



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF GREENSBORO TEEN FITNESS ORIENTATION PROGRAM

A Program Manual
for Youth Exercise,
Basic Exercise Guidelines
and Resistance Training
Principles

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COURSE OVERVIEW

The Youth Fitness Orientation program at the YMCA of Greensboro is a multi-dimensional course that teaches youth ages 14-15 the importance of basic exercise guidelines, gym etiquette, and safety. The course's main focus is to provide a safe, non-competitive, and inviting gym-learning experience for today's diverse group of children. With today's staggering child obesity statistics, reduced P.E. requirements in the educational system, and the rise in youth sports programs, children need to be taught safe, active, and healthy lifestyles, more so now, than in the past. An influential impact needs to be addressed to bridge the gap between children who are sedentary and those who have a misguided athletic promise.

YMCA of Greensboro has revised and streamlined the Teen Fitness Orientation to allow youth members to access the program at their pace and according to their schedule.

This program teaches youths (ages 14-15) how to work out safely in the Wellness Center. Parents/youths will both benefit from this program in several ways:

- Youth ages 14 to 15 will be able to work out in the Wellness Center, without parental supervision, throughout all YMCA of Greensboro branches upon completion of this training.
- The program provides a non-competitive teaching experience for youth who may not participate in sports but want to work out in the Wellness Center.
- The program provides a measure of education, security, and safety concerns for the parents, the youth, and the YMCA as a whole.
- Enables youth, at an early age, to gain good habits toward a healthy lifestyle.

PROGRAM OUTLINE

This program includes a home study manual with video, an on-line written exam and in-person practical exam. The following information can be accessed on the YMCA of Greensboro website at www.ymcagreensboro.org:

- Program Manual
- Videos
- Online Exam

PROGRAM COMPLETION

The online exam includes a basic proficiency of the information learned in the home study portion and is taken on the honor system. A passing score of 80% or higher is required before the practical exam will be scheduled. Upon passing the online exam, the youth member will be contacted within 3-5 days to schedule a time for the practical exam. This is where the youth member will demonstrate proper usage of all the fitness equipment covered in the home study and video. The practical exam is graded as pass or fail.

[A Youth Waiver must be signed by the parent and be on file at the Wellness Center before taking the practical exam.](#) Upon passing both exams, the youth member will be given a lanyard or wrist band to wear showing access to the Wellness Center at their home YMCA as well as all other YMCA of Greensboro branches.

PARENT ACKNOWLEDGEMENT

Attention Parents: Please read and sign at the bottom

TESTING FOR PROFICIENCY

The Teen Fitness Orientation Program exam involves testing the knowledge and fundamental skills of the students who wish to be granted Wellness Center privileges.

The two-part test is primarily multiple-choice that reiterates the information the students have learned. In the online exam, students must show they understand basic muscle anatomy and basic exercise guidelines. The student should also understand the importance of proper gym etiquette.

In the practical exam, wellness staff will individually test each student in the Wellness Center. Students must be able to show safe gym etiquette and applied knowledge of both machine and free-weight exercises. The practical exam is the most critical part to the testing process.

***Passing the practical exam is solely based on the trainer’s evaluation of the student’s knowledge.**

SPECIAL TESTING CONCERNS:

The point of the course is to show proficiency in the Wellness Center, not just on the paper solely. For example, a student may get a 100% on the written exam, but fail the practical exam.

Unfortunately, the student may not receive an overall passing grade due to lack of applied knowledge and safety concerns. If a student fails the course, the student may be given an additional week to study and re-take the online or practical exam.

Parent initial: _____

Future Feedback

The Teen Fitness Orientation Program provides a foundation of knowledge that may be used for future fitness goals, motivational skills, discipline, and other aspects of life. In addition to the course, participants are also encouraged to get involved in other YMCA programs, such as YMCA teen clubs, sports, and other youth programs. This helps the participants to continue to grow, understand, and achieve various fitness goals, and leads to an overall healthier lifestyle and positive outlook on life.

Parent Signature _____

Date _____

FITNESS TERMINOLOGY

Repetitions/ Reps

The number of repeated motions of an exercise. For example – 15 pushups.

Sets

The group or repetitions conducted during an exercise. For example – two sets of 15 push-ups means you will perform 15 push-ups two times total, resting between each round. In total, you will be doing 30 push-ups.

