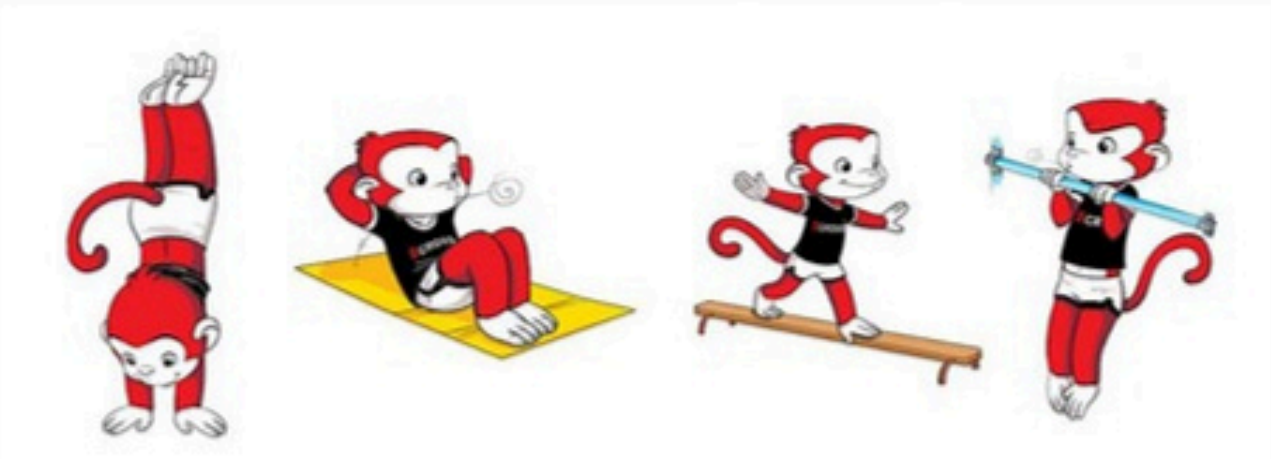




COURSE PROGRAM

ECROSS KIDS

(ONLINE COURSE)



COURSE OBJECTIVES

The ECross Kids training course, certified by ASI/CONI, was created to teach a specific training method for children and teenagers. You can improve the quality and effectiveness of your classes if you already work with children, or you can add a new area to your gym.

Why ECross Kids?

There are hundreds of training methods for adults, but none for children. What usually happens in gyms is that adult methods are adapted, or they're simply played and "passed the time." That's why ECross Kids was born, a training method designed specifically for children and teens!

During this course you will learn:

- A specific training method for children and teenagers
- How to quickly organize fun and effective lessons
- How to adapt exercises and lessons to the spaces and equipment you have available
- The main concepts of training physiology in youth
- How to train 7 coordination skills useful for developing motor patterns
- The best teaching techniques for being effective and clear with children and teenagers
- How to safely incorporate intense workouts, such as strength, speed, and endurance
- How to improve mobility for young people safely
- How to adapt training to different age groups or different fitness levels
- Networking: How to find useful contacts and collaborations to increase class participation.

ESTIMATED TIME

60 days with a commitment of 2 hours per day. The best students complete the course in about two months. Need more time? You can renew by paying monthly.

FLEXIBILITY LEARNING

You can follow the course how, where and when you want.

PREREQUISITES

There are no prerequisites for admission to the course. However, if you have a degree in Sports Science, you can directly obtain the teaching qualification. Otherwise, you will need to study an online manual and take an online test on general sports knowledge (anatomy, physiology, terminology, etc.).

HOW IT WORKS

The strength of the ECross Kids course is its ability to combine pre-recorded lessons with live sessions with your personal mentor, who will be assigned to you upon registration. Mentors are certified instructors who are working as ECross Kids instructors in a gym or sports center.

Online training with videos, texts, and intermediate quizzes for self-assessment of learning.

Download the slides with the most important concepts from each lesson, fill each page with your notes, read the manual, and prepare to expand your knowledge. At the end of each lesson, you can immediately take the quizzes and proceed step by step towards the certification exams.

Weekly assistance appointments with individual tutor

A valuable opportunity to connect, ask questions, and resolve any concerns, all while being assisted by qualified staff who will guide and help you complete your training. Thanks to technology, you can book live video call training sessions at a time that's convenient for you.

ASI/CONI certification with online exams divided into didactic, physical and theoretical areas

Complete your certification by passing the tests in 3 macro areas: theory (with an online quiz), practice (with videos of the physical exercises included in the technical program), and teaching (with 2 videos in which, on the one hand, you demonstrate your skills as an instructor and, on the other, you demonstrate your communication skills by explaining why a parent should bring their child to your ECross Kids class...)

