

**Preschool Fitness: How to Create an Effective Program
and Why it's Important to Start Now**
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Course Description:

This online course explains the health concerns affecting young children today – from childhood obesity and diabetes to risk factors for heart disease and stroke. Children as young as 2 need to start learning healthy fitness and nutrition habits from day one. Learn why and how to teach preschoolers, necessary class components and how kids differ from adults.

Course Objectives:

Students will be able to:

1. Identify the necessary components of an effective physical education program for preschool children
2. List the various medical, psychological, social and educational benefits of a suitable fitness program for preschool children.
3. Explain why it is vital that small children begin learning healthy lifestyle habits during the formative years in life
4. Construct a 30-minute fitness class for children ages 2-5

Audio/Visuals

Students will be required to view:

- 1 ½ hour lecture via MP4 on computer
- 10 short preschool classroom videos
- A 30-minute preschool fitness class in it's entirety
- Online tutorials from various sources

Students will be required to listen to:

- 10 preschool songs for homework purposes, downloaded from the internet

Course Outline

I. Understanding the Course

- A. Course Instructions
- B. Course Tips
- C. 24/7 Online Support

II. Syllabus and training notes. Each week you'll follow a schedule consisting of:

- A. Selected readings – Readings from online sources
- B. Notes for Exam – Points to highlight and remember for final exam
- C. View Class Clips – Watch class sections to see actual instruction with kids
- D. Training Notes – Main teaching points to remember for each week
- E. Homework to complete before moving on – Download songs, create routines

III. Final Exam – Work on it as you go

- A. Short Answer
- B. Short Essay
- C. 4-Part Card File
- D. Practical Application
- E. Personal Physical Fitness Assessment

IV. Teach an actual KID-FIT physical education class – Introductory session included upon completion of this course, all items fully downloadable

- A. Teaching Guidelines
- B. Program Materials
- C. Copyright and Terms and Conditions