Range of Motion (ROM)

The full movement potential of a joint.

Muscular Balance

Equal working of opposing muscle groups or equal working of both sides of the body. For example - chest/back or right arm/left arm.

Endurance Training

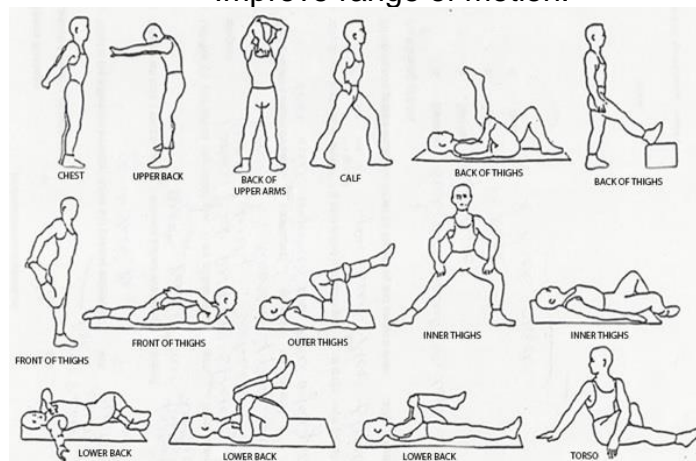
Muscular endurance training is best for athletes who repeat a movement over and over such as runners, cyclists, or rowers. Endurance training consists of 15-20 reps or more at a controlled speed for 1-3 sets with lighter weight. Endurance training has short periods of rest.

Strength Training

This type of training is for people who want to improve strength, build lean muscle, and reduce fat. Strength training consists of 8-12 reps for 3-5 sets with heavier weight. This type of training requires rest periods of at least 30 seconds between sets.

Stretching

Extending muscles with a consistent hold position to Improve range of motion.



BASIC EXERCISE GUIDELINES

The key components of fitness include: cardiovascular, muscular strength, muscular endurance, flexibility and body composition.

Warm-Up Use cardiovascular equipment or aerobic exercise to warm muscles and elevate heart rate. Duration is 5-10 minutes prior to exercise.

Cardiovascular Training Recommended 3-5 times per week, minimum of 15 to 60 minutes per workout to see improvement. Exercise is performed at 60-80% of maximum heart rate. (Rating range from 5-8) See chart below.

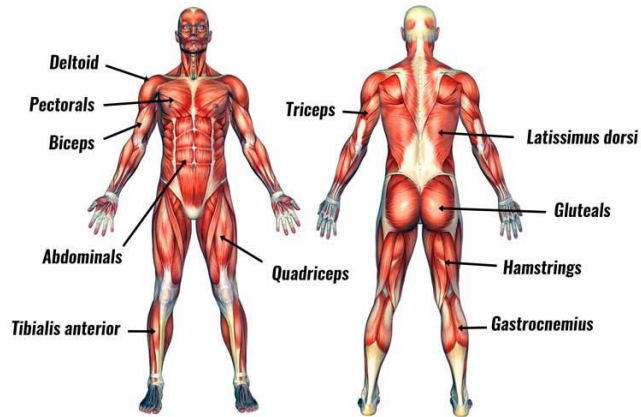
RATING	EXERTION LEVEL	TALK TEST	% OF MAX HR
10	DIFFICULT TO CONTINUE, ABLE TO MAINTAIN ONLY 10-30 SECONDS	CAN'T TALK, GASPING FOR BREATH	86% - 100%
9			
8	UNCOMFORTABLE TO CONTINUE, BUT ABLE TO MAINTAIN FOR 5-10 MINUTES	BROKEN SENTENCES, HEAVY BREATHING	76% - 85%
7			
6	EXERCISE IS TOUGH, BUT ABLE TO MAINTAIN FOR AT LEAST 30 MINUTES	ONLY ABLE TO COMPLETE 1-2 SENTENCES, MODERATE SHORTNESS OF BREATH	61% - 75%
5			
4	COMFORTABLE TO MAINTAIN FOR AT LEAST 60 MINUTES	TAKES MORE EFFORT TO TALK, SLIGHT SHORTNESS OF BREATH	51% - 60%
3			
2	COMFORTABLE TO MAINTAIN FOR AN EXTENDED PERIOD OF TIME	NORMAL TALKING AND BREATHING	40% - 50%
1			

Resistance Training In order to see improvement, exercises should be done 2-3 times per week. For general muscular improvement, 2-3 sets per exercise, 8-15 repetitions per set. Work larger muscles before smaller muscles (i.e. chest before arms). Use slow and controlled speed during movements. Be sure to give muscles 48 hours to recover before working them again.

