

6th Annual Interior Fitness Conference

Early Bird
Registration
until April 1,
2012

May 4 - 6, 2012



okanagan
college

www.okanagan.bc.ca/interiorfitnessconference

Friday Pre-Conference Registration

Please go straight to the room/facility on your registration form. Your handouts will be given out in class. You will receive your certificate at the end of the workshop.

Saturday Registration

Registration opens at 7 a.m. in the E Building, Atrium. Please arrive early so that you can get to your first session on time.

Staying Green

Okanagan College is proud to keep reducing our waste and will once again have all the Saturday session handouts available online at: www.okanagan.bc.ca/interiorfitnessconference (two weeks before conference). This also means you can get the handouts for the sessions you did not attend. There will be no handouts available on site.

Trade Show

Way bigger and better this year. Music, equipment, clothes, shoes... you name it. Come and visit our Trade Show on Saturday 7 a.m. - 5 p.m. This is a great place to network with suppliers, organizations and other professionals.

Certificates

Continuing Studies will only issue Continuing Education Credits (CECs) for sessions attended. If you leave early, that will be reflected on your CECs. Certificates of attendance will not be provided after the conference. You must personally pick up your certificates at the registration desk once your workshops are completed.

Credits

One credit/hour for BCRPA and CFES CECs. No credits for first aid or CPR.

Lunch

A delicious spread of veggies, fruits, cold meats, cheese, salads and buns will be served on Saturday, 11:30 a.m. - 1 p.m. The cost of lunch is \$10 (incl. tax). A lunch ticket will be given to you at the registration table in the morning if you have registered for the lunch. Please register for IFF 019 CRN: 90420

Price

Early Bird prices are in effect until April 1, 2012. April 2 and after, regular price will be charged. Friday Pre-Conference workshops are individually priced. Early Bird pricing for Saturday session is \$42/session +HST and the regular price is \$52/session +HST.

Presenter Biographies

Please visit our website: www.okanagan.bc.ca/interiorfitnessconference for full biographies of all the presenters.

Withdrawal and Refund Policy

Students may withdraw from a course or workshop by phone, fax, mail or in person. Full refunds or a letter of credit will be given if the request to withdraw is made at least one week in advance of the conference start date. Refunds can take up to two - four weeks to process. No refund will be given after the conference has already taken place. *Please note: All course/program information including course/program content, course fees, length, prerequisites, start/end dates, postponements and/or cancellation is subject to change without notice.*

Our Commitment to You

Continuing Studies at Okanagan College is committed to offering you the very best educational experience. We will make every effort to provide quality curriculum, instructors, and services to ensure that your learning needs are met.

How to Register

On-line

www.okanagan.bc.ca/csreg
 Campus: Kelowna
 Term: Spring 2012
 Category: Conferences



Walk in

Visit us in the Student Services building
 Room A 108

Office Hours:

Sep. to Apr.,
 Mon to Thu: 9 a.m. to 7 p.m.
 Fri: 9 a.m. to 4 p.m.
 May to Aug.,
 Mon to Fri: 8 a.m. to 4 p.m.



