

YMCA Youth Fitness Fundamentals Procedures

Please read these instructions before beginning the course.

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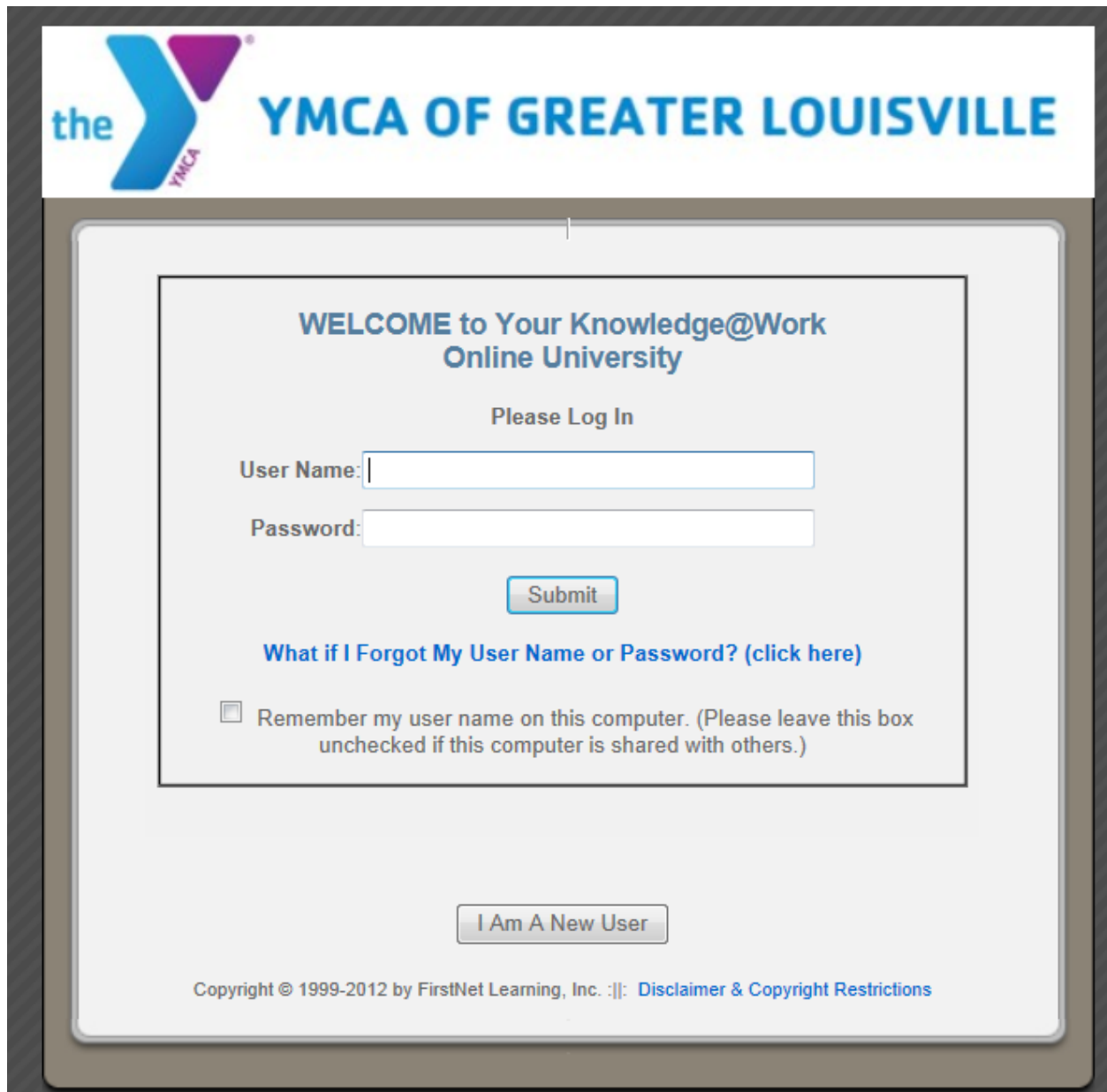
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Create your user account

Click on the "I Am A New User" button.



the  **YMCA OF GREATER LOUISVILLE**

**WELCOME to Your Knowledge@Work
Online University**

Please Log In

User Name:


Password:

[What if I Forgot My User Name or Password? \(click here\)](#)

Remember my user name on this computer. (Please leave this box unchecked if this computer is shared with others.)