Flexibility Training Always warm up before stretching to prevent injury. It is recommended 4-7 times per week to see improvements. Perform light stretching (hold stretch for 30 seconds) for all major muscle groups.

MUSCLE IDENTIFICATION

Below are some of the major muscles you will want to exercise. You can find exercises for these muscles on the following pages.



MUSCLES AND EXERCISES: UPPER BODY

Pectorals - Chest Muscles

- Pushups (bodyweight)
- Bench Press (free weight)
- Chest Press (machine)

Latissimus Dorsi - Back Muscles

- Pull Up (bodyweight)
- Lat Pull Down (machine)
- Seated Row (machine)
- Back extension (machine)

Deltoids - Shoulders

- Reverse Burpees (bodyweight)
- Overhead Dumbbell Press (free weight)
- Shoulder Press (machine)

Biceps - Front of Arm

- Chin Ups (bodyweight)
- TRX bicep curls (bodyweight)
- Dumbbell Bicep Curls (free weight)
- Bicep Curl (machine)

Triceps - Back of Arm

- Triceps Pushups (body weight)
- Triceps Kickbacks (free weight)
- Rope Pull Down or Triceps Push Down (machine or cable)

MUSCLES AND EXERCISES: LOWER BODY

Quadriceps – Front of the Thigh

- Bodyweight Squat (bodyweight)
- Barbell Squat (free weight)
- Leg Press (machine)
- Leg Extension (machine)

Hamstrings – Back of the Thigh

- Hip Bridge (bodyweight)
- Dumbbell Back Stepping Lunge (free weight)
- Hamstring Curl (machine)

Glutes – Bottom

- Bodyweight Sumo Squat (bodyweight)
- Barbell Deadlift (free weight)
- Stairmaster (machine)

Adductors - Inner Thighs

- Lateral Box Step-Ups (bodyweight)
- Resistance Band Monster Walk (free weight)
- Hip Adductor (machine)

Abductors - Outer Thighs

- Sideways Leg Lifts (bodyweight)
- Dumbbell Lateral Lunge (free weight)
- Hip Abductor (machine)

Gastrocnemius – Calf

- Standing Calf Raise (free weight)
- Seated Calf Raise (machine)

FULL BODY WORKOUT EXAMPLE

Warm-Up: Elliptical - 10 minutes

Resistance Training: Leg Press - 3 sets of 10
Chest Press - 3 sets of 10
Dumbbell Deadlift – 3 sets of 10
Lat Pull Down – 3 sets of 10
Leg Extension – 3 sets of 10
Abdominal Work

RESOURCES

If you are ever unsure of what to do within your workout, the YMCA has several resources that may be helpful to you:

WELLNESS ATTENDANTS are always around the Wellness Center to answer any questions, show you how to use machines, and make sure that everyone is being safe.

PERSONAL TRAINING is available at all our locations. Personal Trainers can help structure personalized workouts to assist with your specific goals or athletic performance.

GROUP EXERCISE CLASSES are a great option if you prefer working out in group settings with a trained instructor. The YMCA offers classes such as BodyPump, Yoga, Zumba, Cycle, as well as lots other fun options for group fitness. Youth members 9 and older may attend yoga classes with a parent/guardian. 12 and older may attend cardio classes with a parent/guardian. Youth 14 and older may attend any group exercise class upon completion of the teen certification program without a parent/guardian present.

WELLNESS CENTER ETIQUETTE

YMCA CORE VALUES

The YMCA core values are honesty, respect, responsibility, caring and faith. All members are expected to use these core values while using the Wellness Center. Youth members that do not follow Wellness Center etiquette and use the core values, can lose their Wellness Center privileges.

WELLNESS CENTER ETIQUETTE

Respect is one of the YMCA's core values. Fitness etiquette is a code of behavior to help us respect the fitness equipment, and the other members in the gym when you are working out. Fitness Etiquette is important to maintain a healthy and safe environment for everyone.

