

## EVER ACTIVE KIDS CHILDREN & YOUTH FITNESS MODULE

The Ever Active Kids – Children & Youth Fitness Module will provide the framework for developing quality leadership and physical activity programs for children and youth. The workshop will cover: children and adolescent development, exercise and activity adoption, adherence and attrition, how children differ from adults physically, psychologically, socially, morally and the implications when designing activities and programs, motivation theories, children and youth physical activity patterns, characteristics of exemplary leaders, and instructional aspects. This course is excellent for any exercise specialist interested in leading classes for children and youth. This course is also worth 12 AFLCA continuing education credits for certified leaders.

**Dates:** April 25 - 26, 2009

**Location:** Killarney Aquatic & Recreation Centre

**Times:** TBA

**Registration Fee:** \$200.00

**Registration Deadline:** April 15, 2009

### HOW TO REGISTER:

**By Mail:**

Provincial Fitness Unit  
c/o AFLCA  
Faculty of Physical Education & Recreation  
University of Alberta, Edmonton, AB T6G 2H9  
(780) 492-4435

**In Person:**

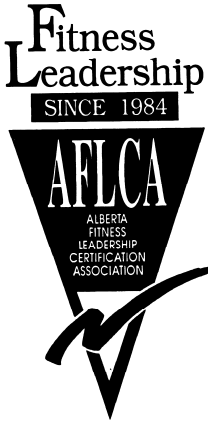
Drop off your registration at  
the AFLCA Office,  
Provincial Fitness Unit  
Percy Page Centre,  
3<sup>rd</sup> Floor, 11759 Groat Road

**Please make cheques payable to the AFLCA.**

**By Fax:** (780) 455-2264 (please include your visa or mastercard number)

### CANCELLATION POLICY:

All cancellations must be received postmarked before the registration deadline. An administration fee of \$20.00 will be withheld from your registration fee. No refunds after the registration deadline.



**EVER ACTIVE KIDS  
CHILDREN & YOUTH FITNESS MODULE  
Registration Form (please print)**

Name: \_\_\_\_\_ AFLCA ID#: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov. \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ (H) \_\_\_\_\_ (W)

Email: \_\_\_\_\_

I wish to register in the \_\_\_\_\_ course.  
(insert dates of course)

**PAYMENT OPTIONS:**

**By Mail:**

- Cheque or Money Order enclosed (Payable to AFLCA)  
Mail with registration form to:  
Provincial Fitness Unit  
Faculty of Physical Education & Recreation  
University of Alberta  
Edmonton, AB T6G 2H9

**By Fax: (780) 455-2264**

Visa /  Mastercard

Credit Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_