

## PERSONAL TRAINER

<b>Contest Description:</b>	Individual contest including a written exam, personal training demonstration rotations, and scenario coaching including exercise adaptations for specific needs. Parishes may send up to 2 contestants.
<b>Superintendent(s):</b>	Adrian Brumfield
<b>Award:</b>	Louisiana 4-H Educational Trip
<b>Grade/Age Requirement(s):</b>	Must be enrolled in 8 <sup>th</sup> to 12 <sup>th</sup> Grade as of August 1, 2021.
<b>Team or Individual Contest:</b>	Individual
<b>Number of Entries Per Parish:</b>	Two (2) Entries

### Contest Rules:

1. Refer to Louisiana 4-H University General Rules and Guidelines for a complete set of event rules and guidelines.
2. Participants will take a general knowledge exam covering major muscle groups, exercise recommendations, SMART goals, safety concerns, & basic nutrition.
3. Demonstration rotations: Contestants will rotate through 4 stations. At each station (strength, flexibility & balance, aerobic endurance, and recommendations for specific scenarios), the contestants will be asked to demonstrate an exercise for a specific muscle group (drawn at random) and/or correct the form of a volunteer. All possible muscle groups will be listed in the study guide.
4. Contestants will have the following pieces of exercise equipment available: floor mat, bench, exercise ball, jump ropes, exercise bands, height adjustable barre, bosu ball, medicine balls (4lbs, 10lbs, 12lbs, 15lbs, 30lbs), kettlebells (8lbs, 10lbs, 12lbs, 15lbs, 18lbs, 20lbs, 35lbs) , dumbbells (5lbs, 8lbs, 10lbs, 12lbs, 15lbs), weighted bars (5lbs, 12lbs, 15lbs) rowing machine, spin bike, TRX. Contestants will not be permitted to bring in their own equipment.
5. Contestants should wear appropriate workout wear, including closed-toed athletic shoes. The midriff should not be exposed during any exercise (tuck in the shirt if needed). Shorts should be at least finger-tip in length.

### Contest Resource(s):

- Louisiana 4-H Personal Trainer Contest Study Guide, 2022.