



Coaching Specialist (Online)

“Parkour pour tous!”

“Parkour for all!”

The PK Silver® Coaching Specialist (Online) is designed for parkour coaches who want to learn how to blend their existing parkour coaching tools with the fundamentals of falls prevention for older adults. This one-day online workshop is four hours and takes place over the Zoom platform. Learn more about [PK Silver](#).

Includes:

- 4 total hours of training - modified parkour for older adults and falls prevention, class implementation. Available online (1 day/4 hours)
- The PK Silver Coaching Manual - a comprehensive guide to understanding PK Move's philosophy, curriculum, programming, and knowledge base (with free updates)
- PK Silver Coaching Specialist Curriculum - Everything you need to build your own class and begin sharing the power of parkour with older adult populations (50+).
- Use of the PK Silver Coaching Specialist credential - Tell your students you've been trained in the world's *first and only* [evidence-based parkour program for older adults](#).
- Access to additional curriculum from the PK Move store - More games, exercises, and techniques to help keep your classes fresh!
- Listing on [PK Move.org](#) searchable database - An easy way for people to find PK Silver coaches near them!

Price: \$149

Prerequisites: Every coach must have current CPR/AED/First Aid training and one of the following*

- *a nationally-recognized fitness certification (NASM, ACSM, ACE, etc.)*
- *a university or college degree in exercise science or related field of study*
- *An existing background in parkour coaching*

*If you have fitness training that does not fit into either one of these categories, please contact us at admin@pkmove.org. Please note that parkour, natural movement, yoga training, et al. DO NOT meet our criteria for attending this workshop.