E-mail

cscentral@okanagan.bc.ca



Phone

250-862-5480 or
 Toll free 1-888-638-0058



Fax

250-862-5434

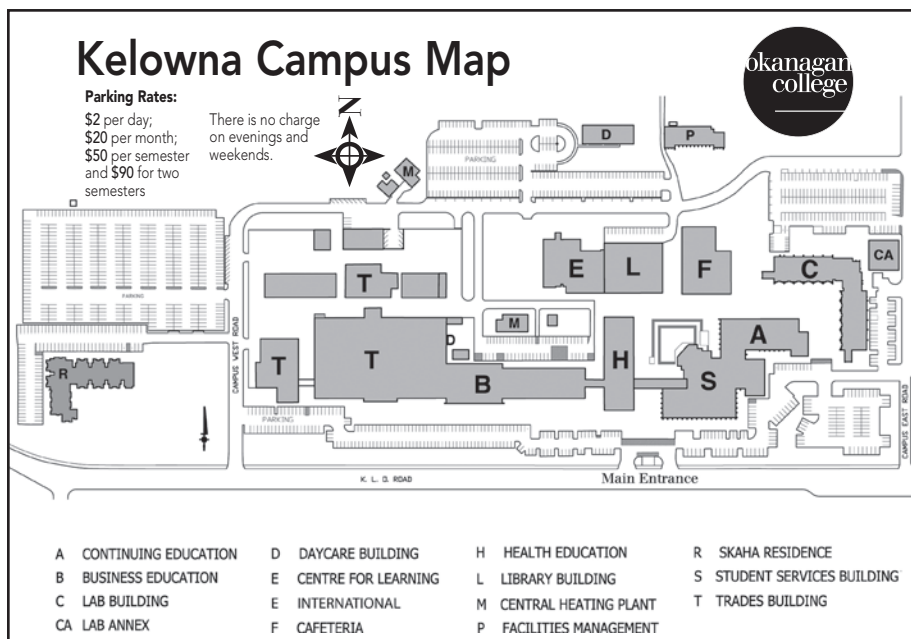


Mail

Continuing Studies, 1000 KLO Road
 Kelowna, BC, V1Y 4X8

Parking

Parking is free for this event.



Friday May 4 Pre-Conference

Workshops starting at noon

Register by April 1 for Early Bird pricing
April 2 and after regular pricing applies

Assessing the Situation

A fitness assessment is an essential piece of the programming puzzle. How can you design a program for a client if you don't know what their medical status is, or what their strengths and weaknesses are? This hands-on workshop will teach participants how to accurately perform a comprehensive and accurate fitness assessment providing the personal trainer or coach the essential information they need to create SMART goals and design effective programs that help their clients reach these goals. We will cover health screening, goal setting, body composition analysis, cardiovascular testing, muscular strength and endurance tests as well as postural analysis and flexibility assessments. Each participant will have the opportunity to go through a full fitness assessment.

Course Code: IFE 001

CRN: 90403/90404

Time: 12 - 4 p.m.

Price: \$99/\$109 +HST

Location: A145

Presenter: Jenn Naiman

Parking is FREE

**Tradeshow
Bigger & Better this Year.
Saturday 7 a.m. - 5 p.m.**

Nutrition, Fitness and Weight Loss

The two most important things when it comes to losing weight effectively and in a healthy way are diet and exercise. Low carb diets, high protein diets, good fats and bad fats, it's a jungle out there when it comes to what and when to eat. Come and discuss why most diets and weight loss plans fail, strategies for successful weight loss and how to overcome plateaus. Learn why sleep is important and why stress physically affects our weight. After taking this workshop you will have a way better understanding of how it all works.

Course Code: IFE 002

CRN: 90405/90406

Time: 12 - 3 p.m.

Price: \$89/\$99 +HST

Location: A146

Presenter: Cindy Dobroskay

Using Life Coaching Skills to Inspire Your Clients (and yourself) to Success

Are your clients inspired? Are they so excited about the goal that they are working towards that they can barely contain their excitement? Chances are they are not. This session will teach you concrete life coaching skills that you can use immediately with your clients and participants. By learning how to help your clients get inspired and excited about their goals we can help them have a much greater chance of success and have a whole lot more fun in the process.

Course Code: IFE 003

CRN: 90407/90408

Time: 12 - 3 p.m.

Price: \$89/\$99 +HST

Location: A125

Presenter: Brenda Adams

TRX Training - Beginner to Advanced

In this session you will be introduced to the TRX system, from its history to using it as an advanced training tool, and how to apply it to group training and one-on-one personal training sessions. Bring pen and paper and wear your workout gear as you will be learning the exercises, practicing what you learn and giving feedback. Whether you've never used the TRX before or are just looking for new moves, come and work together with us and make this a dynamic session for everyone.

Course Code: IFE 004

CRN: 90409/90410

Time: 12 - 4 p.m.

