

Kids Fitness Curriculum

Instructors: Dan & David Cenidoza
Ages 11+ on Tues 5pm, Thur 6pm
Ages 6-10 on Tue 6pm, Thur 5pm

Each week to include a 5-10 min huddle on the subjects below. Talking points in italics are included in the lessons for the older kids only.

1. Importance of exercise

1. Healthy heart / protection against cardiovascular disease (#1 cause of death in US)
2. Strong muscles and bones
3. Healthy body composition / weight management, body fat percentage
4. *Mental Health - endorphins, stress relief, cognitive functioning*
5. *Immune System - improved resistance to illness, recovery ability*
6. *General Health - also aided by natural sunlight, fresh air and good relationships*

2. 5 Components of Fitness

1. Muscular Strength
2. Muscular Endurance
3. Cardiorespiratory Efficiency
4. Flexibility
5. Body Composition

3. Different kinds exercise

1. Strength - resistance training / lifting weights
2. Cardiovascular - aerobic training / running, swimming, biking
3. Flexibility - stretching / yoga
4. *Agility - ability to start, stop and change direction quickly*
5. *Sports Specific - drills sport coaches use to improve a players performance*

4. Safety in the weight room

1. Proper exercise technique

2. Listen to your coach
3. No horseplay / running, ball playing, wrestling
4. *Focus - pay attention!*
5. *Proper programming - including warm up, balanced workouts and adequate recovery*

5. What to expect

1. Individual fitness - people have different starting points
2. Comparisons - compare yourself to the you of yesterday, not someone else today
3. Consistency is key
4. *Muscle & Bone density peak in the mid-30's*
5. *Dan started training at 19 and won the MD Strongest Man at 30 years old.*

6. Equipment

1. Barbells & plates, dumbbells, kettlebells, bodyweight, machines, pulley's, odd objects, grip tools
2. *Pros & Cons of each*

7. Training variables

1. Repetitions - how many times you do an exercise
2. Sets - groups of repetitions
3. Intensity - how hard it is to do an exercise (can be measured by perceived effort or percentage of max)
4. *Frequency - how many days per week*
5. *Density - rest periods in between sets*

8. Progression

1. Heavier weight
2. More reps
3. Skill Mastery
4. *Less rest*
5. *Increased Range of Motion*

9. Effort

1. Improvement
2. Failure
 1. Learning
 2. Growth
3. Quitting
 1. Permanent
 2. No chance of success

10. Exercises

1. Pushing & pulling
2. Upper Body & Lower Body
3. Horizontal & Vertical
4. *Bi-lateral vs unilateral*
5. *Multi-joint vs isolation*

11. Anatomy of lifts

1. Pushing & Pulling muscles
2. Core
3. *Anterior & Posterior chain*

12. Movement

1. "Grinds" vs "Ballistics"
 1. Slow & controlled vs quick & explosive
2. Range of Motion
3. *Planes of movement (frontal, transverse, sagittal)*

13. Programming

1. Training vs exercising
2. Cycles - Micro, macro, mesa-cycles (aka 6-week, 6-month, 1-4 year)
3. Peaking & deloading

14. Healthy eating habits

1. Drink plenty of water
2. Eat protein and vegetables
3. Limit your sugar intake
4. *Essential nutrients - vitamins, minerals, amino acids & fatty acids*
5. *Different color vegetables = different vitamins and minerals*

15. Understanding calories & macronutrients

1. Carbohydrates (4 kcal per gram) - the body's preferred fuel source
 1. *Glucose & glycogen*
2. Protein (4 kcal per gram)- building blocks of muscle
 1. *Amino acids 20 for a complete protein (9 essential)*
3. Fat (9kcal per gram) - healthy & unhealthy varieties
 1. *Aid in certain body processes like metabolism & hormone production*
 2. *Cell membranes made of lipids*
 3. *Avoid artificial fats (i.e. trans fats & hydrogenated oils)*

16. Self Discipline

1. Self control of feelings, desires, behaviors; usually for personal development
2. The ability to make yourself do things that should be done
3. The ability to persist at difficult or unpleasant task until they are completed

17. Listening to your body

1. Pain of injury vs discomfort of exercise
 1. *Sharp stabbing pain or burning sensation*
2. DOMS - what is it and what to do about it?

18. Breathing

1. Diaphragmatic
2. Bracing
3. Power Breath

19. Stress & recovery

1. Exercise is stress to your body. It is a good stress called eustress.
2. You must get enough sleep to recover from exercise and have the energy to do it.

20. Goal setting

1. Short term (less than 30 days)
2. Medium term (3-6 months)
3. Long term (1 year or more)
4. *Lifetime goals*
5. *S.M.A.R.T. goals*

1. *Specific*

2. *Measurable*

3. *Attainable*

4. *Relative*

5. *Timeline*

21. Screen time

1. 5-10 min break every hour (minimum)
2. Posture “text neck” and “turtle back”
3. Garbage in = garbage out

22. Mindset

Pay attention to your thoughts, words and behaviors (remember garbage in = garbage out)

1. What you say (to others)
2. What you think (self talk)
3. Body Language

23. Training Partners

1. Spotting
2. Encouraging
3. Accountability

24. Weight Lifting Sport & Recreation

1. Olympic weightlifting (snatch, clean & jerk)
2. Powerlifting (squat, bench press, deadlift)
3. Strongman (odd objects)
4. Kettlebell Sport
5. Bodybuilding & Strength Training

25. Aerobic vs anaerobic

1. Energy System continuum
2. Aerobic (with oxygen) - low intensity & long duration
3. Anaerobic (without oxygen) - high intensity & short bursts

26. General Physical Preparedness

1. Cardiovascular efficiency
2. Optimal flexibility
3. "Stronger than yesterday"