



Youth Strength & Conditioning Certification (YSCC)

Day 1: Fitness Testing & Fundamental Movement Skills (FMS)

08:30-08:45	Registration
08:45-10:00	Lecture: Youth Athlete Training System
10:00-10:15	Break
10:15-11:30	Practical: Youth Fitness Testing & Profiling
11:30-12:30	Practical: Warm-up Games
12:30-13:30	Lunch
13:30-14:30	Practical: Fundamental Movement Skills (FMS)
14:30-15:30	Practical: Gymnastic Shapes & Positions
15:30-15:45	Break
15:45-17:00	Lecture: LTAD & Peak Height Velocity (PHV)

Day 2: Exercise Library & Program Design

08:30-10:00	Lecture: Youth Athletic Development
10:00-10:15	Break
10:15-11:15	Practical: Power Exercise Library
11:15-12:30	Practical: Lower Body Exercise Library
12:30-13:30	Lunch
13:30-14:30	Practical: Upper Body Exercise Library
14:30-15:30	Practical: Core Stability
15:30-15:45	Break
15:45-17:00	Lecture: Program Design for Youth Athletes

Day 3: Speed & Agility Games

08:30-10:00	Lecture: Planning Youth Athletic Development
10:00-10:15	Break
10:15-12:00	Practical: Speed Games
12:00-13:00	Lunch
13:00-14:00	Practical: Agility Games
14:00-15:00	Practical: Conditioning Games
15:00-15:30	Break
15:30-16:30	Classroom: MCQ Exam
16:30	YSCC Group Photo