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Click on the "Continue" button.



Have you previously registered?

If so, DO NOT REGISTER again.

If you have forgotten your password, [click here](#), enter your user name, click on **Get Password**, and we will send your password to your email address shortly.

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Fill out the registration fields and click on the "Submit Information" button

User Registration

Required fields are shown below with an *(asterisk). All information you provide will be handled over a secure connection.

| | | |
|-----------------------|---|---|
| * Choose A User Name: | <input type="text" value="sbrown1234"/> | (8 - 50 characters - no spaces only alpha characters and numbers) |
| * Choose A Password: | <input type="password" value="●●●●●●"/> | (8 - 50 characters) |
| * Reenter Password: | <input type="password" value="●●●●●● "/> | |
| * First Name: | <input type="text" value="Sam"/> | |
| * Last Name: | <input type="text" value="Brown"/> | |
| * Email: | <input type="text" value="sbrowntest@hotmail.com"/> | |
| * Re-enter Email: | <input type="text" value="sbrowntest@hotmail.com"/> | |
| Phone: | <input type="text"/> | (nnn-nnn-nnnn or (nnn) nnn-nnnn or nnnnnnnnnn) |



You will see this screen when registration is complete.

A confirmation with your user information will be sent to the email address you entered.

Click on the "Click Here" link

Registration Complete

Your User Name is sbrown1234
Your Password is sambrown

If you have any questions, please contact customer support by calling (303) 302-1187 x1 or (888) 948-4949 or sending an email to .

Our representatives are available to assist you Monday – Friday, 8AM-5PM MT.