Price: \$99/\$109 +HST

Location: World Gym Kelowna

Presenter: Gordon Palmer



Yoga - Developing a Balanced and Holistic Practice

Enhance your Yoga practice by developing a sensible and well-structured plan, embodying the principles of mindfulness, balance, comfort and ease. In this workshop we will explore posture, stability, and the art of sequencing; breath and simple breathing exercises; and deep relaxation, creating a strong foundation for greater health and wholeness.

Please bring your own yoga mat.

Course Code: IFE 005

CRN: 90411/90412

Time: 12 - 3 p.m.

Price: \$89/\$99 +HST

Location: Theatre, S104

Presenter: Lisa Frenette

Become a Leader

Great leaders are important in the fitness industry, but, how do you build a good team, what do you do when there is conflict between team members, or trainers and clients? How do you choose the right words in a motivational scenario, training assessments or performance appraisals? Good communication skills are crucial in any situation. This course will take your leadership skills to the next level!

If you want to become a SFL with BCRPA you are required to take eight hours of leadership training and the ICE workshops (see page 11). For more information please go to: www.bcrpa.bc.ca.

Course Code: IFE 010

CRN: 90464/90465

Time: 12-9 p.m. (one hour lunch)

Price: \$159/\$169 + HST

Location: A131

Presenter: Kerry Rempel

Workshops starting at 5 p.m.

*Register by April 1 for Early Bird pricing
April 2 and after regular pricing applies*

So, You Want to be a Triathlete?

Fitness professionals and triathlon enthusiasts alike, join UltraMan finisher and self-proclaimed trigeek, Kim Froom, for this practical workshop. Whether it's you or your clientele interested in the sport of triathlon, come learn some 'tricks of the trade' from Kim's years of experience in the sport. Be prepared to MOVE.

Course Code: IFE 006

CRN: 90413/90414

Time: 5 - 8 p.m.

Price: \$89/\$99 +HST

Location: A145

Presenter: Kim Froom

Performing Postural Assessments for Personal Trainers

Our bodies become what we repeatedly do. Posture plays a critical role in health. Poor posture can contribute to chronic conditions. In this three-hour workshop you will learn why you should perform postural assessments, appropriate environments to carry out postural assessments, equipment requirements and land marking techniques. Educate your clients in order to assist them in altering faulty movement patterns and positions. This workshop will generate ideas about what to look for, how to identify common postures and how to apply your observations. Benefits of creating balance within the body can improve sports performance and decrease chronic pain. For this hands-on workshop all participants are asked to bring/wear shorts and form-fitting tops.

Course Code: IFE 007
CRN: 90415/90416
Time: 5 - 8 p.m.
Price: \$89/\$99 +HST
Location: A146
Presenter: Lise Dallien

Emergency First Aid and CPR Re-certification

Red Cross Emergency First Aid and CPR A re-cert course for fitness professionals. Proof of current certification is required. No CECs for this course.

Course Code: IFE 008
CRN: 90417
Time: 5 - 9 p.m.
Price: \$49
Location: A141
Presenter: Hilary Wells

Advanced Cycling Workshop

Are you ready to take your cycling classes to the next level? Ready to take your participants on a ride like never before? We will start by reviewing the basics of bike set-up and alignment to optimize the ride experience, and then we will look at a variety of advanced drills through which you can take your participants. Learn some new interval drills, theme rides, long hills, and maybe even a few Tabata rounds. Come prepared to ride.

Course Code: IFE 009
CRN: 90418/90419
Time: 5 - 8 p.m.
Price: \$89/\$99 +HST
Location: Atrium, E Building
Presenter: Sharon Harrison

Saturday May 5 Conference Sessions

TRADE SHOW Demonstrations 7 - 8:15 a.m. **FREE**

Start the day off with a warm up. Presented by Flaman Fitness, come and check out, try and join in on mini demonstrations of fitness equipment. Spin bikes, cardio equipment, suspension training, the newest fitness equipment and lots more. It will all be here, so come early.

FLAMAN
Fitness

Parking is FREE

**Don't forget to register for
Saturday's lunch - \$10**

8:15 - 9:45 a.m.