(Optional) Teaching qualification for the subject

If you have a degree in Sports Science, simply submit a document certifying your degree; otherwise, you will need to take an online test on your general sports knowledge (anatomy, physiology, terminology, etc.).

COURSE PROGRAM

introduction

Introduction to the ECross Kids method

What is ECross Kids?

- the future we want
- concept of physical fitness in children

[Module 1] Basic principles of the method

Why ECross? In this section, you'll discover the origins of this method and acquire the basic knowledge to approach the course from a theoretical perspective. This is the most important part of the theoretical training, as you'll need to acquire a series of skills necessary to understand the second part of the course. Prepare yourself for a journey of discovery into training physiology, coordination skills, and more.

Training for children and teenagers

Laterality and Multilaterality

- The stages of physical development
- The principles of youth training
- Physiology of training in youth
- Anamnesis and evaluation of the child, elements of posture
- Terminology

Coordination skills

Introduction to coordination skills

- Balance
- Reaction capacity
- Transformation
- Rhythm
- Space-time orientation
- Coupling
- Kinesthetic differentiation
- Eye/segment coordination
- [Exercise] Coordination skills

Conditional abilities

- Introduction to conditional abilities
- Force
- Resistance
- Speed (and Rapidity)
- Mobility

Muscle Group Balance: The ECross Kids Principles

- Introduction
- Push
- Pull
- Core
- Leg
- Cardio

The 6 principles of ECross Kids training

- Introduction to the specific principles of ECross Kids
- P1: Efficient intersection
- P2: Adaptability and scalability
- P3: Multi-jointness and functionality
- P4: Prevalence
- P5: Totality
- P6: Fun

[In-depth study] Elements of psychomotor skills and first aid

- Elements of psychomotor skills
- First aid

CERTIFICATION TESTS:

Skills assessment quiz at the end of the module



Course program

[Module 2] Teaching methodology, didactics and lesson organization

In this section of the course, you'll learn to apply the best teaching techniques for children and teens, and to methodically and logically structure individual lessons and longer training sessions. Once you've built the theoretical foundation, you can finally begin to put your knowledge into practice and transform it into comprehensive training sessions, thanks to methods designed and tailored for children and teens.

Teaching

Introduction to the module

- Description
- Demonstration
- Direct evidence
- "Don't teach"
- I Pdp
- Safety and assistance
- The instructor's decalogue
- Teaching exercise

Recommended equipment. What features should it have?

ECross Kids Lesson Structure

Training program with the ECross method

Methodology and organization of lessons

- Introduction
- Circuit
- AMRAP
- Timed
- Ladder
- Work & Rest
- Agility
- Force

Games - Using Games in the ECross Kids Program

[Tutorial] Build Your Own ECross Kids Lessons

[Exercise] The lesson self-evaluation form

The food education project

CERTIFICATION TESTS:

Skills assessment quiz at the end of the module

Instructional Video. Record your own video demonstrating your instructor skills, according to the criteria outlined in the course.



Course program

[Module 3] ECross Kids Basic Exercises

Now it's time for the practical part: wear appropriate clothing and follow the video lessons in an environment where you can try the exercises. It's important to experiment with the progression of the exercises and understand the difficulties or corrections you'll need to make when teaching them to children and teenagers.

Introduction Push Fundamentals Pull Fundamentals Core Fundamentals Leg Fundamentals Cardio Fundamentals

Tutorial exercises and teaching progressions

Introduction

- Push Up
- Pull Up
- K2C (Knee to Chest)
- Head Stand
- Hand Stand
- Rope Climb
- Somersault forward
- Backward flip
- Rope Jump
- Mobility 1
- Mobility 2
- Workout Ladder 1-10-1 Jumping Jack - Squat Jump - Sit Up
- Run 2 Km

- **Assessment tests in children**

The "Performance Table"

[In-depth analysis] Animals

CERTIFICATION TESTS: Physical tests.

Physical Test. Record videos of the physical tests indicated in the course and submit them for review following the instructions. The physical tests are as follows:

● Jump Rope | 1 pt ● Mobility (A) | 1 pt ● Mobility (B) | 1 pt ● Hand Stand | 1 pt ● Hand Stand Walk | 1 pt ● Head stand | 1 pt ● HSPU (Hand Stand Push Up) | 1 pt ● Pull up Strict + Kip | 1 pt ● Push up | 1 pt ● Rope climb | 1 pt ● Somersaults forward and backward ● K2C (Knees to Chest) Strict + Kip | 1 pt ● Wod ladder ladder: 1-10-1 Jumping Jack, Squat Jump, Sit up | 1-3 pts ● Running - 2000 m | 1 pt

To pass the test you need to get at least 10 points.



