

DOUGLAS COLLEGE

The Douglas College Sports Institute is proud to present:

2021 ONLINE FITNESS EDUCATION CONFERENCE



SATURDAY, APRIL 10th, 2021

(Deadline to Register is April 7th, 2021)

DOUGLAS COLLEGE

Online Fitness Education Conference Sessions

All Conference sessions will be held online through the Zoom Platform. Zoom codes will be provided by email to participants prior to Conference. Please Note: *In accordance with the current Provincial Health regulations*, Douglas College has been granted a LIMITED number of in-person registration. For those who wish to attend in-person please register early to reserve your spot!!

Session #1 (9:00am – 10:25am):

Band, Balls & Balance (Jaimee Stokes)

Lunge, pull, squeeze and twist your way through this workshop! Join Jaimee Stokes as she delivers a variety of exercises from beginner through advanced levels, with an emphasis on compound movements blended with balance. This session will conclude with a stretch involving the balls and bands. Suitable for all group fitness instructors and/or personal trainers. **(1.5 BCRPA CEC's & Renewal Credits)**

Session #2 (10:35am – 11:55am):

Speed, Agility & Quickness Drills for Warm-ups & Cool-Downs (Mario Luongo)

The first part of this session will focus on the principles behind warm-ups and cool-downs including the physiological changes that occur when warm-ups are performed properly. Various types of warm-ups including Passive, General, Dynamic and Specific will be defined and conducted by the group. The second portion of this session will focus on Speed, Agility and Quickness Drills. Participants will come to recognize the versatility of speed, agility and quickness drills and how they can be incorporated into a warm-up, training session and/or simply stand on their own. This session will end with an emphasis on the importance of incorporating an appropriate cool-down. **(1.5 BCRPA CEC's & Renewal Credits)**

Session #3 (12:05pm – 1:25pm):

Progress with a Purpose (Caroline Collins)

Join Caroline Collins to explore exercise progression ideas for your classes and personal training sessions! Examine important building blocks for safe and effective progressions, as well as when and why to offer them to your participants. This workshop will be an interactive mix of lecture and movement. Come with your exercise progression questions for open discussion. We will have fun moving through exercise samples and building on your progression knowledge. **(1.5 BCRPA CEC's & Renewal Credits)**

Session #4 (1:35pm – 2:55pm):

Small Muscle Builder (Kim Bond)

This "Small Muscle Builder Program" is performed with two simple tools, a *Stick and TheraBand* (wide broad band). You will learn an easy to apply methodology to helping clients realign their bodies with a low intensity, 3 dimensional, easy to follow progressive program. Each participant will walk away with an 8-week progression program template. This is a great program that can be applied generally overall within a group environment or in one-on-one sessions. **(1.5 BCRPA CEC's & Renewal Credits)**

Session #5 (3:05pm – 4:30pm):

Ready, Set, Grow (Ryan Cook)

Ryan Cook will take us through a discussion of current research in realms of exercise volume, set structure and program design. Time is limited – training is productive unless it is not. We have all overreached, under recovered, attempted to push through training slumps, or plateaus. Training prescription is well known and understood is it not? The truth – currently in research there has been many discussions and re-interpretations of what is needed, how much is needed, and what is productive with regards to creating exercise stimulus that is productive without limiting one's functionality throughout the day to day. **(1.5 BCRPA CEC's & Renewal Credits)**

DOUGLAS COLLEGE

2021 DC FITNESS EDUCATION CONFERENCE

REGISTRATION FORM

Registration Closes on Wednesday, April 7th, 2021.

PLEASE PRINT and complete fully in case we have to contact you.

*Name: _____

Address (home): _____

City: _____ Postal Code: _____

*Contact Email: _____

Tel Number: _____ BCRPA Fitness Leader ID#: _____

*Date of Birth: (dd/mmm/yyyy) _____ *Gender: M F

**Required for Registration*

Please select Attendance Option:

Online via Zoom - CRN 21087

In-Person - CRN 21085

(A limited number of in-person attendees may be permitted in accordance with Provincial Health regulations)

The CONFERENCE REGISTRATION FEE is \$125

REGISTER BEFORE MARCH 18th FOR EARLY BIRD RATE AND ONLY PAY \$100!

INSTRUCTIONS TO REGISTER:

1) **By Phone:** 604-527-5472

(During office hours: <https://www.douglascollege.ca/programs-courses/continuing-education/contact-us>)

2) **By Email:** Complete the Registration form ABOVE in FULL and submit it to CEREG@douglascollege.ca via email. Once your registration form is submitted, one of our Registration Officers will reply to your email in a timely manner with instructions on how to make your payment.

PLEASE NOTE: Payment is required within 24hrs of receiving a payment instruction email from the CE Registration Office. Registration is NOT complete until payment is received by Douglas College.

FOR MORE INFORMATION CONTACT SPORTS INSTITUTE DEPARTMENT
BY EMAIL: sportsinstitute@douglascollege.ca