



# BWI "Be Fit Kids" Instructor Certification

~ Learn how to implement the Be Fit Kids Program ~

Trocaire College has partnered with BWI National Health Promotion Training Institute to provide Continuing Education Training.

## BWI "Be Fit Kids" Instructor Certification

*(Learn how to implement an outcome-based health & fitness program for kids)*

This course trains facilitators to lead, implement and instruct students K-8 in an outcome-based, results-oriented behavior modification program intended to empower children to take personal responsibility for their health. This 4-hour training course is included lectures, interviews and expert advice. The program includes instruction for youth fitness assessments, health and nutrition education and wellness activities. Participants will develop the interactive team-building and leadership skills necessary for coordinating the "Be Fit Kids" program.

### LEARNING OBJECTIVES:

- Safely and effectively use standard fitness assessment protocols for children
- Know and demonstrate safe stretching and warm-up techniques
- Follow lesson plans from "Be Fit Kids" Instructor Manual for interactive health & fitness games
- Understand and effectively deliver "Be Fit Kids" program lessons & course components

### Course Requirements:

Participants must complete all lessons and pass an online final exam with 80% or better.

### Who should take this course?

- Health, Physical Education & Recreation Teachers
- School Nurses, OTs, PTs, OTAs, Athletic Trainers
- Recreation & Sports Leaders/Coaches
- Fitness Instructors & Personal Trainers

### Instructor CD/Power Point Topics:

- Taking Responsibility for Your Health for Kids
- Beginning Exercise Principles for Kids
- Eating Sensibly for Kids
- Say No to Drugs for Kids

- Learn HOW to implement a "Be Fit Kids" program
- Combine Wellness & Continuing Ed for your professional growth
- Develop new skills to deliver innovative health & fitness to kids



## REGISTRATION & CONTINUING EDUCATION UNITS:

Trocaire College *workforce Development*  
Lifelong Learning

716-827-4310

WorkforceDev@Trocaire.edu

www.Trocaire.edu/WD

### Registration Details:

Cost: \$299.00 per person (\$15.00 additional CEU fee)

#### Registration:

- Payment is due at registration.
- On-boarding details with username and password will be mailed to you with all course materials following receipt of payment.

#### Payment:

- Online registration at [www.Trocaire.edu/WD](http://www.Trocaire.edu/WD).
- To request registration via mailing/faxing, go to [WorkforceDev@Trocaire.edu](mailto:WorkforceDev@Trocaire.edu)

#### Refunds:

- No refunds.



### LEARNING PARTNERS

### CEU Details:

Educational Method: Lecture.

Assessment of Learning: 80% competency on final exam.

Level: Intermediate

Learning Partners has been approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 1760 Old Meadow Rd, Suite 500, McLean, VA 22102. (703) 506-3275. In obtaining this approval, Learning Partners has demonstrated that it complies with the ANSI/IACET 1-2007 Standard which is recognized internationally as a standard of good practice. As a result of their Authorized Provider membership status, Learning Partners is authorized to offer IACET CEUs for its programs that qualify under the ANSI/IACET 1-2007 Standard. ~ Learning Partners is recognized by the N.Y.S. Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. ~ Learning Partners is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 4.0-hours of Category 1-Essential continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. BOC Approved Provider Number: P3791. ~ Questions about OT/PT CEUs? Contact (716) 807-2289 or info@learningpartners2.com.



#### Specified Credit Hours: General

BWI Health Promotions is an "Approved Provider" for HR Certification Institute. The use of this seal is not an endorsement by the HR Certification Institute of the quality of the program. It means that this program has met the HR Certification Institute's criteria to be pre-approved for re-certification credit. For questions, go to [traininginstitute@bwhp.com](mailto:traininginstitute@bwhp.com); 800-606-7422.



#### CEUs Approved:

- 4.0 Contact-Hours
- HRCI CEUs (4.0)
- IACET CEUs (.40)
- OT PDU's (.50)
- NYS-PT CEUs (.48)
- BOC CEUs (4.0)