Course program

[Module 4] Commercial aspects - Organization and promotion of ECross Kids courses.

In this series of lessons, you'll combine what you've learned so far to build your own training program. First, however, you'll take a closer look at the principles of youth training and all the teaching and instructional techniques. This will provide you with all the foundations to begin compiling your own program. In this final section, you'll acquire the skills needed to build and develop ECross Kids classes for different age groups.

How to Start Your First ECross Kids Course with Children and Teens

The ECross project organization (Web, Social Media, Affiliate Platform, Blog)

Beyond the gym: how to increase your working hours

- Collaboration with schools
- Collaboration with pediatricians
- Collaboration with sports clubs
- Collaboration with Summer Camps and Summer Camps
- Additional opportunities to work with gym clients (themed dinners, birthday parties, etc.)

Affiliate Program and Affiliate Platform

Staff organization

CERTIFICATION TESTS:

Elevator Pitch. For this project, you'll create a short promotional ad to promote your ECross Kids course to children and parents. Choose your preferred medium: a video, a social media post, an Instagram Story, etc. After passing the exam, you'll be able to use this ad to effectively promote your ECross Kids course to your contacts!



Summary of the EXAMS TO OBTAIN ASI/CONI CERTIFICATION

Here is a summary of the tests required to obtain the ASI/CONI certification.

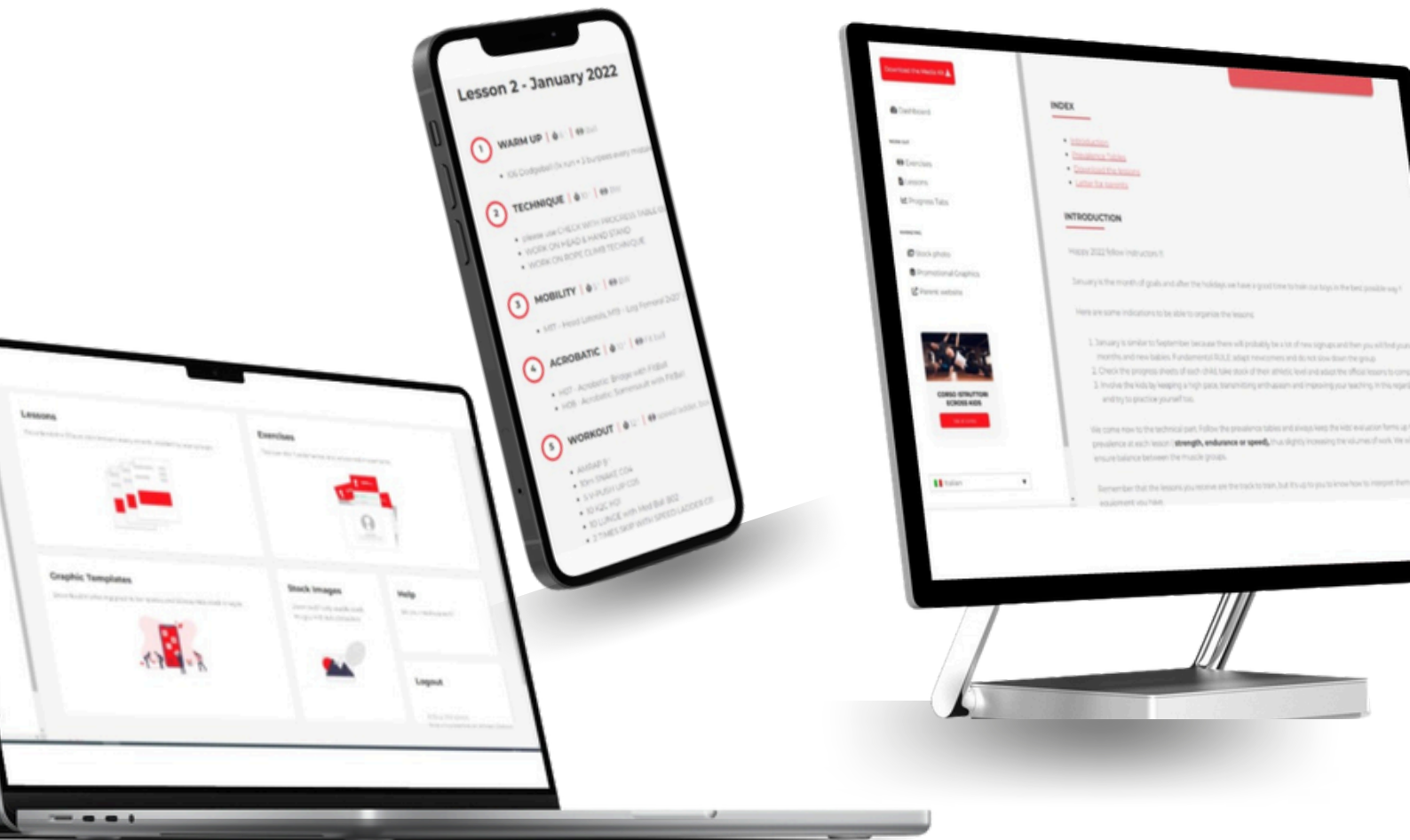
IMPORTANT: Tests can only be uploaded and assessed during the ECross Kids e-learning course subscription period.

