

DOUGLAS COLLEGE

The Douglas College Sports Institute is proud to present:



2020 Douglas College Fitness Education Conference (Receive up to 9 BCRPA CEC's)

FRIDAY, APRIL 3RD AND SATURDAY, APRIL 4TH
DOUGLAS COLLEGE ■ 700 ROYAL AVENUE ■ NEW WESTMINSTER CAMPUS

Douglas College Fitness Education Conference

Check-in desk will be open anytime after 5:30pm on Friday, April 3rd
Douglas College, 700 Royal Avenue, New Westminster
(MAIN GYMNASIUM – 1st Floor)

Friday, April 3rd Session #1 (6:00pm – 7:25pm)

Progressions with 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 examples and building on your progression knowledge.

(1.5 BCRPA CEC's & Renewal Credits)

Session #2 (7:35pm – 9:00pm)

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 over reached, 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 ones functionality throughout the day to day.

(1.5 BCRPA CEC's & Renewal Credits)

Saturday, April 4th Session #3 (9:00am – 10:25am)

Bands, Balls and 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 #4 (10:35am – 12:00pm)

Speed, Agility and Quickness Drills for Warm-Ups and 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. Come prepared for activity. Bring a water bottle.

(1.5 BCRPA CEC's & Renewal Credits)

Lunch provided (12:00pm – 12:50pm)

Keynote: Mark Phillips

Age is just a number: Lifelong Performance

Session #5 (12:50pm – 2:20pm)

Introducing Yoga Concepts into Group Fitness & Personal Training (Caroline Collins)

A guide for fitness leaders to introduce concepts of Yoga into Group Fitness and Personal Training, enriching client experience. Learn foundational Yoga history and philosophy. Explore how to teach sixteen basic Yoga poses, as well as lead simple breathing and relaxation techniques. Be prepared to move and practice. This workshop will add Yoga concepts to your toolbox, enabling you to offer more to your clients as a fitness leader.

(1.5 BCRPA CEC's & Renewal Credits)

Session #6 (2:30pm – 4:00pm)

Fitness Round Table (Panel Discussion)

Join our Panel for a discussion on some of the latest topics in the Canadian fitness industry. This round table discussion will feature open dialogue for all participants to share their experiences, thoughts, comments and suggestions for all fitness educators. This engaging discussion will allow people to network and learn from experiences from other fitness colleagues. Attendees will be allowed to submit advance questions for the workshop moderators.

(1.5 BCRPA CEC's & Renewal Credits)

DOUGLAS COLLEGE

Registration Form/ 2020 DC FITNESS EDUCATION CONFERENCE

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/mm/yyyy) _____ M F
**required for registration* **required for registration*

HOW TO REGISTER:

1. Fax your registration (with your Visa/MasterCard info) to the Douglas College Registrars Office at 604-527-5696. (Receipt will then be emailed to you)
2. Call the Registration Office and quote **CRN#21186** (during regular office hours 9:00am – 4:00pm) at 604-527-5472 with your registration and credit card payment info.
3. Make cheques payable to Douglas College and forward along with registration form to:
Douglas College Sports Institute
c/o David Munro
700 Royal Avenue
New Westminster, BC V3L 5B2
4. Register in person with the Douglas College Registrars Office, New Westminster Campus Concourse.

CRN 21186

The Conference registration fee is \$135

(EARLY BIRD JUST \$110 before Friday, March 13th)

Method of Payment *(please tick one box)*

Cheque (Cheque enclosed, payable to **Douglas College**)

VISA MasterCard

Card #: _____ Name on Card: _____

Expiry Date (MM/YY): _____ CVV#: _____

Fax completed registration form to 604-527-5696