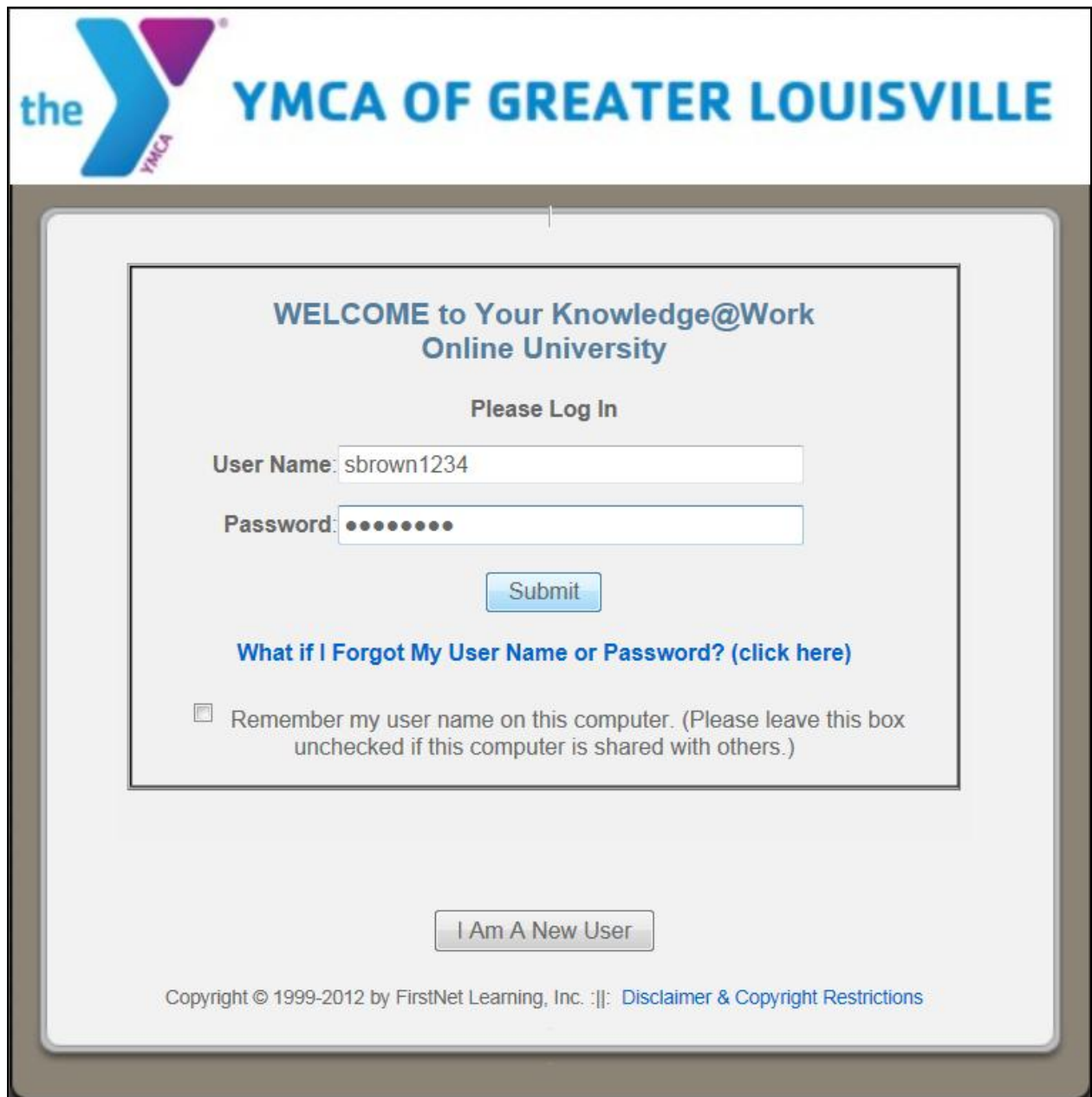
[Click Here](#) to Log On




Log into the website

Enter your user name and password.

Click on the "Submit" button.



The image shows a web browser window displaying the login page for the YMCA of Greater Louisville's Knowledge@Work Online University. The page features the organization's logo at the top left, which consists of a stylized 'Y' in blue and purple with the text 'the YMCA' to its left. To the right of the logo, the text 'YMCA OF GREATER LOUISVILLE' is displayed in a large, blue, sans-serif font. Below the logo and header, a central white box with a thin black border contains the login instructions. At the top of this box, it says 'WELCOME to Your Knowledge@Work Online University'. Below that, it says 'Please Log In'. There are two input fields: 'User Name:' with the text 'sbrown1234' and 'Password:' with a masked password of seven dots. A blue 'Submit' button is positioned below the password field. Underneath the button, there is a link: 'What if I Forgot My User Name or Password? (click here)'. Below the link is a checkbox that is currently unchecked, with the text 'Remember my user name on this computer. (Please leave this box unchecked if this computer is shared with others.)'. At the bottom of the white box, there is a button labeled 'I Am A New User'. Below the white box, at the bottom of the page, is a copyright notice: 'Copyright © 1999-2012 by FirstNet Learning, Inc. :|: [Disclaimer & Copyright Restrictions](#)'.

the  **YMCA OF GREATER LOUISVILLE**

**WELCOME to Your Knowledge@Work
Online University**

Please Log In

User Name: sbrown1234

Password: ●●●●●●●

[Submit](#)

[What if I Forgot My User Name or Password? \(click here\)](#)

Remember my user name on this computer. (Please leave this box unchecked if this computer is shared with others.)

[I Am A New User](#)

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Enroll into the course

Click on the "Click Here to Enroll" link.

The screenshot shows the top navigation bar with the YMCA logo, a group photo, and links for HOME, MY COURSES, STUDENT CENTER, LIBRARY, and LOGOUT. A secondary navigation bar includes HOME, MY COURSES, STUDENT CENTER, LIBRARY, and LOGOUT. Below the navigation is a welcome message: "Welcome Sam Brown to The YMCA of Greater Louisville". The main content area features a course card for "YMCA Youth Fitness Fundamentals" with a description and a "Click Here to Enroll" link. To the right is an image of a woman drinking water. At the bottom are five tabs: Visitor Center, Student Center, Library, My Courses, and Suggestions, each with sub-links.

