

Learn to lift with the BIG KIDS

And the little kids, too.



HOW YOUNG IS TOO YOUNG FOR THE WEIGHT ROOM?

Children and adolescents provide a natural market for personal trainers. But how *exactly* do kids fit into the grown-up world of calf raises and tricep pushdowns? How young is too young for the weight room? How many reps are too many for the underdeveloped neuromuscu-

lar system? The answer to these and many other “children-and-training” questions can be found in ISSA’s comprehensive Youth Fitness Trainer program. Is he ready to lift with the big kids? Find out from ISSA. We know a lot about youth fitness. In fact, **we wrote the book on it.**

YFT Curriculum

Unmatched by any other certification organization, ISSA’s youth fitness curriculum includes:

- Youth Fitness Trainer: The Complete Guide to Sports and Fitness for Kids and Teens**
- Fitness For Kids and Teens**
- YFT Workbook and Study Guide**



Course Author, Dr. Thomas D. Fahey



Former youth sport and university team coach Thomas Fahey, Ed.D. received his Doctorate from University of California, Berkeley, specializing in exercise physiology and motor development.



A college All-American track and field athlete, Dr. Fahey continued to pursue athletic excellence after graduation and succeeded as a five-time US masters national champion in the discus, two-time gold medal winner in Master’s World Games, and two-time silver medal winner in Master’s World Track and Field Championships.



Dr. Fahey has authored 15 books on exercise physiology, wellness, and strength, and has contributed to hundreds of scientific journals and bodybuilding and fitness magazines.



International Sports Sciences Association
The World Leader In Fitness Certification—Since 1988

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ISSA’s Youth Fitness Trainer Program
www.FitnessEducation.com 1.800.892.4772

Expand your market into the segment of our population most in need of fitness training.

Learn proven **training methods** that can transform the quality of life and health for young people.

Help **overweight kids** lose weight and keep it off.

Help kids develop a **winning attitude**.

Learn the principles of **sports nutrition** for young people.

Generation: Y_(FT)

As many trainers are now discovering, youth fitness is one of the fastest-growing segments in the fitness industry. Countless studies show that children today are in worse shape than at any other time in recent history. The CDC warns that the number of overweight youth has increased substantially in past decades and continues to rise. In a recent *USA Today* article, Dr. Hugh D. Allen stated that 30 million of the 80 million kids alive today in the USA will die of heart disease as adults, unless current trends change. Despite these facts, schools across the nation spend less and less money on physical education each year. Since schools are doing nothing to combat this problem, we feel that personal trainers are in an ideal position to provide the solution.

Personal trainers have an impressive array of fitness knowledge. But young people benefit most from a personal trainer who not only has a general understanding of crucial training principles, but also specific knowledge of how these principles pertain to youth.

ISSA's Youth Fitness Trainer Program is an outstanding certification course designed to provide personal trainers with all the essential tools to train kids and teens, and the necessary credentials to reduce lingering issues of liability. This comprehensive program provides trainers with the knowledge and credibility they need to effectively instruct young people. With a certification in ISSA's YFT course, trainers can become experts in the field of youth fitness—competent professionals, able to transform our children into a healthier, stronger generation.

What will I learn from the YFT Curriculum?



When you enroll in ISSA's YFT program, you will receive a comprehensive course textbook, study guide, and supplemental reading material written by noted textbook author, world-champion athlete, and fitness and health expert Dr. Thomas D. Fahey.

Youth Fitness Trainer: The Complete Guide to Fitness for Kids and Teens

Basics of Exercise Physiology

Growth and Development • Metabolism • Cardiovascular and Pulmonary Exercise Physiology • Muscle Physiology Temperature Regulation • Exercise in the Heat and Cold Obesity in Children and Measuring Body Composition

Designing Training Programs for Children

Principles of Training and Adaptation • Endurance Fitness Flexibility • Muscle Strength • Jumping and Plyometrics Power and Speed • Structuring The Program

The Psychology of the Young Athlete

Helping The Child Enjoy Sports and Physical Activity Psychology of the Champion

Sports Nutrition

Nutrition For Health And Performance • Ergogenic Aids: Drugs And Supplements

Children and Athletic Injuries

Preventing Injuries • Common Injuries in Children's Sports

Fitness Assessment

Assessing Fitness in Children

YFT Workbook and Study Guide

The YFT Workbook and Study Guide serves as a resource companion to the main text, helping you to better understand the content. Follow along with the workbook—you will cover all of the main topics of the course text and be well prepared for the course exam.

Fitness for Kids and Teens

Excellent supplemental reading to the main textbook, *Fitness for Kids and Teens* targets both athletes and non-athletes with topics such as coach-athlete relationships and exercise habits that foster good health.



How is the program structured?

ISSA's YFT certification course is an independent study program. Everything you need to know about youth fitness is contained in the materials provided. You complete the course at your own pace! ISSA also provides you with access to our toll-free technical and educational support line. If you have any questions about any topic in the course material, just give us a call. This invaluable support and assistance is available to you while you study, while you test, and even after you become certified!

How do I complete the course?

Your independent study examination is included in the YFT package. Complete the examination when you feel comfortable with the course material. When you pass the exam, you will receive certification. It's that simple!*

* Please note: valid CPR certification is required before ISSA issues certification for any course. The Red Cross and other organizations offer certification in CPR. Please call 800.892.4772 with questions.

How much does the program cost?

\$595.00 covers the cost of certification, including the course textbook, study guide, *Fitness for Kids and Teens* resource text, and on-going technical and educational support. There are no hidden costs!



How do I enroll?

Call **800.892.4772** It will just take a few minutes to process and complete your application over the phone. Our knowledgeable and courteous staff is always available to assist you.

Send enrollment application by mail to 1015 Mark Avenue • Carpinteria, CA 93013 or by fax to 805.745.8119

Log on to www.FitnessEducation.com

Student Information

Name _____ date _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ day _____ eve _____
 Email _____
 Organization _____
 How did you hear about ISSA? _____

Cost of the Program

Course Materials and Tuition	\$595.00*
Shipping & Handling	\$20.00*

Group discounts available. Call for details.

Payment Information

Money Order Check# _____

   

_____ Credit Card # _____

_____ Exp. date _____ Total to be charged to card _____

_____ Cardholder _____

_____ Signature _____

Complete and Return to

**ISSA • 1015 Mark Avenue
 Carpinteria, CA 93013
 Fax: 805.745.8119**

* All prices in US dollars and subject to change without notice. The \$20 shipping and handling fee applies to the continental US only. For all other areas, please call for exact shipping cost. Refunds granted within 30 days of date of purchase by written request, provided that all course materials are still in new condition. A \$50.00 administrative fee plus shipping costs will be deducted from all refunds. The cost of materials will also be deducted if materials are damaged or written in.