*Register by April 1 for Early Bird pricing, \$42/session + HST
April 2 and after regular price applies, \$52/session + HST*

Practical Ideas for Athletic/Strength Training

Ideas for Bootcamp, Small Group Pt, PT, Athletic conditioning. Incorporate total body physical execution techniques, plyometric progressions, eccentric exercises and exercise guidelines into drills you can perform individually or with a partner. Learn how to analyze movement patterns, how muscles interact, how to use movement sequences, repetitions and instructional techniques using merely your own body weight. Extra ideas for equipment too.

Course Code: IFF 001

CRN: 90421/90422

Location: KSS Gym

Presenter: Laurie Barnetson

Healthy Backs 101

Why do 90 per cent of North Americans experience back pain at some point in their lives? Repetitive strain injuries are on the incline with the advancement of technology. Learn the basics of why most people experience back pain. This workshop will teach you how to sit, stand, lie, bend and move in a pain-free manner. Learn simple techniques that can prevent back injuries as well as decreasing back pain with clients who may have existing back conditions. Participants are asked to bring a beach towel and pillow.

Course Code: IFF 002

CRN: 90423/90424

Location: Cafeteria, F Building

Presenter: Lise Dallien

Sensational Spinning

Want to see more members in your spin classes? Develop techniques to enhance your existing cycling classes by infusing more fun, energy and ultimately improved results, into your classes and your participants. Throughout this session we will review proper fitting of bike to participant and perfect alignment while on the bike. Practical component will cover choosing/comprehending music, effective communication techniques and a variety of drills to keep your participants begging for more.

Course Code: IFF 003

CRN: 90425/90426

Location: Atrium, E Building

Presenter: Dawn Balic

Circuits Alive Muscle

What Circuits Alive Muscle Tuning does is marry muscle proficiency with maximum energy potential by tuning those muscles through the use of energy, linking the meridian energy to the individual related muscles through various kinesiology techniques. This is done by a non-invasive hands-on approach of neuromuscular integration techniques.

Course Code: IFF 004

CRN: 90427/90428

Location: Theatre, S104

Presenter: Evelyn Moulders

Register Early - Space is limited

10 - 11:30 a.m.

*Register by April 1 for Early Bird pricing,
\$42/session + HST*

*April 2 and after regular price applies,
\$52/session + HST*

Training Tabata-Style

Do you know what the Tabata protocol is? Developed by Dr. Izumi Tabata at the University of Tokyo, this high-intensity interval training protocol is shown to develop VO2 max, strength, and endurance, and it can be done with cardiovascular training or strength training, with or without equipment. Though it is an intense workout not necessarily suitable for beginners, it can be modified in several ways to provide options for your clients and participants of all levels, from beginner exercisers to advanced athletes. Come to this workshop and learn how you can change up the Tabata protocol for use with all levels, and then experience it for yourself.

Course Code: IFF 005

CRN: 90429/90430

Location: KSS Gym

Presenter: Sharon Harrison

**Don't forget to register for
Saturday's lunch - \$10**

Register Early - Space is limited

Preventing Knee Injuries from the Ankle Up

Pain in the knee? Why work the hip then? Everything is connected, so a knee issue might come from the hip or even the ankle. Join David in understanding the role of the ankle and hip joint as a functional kinetic chain and their importance to stable knee function. thirty minutes will be spent on reviewing the anatomy and mechanics of the lower limbs - hip, knee, ankle as well as common faults in movement and support. The rest of this session will be hands-on, exploring and discussing exercises and strategies to optimize hip and ankle function to protect the knee.

Course Code: IFF 006

CRN: 90433/90434

Location: Cafeteria, F Building

Presenter: David Urness

Yoga / Pilates Fusion

Pilates refers to the system of physical and mental. It focuses on training the mind and body to work together. Its principles are based on modern exercise science and spinal rehabilitation. Emphasizing neutral alignment, core stabilization, and peripheral mobility. Yoga is both a systematized body of knowledge and a practice. It is holistic in nature and incorporates the structural, functional, psychological, and spiritual aspects of oneself. The physical aspect of Yoga called asana or postures strengthen, stretch and align the body. Discover how these two practices complement and blend together dynamically, increasing physical health, mind body awareness and peace of mind.

