including: exercise choice, order, intensity, training sets, recovery and velocity

Course Creator Bio

Dr Ian Boyle worked at Sydney University lecturing in the field of Human Movement where he taught sport minded people to become PE and Outdoor Education teachers. He had previously worked as the coordinator of the outdoor education department at Scots College Glengarry in the Kangaroo Valley, NSW, a position he held for 17+ years. He uses adventure-based training methods to enhance the fitness and psychological strengths of his students and is an avid kayaker, rock climber and mountain bike rider.