You will see this thank you message once you are enrolled.

Click on the "My Courses" tab.

The screenshot shows the same website layout as the previous one, but with a "MY COURSES" tab highlighted in the navigation bar. A black arrow points to this tab. Below the navigation is a welcome message: "Welcome Sam Brown to The YMCA of Greater Louisville". A message box contains the text: "Thank you for enrolling - you may return to the course list and continue enrolling in other courses, or to launch this course, click here to view your course list or click the My Courses tab above." The main content area features the same course card for "YMCA Youth Fitness Fundamentals" and the image of the woman drinking water. At the bottom are the same five tabs as in the previous screenshot.

Click on the course name: YMCA Youth Fitness Fundamentals

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> HOME
> FAQs
> CONTACT

HOME MY COURSES STUDENT CENTER LIBRARY LOGOUT

Your Authorized Online Courses

Welcome, Sam. To get started, select a course from the list below.
[Click here](#) to view your updated course status following the completion of a test.

| Course Name | Course ID | Status | Status Date | Enrolled Through: |
|---------------------------------|-----------|--------|-------------|-------------------|
| YMCA Youth Fitness Fundamentals | LK08 | | | 12/23/2012 |

The course will open and you can start the course.

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU GROW HEALTHIER

YMCA Youth Fitness Fundamentals
YMCA OF GREATER LOUISVILLE

Outline Search

- 1. HELPING YOU GROW HEALTHIER
- 2. OUR MISSION
- 3. YMCA FOCUS AREAS
- 4. A LIFETIME OF HEALTHY PLAY
- 5. YMCA Youth Fitness Fundamentals
- 6. IMPORTANCE OF THIS TRAINING TRACK
- 7. JUST A REMINDER...
- 8. Basics of Health & Wellness
- 9. Overview of class
- 10. Why is Exercise Cool?
- 11. WARM-UP EXERCISE
- 12. Slide 12
- 13. AEROBIC EXERCISE: Key to a Healthy Hea
- 14. AEROBIC
- 15. Aerobic exercise
- 16. TYPES OF AEROBIC ACTIVITIES
- 17. Exercising THE Cardiovascular System
- 18. CARDIOVASCULAR SYSTEM
- 19. Exercising Your Respiratory System