RE-RACKING YOUR WEIGHTS

It is important to re-rack your weights in the correct place so other members can find them. If you leave your weights out, they could become a trip hazard, and someone could get injured.

CLEANING YOUR EQUIPMENT

After using a machine, you should wipe down all of the areas that your hands and/or body has touched using gym wipes or sanitizer and paper towels. Cleaning your machine after each use reduces the spread of disease and keeps you and other members healthy!

THROW AWAY YOUR TRASH

After you clean your machine, make sure to throw away the used paper towels and other trash you may have. Cleaning up your trash is a way of respecting others and keeping our facility clean for everyone to enjoy.

WEAR YOUR LANYARD/ WRISTBAND

As a teen, you will be required to wear an orange lanyard or wristband that will be provided to you upon completing this program. If you forget your lanyard, you may not be allowed to utilize the Wellness Center without a parent present.

GRAB A STAFF MEMBER

If you notice that a machine is broken, let a YMCA staff member know immediately. The faster we know about broken equipment, the faster we can fix it!

NO CELL PHONE USE IN THE WELLNESS CENTER

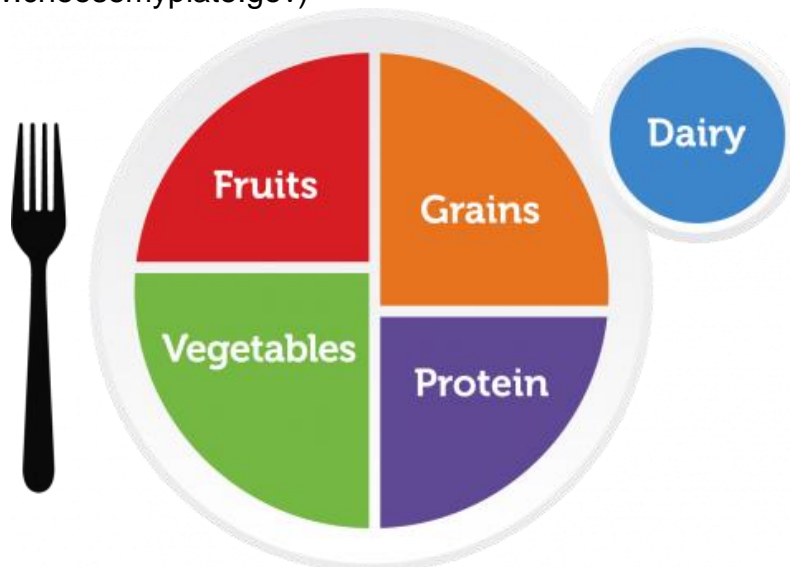
Talking on your cell phone in the gym is distracting to others and is not a way of respecting the common space. If you need to use your cell phone, step outside or into the hallway to make a call.

DO NOT DROP YOUR WEIGHTS

Dropping your weights is loud and disruptive. It also can be unsafe. Our facility does not have the proper equipment for dropping weights. Please set your weights down in a controlled and quiet manner.

IMPORTANT REMINDERS

- Exercising through a full range of motion (ROM) enhances strength and flexibility, as well as helps prevent injury.
- Abdominal and other core muscles are used each time that you do an exercise. Conditioning the abdominals last helps prevent instability and injury. You don't want to fatigue your core muscles before the rest of the workout.
- When you breathe in, your body takes in oxygen. When you exhale your body gets rid of carbon dioxide. Your muscles use oxygen as fuel to function; be sure to breathe during all exercise components for a safe and effective workout.
- Get plenty of rest to help your body recover and grow strong; give your body 48 hours between resistance training/weight training workouts (i.e., if you lift on Monday, wait until Wednesday for your next session).
- Drink lots of water to keep your body hydrated, flush toxins, lubricate joints, and keep muscles flexible. Water will help fuel you during your workouts and it helps maintain your body functions and operating systems while you are not working out.
- Eat healthy meals and snacks throughout the day to help fuel your workouts. Avoid junk food! Fruits, vegetables, whole grains, lean meat, and healthy fats will keep you strong and energized. (see image below for tips or visit www.choosemyplate.gov)



You're now ready to take the on-line exam, good luck! Upon completion, your practical exam will be scheduled and you will be well on your way to a new level of fitness.