

## **Physical Activity Disclaimer**

There are inherent risk associated with participation in physical activity. By enrolling your child in the Auburn Montgomery Youth Fitness Camp, you are stating that your child is capable of participating in moderate to vigorous physical activity (such as walking, games, aerobic dance, ultimate Frisbee, low ropes course activities).

## **Camp Instructors**

Kelly Gaston: Is a Graduate Teaching Assistant in the Department of Physical Education and Exercise Science and is working toward earning her Master of Education degree in Physical Education. Kelly works in the Human Performance Lab assisting with various research projects and teaches classes for the PHED Department.

Dr. Michael Gross: Is an Assistant Professor in the Department of Physical Education and Exercise Science.

### **Auburn Montgomery Department of Physical Education and Exercise**

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**Auburn Montgomery  
Department of Physical  
Education and Exercise Science**

## **Youth Fitness Camp 2009**



**July 27 –30, 2009**

**9:00 am–12:00 pm**

## Youth Fitness Camp Information

The Department of Physical Education and Exercise Science at Auburn Montgomery will conduct a youth fitness camp July 27–30, 2009 at the Auburn Montgomery Physical Education Complex.

- The camp is for students entering the fourth grade through eight grade.
- The camp hours is from 9:00 am–12:00 pm each day of the camp
- The cost of the camp is \$25.00.
- The purpose of the camp is to educate students about caloric consumption and caloric expenditure as a daily lifestyle.
- Each day of camp will consist of moderate exercise sessions and lecture covering nutritional information.



## The Rising Epidemic

The Center for Disease Control has stated that the number of adolescents who are overweight or



obese has tripled and the number of children who are overweight or obese has doubled since 1980. Inactive lifestyles and poor dietary habits are two of the main contributors to this growing problem.

This camp will instruct students in the concept of caloric balance in their lives and how it plays a major role in weight loss and weight gain.

### Daily Activities

Each day students will engage in moderate to vigorous activities for the purpose of burning calories and to introduce activities that are fun and enjoyable as a part of daily lifestyle. Lectures will include academic learning time as students will calculate their caloric expenditure during the daily activities.

## Registration Form

Name: \_\_\_\_\_

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Grade Level : \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Parents Name (please print):  
\_\_\_\_\_

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

Cost: \$25.00 Cash \_\_\_\_ Check \_\_\_\_

Make checks payable to:

Auburn University Montgomery  
Department of Physical Education