articulate POWERED PRESENTATION

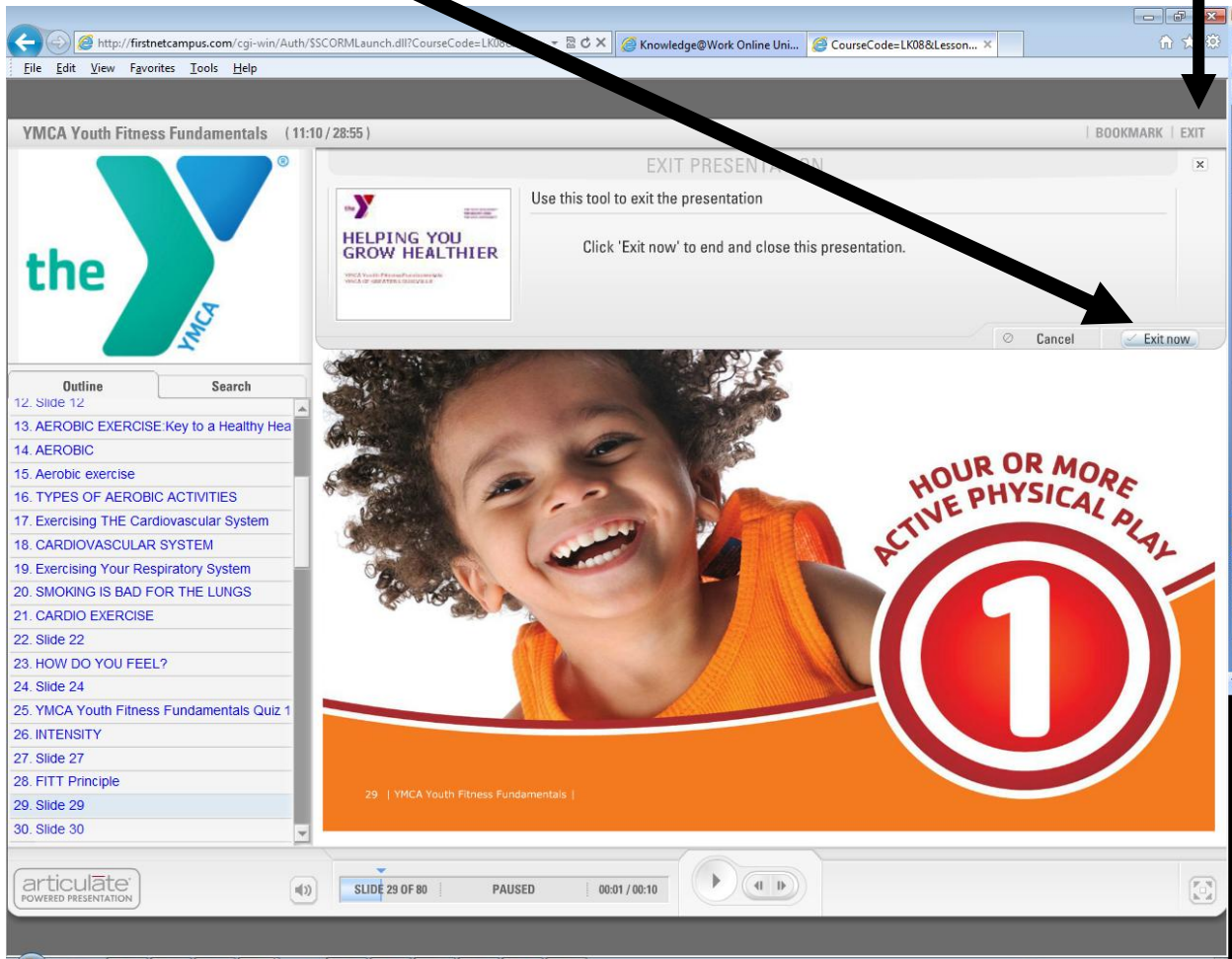
SLIDE 1 OF 80 PAUSED 00:03 / 00:04

Exit the course before completion

If you want to take a break before completing the course, please do the following so you start where you left the course.

Click on the "Exit" button

Then click on the "Exit Now" button



The screenshot shows a web browser window displaying a presentation titled "YMCA Youth Fitness Fundamentals". The presentation is paused on slide 29 of 80. An "EXIT PRESENTATION" dialog box is open, prompting the user to click "Exit now" to end and close the presentation. The dialog box includes the text "Use this tool to exit the presentation" and "Click 'Exit now' to end and close this presentation." The "Exit now" button is highlighted with a red circle. A black arrow points from the "EXIT" button in the top right corner of the presentation window to the "Exit now" button in the dialog box.

The presentation content includes the YMCA logo, a slide titled "HELPING YOU GROW HEALTHIER", and a slide with the text "1 HOUR OR MORE ACTIVE PHYSICAL PLAY". The presentation is powered by Articulate.

Get Back into the YMCA Youth Fitness Fundamentals Course

Go to the website: www.ymcalsouvilletraining.org

Click on the "Returning Users" button

Enter your login info

Click on the "My Courses" tab

Click on the course name: YMCA Youth Fitness Fundamentals

Print Your YMCA Youth Fitness Fundamentals Certificate of Completion

Log into the site

Click on the Student Center tab

Click on Print Course Certificate

Select the course

Click on the View/Print Certificate button

Print the certificate

Bring the certificate to your one on one session at the YMCA

Go to the registration and login page:

<http://firstnetcampus.com/KAW2/entities/YLouisville/logon.htm>