

9. Physical Training (PT). The following is information provided by the Aerobic and Fitness Association of America on Youth Fitness Programs. Fitness professionals recommend the following:

a. Children should have a physical exam prior to participation in an exercise program.

b. Ages 6-8.

1) Focus on increased body awareness, rhythm and coordination, music, memory, further development of motor skills, and hand-eye coordination. A circuit format is ideal for this age group since attention span is short. Include a variety of exercise stations to challenge the individual and isolate different body parts.

2) Encourage activities that include multi-impact movement in combinations to help develop rhythm and muscle memory. Cooperative games are educational too. This age group can benefit from more complex obstacle courses, which incorporate the use of large muscles, locomotive skills, visual perception, spatial awareness, and cognitive and motor functions.

3) Introduce participants to basic sports skills.

b. Ages 9-11.

1) Design a program to increase physical skills. Combine movement sequence, cardiovascular condition, muscle strength and endurance, flexibility, agility, and balance.

2) Include cooperative games, which enhance social skills and group play (sportsmanship).

3) Introduce fun, low-impact aerobic exercise programs.

c. Ages 12-18.

1) Stress the components of physical fitness.

2) Circuits and advanced obstacle courses are appropriate.

REGISTERED ADULT MANUAL

- 3) Individual and team sports will interest this age group. Instructors may focus on developing sports skills.**
- 4) Introduce more challenging movement patterns for low-impact aerobic exercises. Include progressive strength-training program.**
- 5) Gradually increase intensity and duration of aerobic portion of class until minimum adult standards are met.**
- 6) For older participants, instructors may choose to focus on advanced sports skills and strategies.**