1. Theoretical Quiz Module 1
2. Theoretical Quiz Module 2
3. Educational test
4. Physical test
5. Elevator Pitch: Video/advertising material to present your ECross Kids course to parents
6. National exam with the ASI commission (held approximately every 2 months)



ENTIRELY ONLINE TRAINING, ON THE E-LEARNING PLATFORM

The purchase of the course, lessons and completion of the quizzes takes place entirely on the online E-Learning platform [ecross-sport.com](https://ecross-kids.com)



On the e-learning platform you will find:

Video lessons and written lessons

Knowledge Test Quiz

Instructions and upload area for exam tests

Possibility to book 1-to-1 sessions with your personal mentor

Download area for ASI/CONI certified diploma (after passing all the exam tests)

Area for requesting teaching qualification (after passing all the exam tests)

COURSE INSTRUCTOR



Luca Dutto, born in 1981, lives in Italy and shares the experience that led him to write this course, which has helped many gym owners and coaches build new youth training facilities.

He has been working in training, education and management for over 20 years.

He graduated from Suismo in Turin in Sports Training Sciences and Technologies, has a black belt in karate and, above all, is the father of Arianna, Vittoria and Letizia.

He has conceived and developed numerous projects which have allowed him to gain extensive experience abroad:

- Ecross Kids is a training program for children and teenagers, ideal for gyms.
- Parents Trainer is the first platform for parents specialized in training their children.
- Kids2Teen is a platform that connects families with instructors, psychologists, and nutritionists specialized in caring for children and adolescents.
- LD Sports Academy is a project dedicated to the sports training of young people.

I currently collaborate with the University of Automotive Sciences SUISM, Cuneo branch (Italy).

Trainer for various federations and sports promotion bodies, including the Italian Boxing Federation (FPI) and the Italian Roller Sports Federation (FISR).

Owner of fitness centers and personal studios.

Trains young athletes up to national and international level athletes in tennis, soccer, volleyball, motocross, boxing...

International trainer with experience in Mexico, Lithuania, Russia, Bulgaria, Egypt, Dubai, and Brazil.

Additionally, it has helped many trainers and gym owners build a profession and even an entire industry.

ASI/CONI Diploma

At the end of the course, after passing all the exams, you will be able to download the ECross Kids Instructor Diploma, certified by Asi/CONI.



FAQ

WHAT DO I GET AT THE END OF THIS COURSE?

The course awards an ASI/CONI recognized certification upon passing all the exams.

WHY SHOULD I SIGN UP?

IF YOU WANT TO INTRODUCE A NEW SECTOR INTO YOUR GYM OR IF YOU WANT TO INCREASE YOUR HOURS IN A NEW MARKET OR IF YOU WANT TO IMPROVE YOUR SKILLS IN TRAINING CHILDREN THEN THE ECROSS KIDS TRAINING IS WHAT YOU NEED.

WHAT ARE THE PREREQUISITES FOR REGISTRATION?

THERE ARE NO SPECIFIC PREREQUISITES, BUT YOUR TECHNICAL AND TRAINING EXPERIENCE WILL OBVIOUSLY INFLUENCE THE TIME NEEDED TO COMPLETE THE TRAINING COURSE.

HOW LONG DOES IT TAKE TO COMPLETE THIS COURSE?

The best students take 60 days to attend classes, take exams, and earn certification.