Please bring your own yoga mat.

Course Code: IFF 007

CRN: 90435/90437

Location: Pit, S Building

Presenter: Lisa Frenette

Dream and Discover your Destiny

When was the last time you let yourself dream about your future? In this session you will explore what it is that you most want to do, the destiny that you want to create for yourself. You need this awareness before you can start to take steps to make it happen. Every single decision that we make will either move us closer to our dreams or further away - every single decision.

Course Code: IFF 008

CRN: 90438/90439

Location: Theatre, S Building

Presenter: Brenda Adams

LUNCH

11:30 a.m. - 1 p.m.

A delicious spread of veggies, fruits, cold meats, cheese, salads and buns will be served. The cost of lunch is 10 dollars.

Course Code: IFF 019 CRN: 90420

Location: Atrium, E Building

**Bigger & Better Tradeshow
Saturday 7 a.m. - 5 p.m.**

Fitness equipment used at the IFC
supplied by

FLAMAN
Fitness

1 - 2:30 p.m.

*Register by April 1 for Early Bird pricing,
\$42/session + HST*

*April 2 and after regular price applies,
\$52/session + HST*

Core On & Off the Floor

Traditional core work typically meant being on the ground and moving in a single plane. Gain techniques for creating a program that prepares the body to produce, stabilize and control force in a three-dimensional environment the way muscles are designed to work. Experience first-hand how core training can develop optimal stability, mobility, strength and power. Blend stability and mobility with creative new exercises to give clients the best of both worlds and achieve well-developed and well-functioning abdominals. Learn two mini routines combined from six exercises that can be done together or stand alone.

Course Code: IFF 009

CRN: 90440/90441

Location: KSS Gym

Presenter: Laurie Barnettson

Step 360

More versatile than the BOSU - the Spry Step 360 offers an unstable surface that is flat - giving different training options and with the ability to add tubing on the specially designed anchors, the exercise ideas are bountiful. The 360 is the perfect training tool for group classes, boot camps and personal training. Get some great ideas for cardio, interval and strength training.

Course Code: IFF 010

CRN: 90442/90443

Location: Cafeteria, F Building

Presenter: Nina Heyes

SITFIT

SITFIT is designed for the young at heart and/or people with some movement disabilities. Using a chair to aid with balance and stretching, this fun exercise program will have you burning calories, toning muscle, and keeping your heart strong. Using common tools such as the bender ball, gliding disks, resistance tubing and weights, you will learn specific exercises to improve your clients' strength, balance, mobility, and stamina. You will walk away with a program that you can incorporate right away. No impact - anybody can do it.

Course Code: IFF 011

CRN: 90444/90445

Location: Pit, S Building

Presenter: Rhona Parson

The Business of Personal Training

Most personal trainers get into this industry because of their love of helping others, not because of a passion for business. In this session we will explore a variety of ways to increase your profit while increasing your exposure to a larger base of clients. You will leave this session with lots of new ideas and resources to jump-start your business.

Course Code: IFF 012

CRN: 90446/90447

Location: Theatre, S104

Presenter: Brenda Adams

Choreography and Yoga - AQUA

Getting bored of the same moves over and over? Add some dimension to your class with this fun choreography. Your participants will leave with a smile on their face. Then finish off with some relaxing yoga sequences for the pool.

Course Code: IFF 013

CRN: 90449/90450

Location: H2O

Presenter: Jennifer Bulcock



2:45 - 4:15 p.m.

Register by April 1 for Early Bird pricing, \$42/session + HST

April 2 and after regular price applies, \$52/session + HST

Bodacious BOSU Burn - Strength and Athletic Conditioning

Rediscover the BOSU. This light hearted, yet intense, session will enable you to take your classes to the next level using cardio & strength exercises that utilize multi joint exercises. Exercises will emphasize total body control, perfect postural alignment and dynamic flexibility. Use exercises in all planes of motion to discover integration of strength to the BOSU, while training the body from the inside out. Via the workout, each powerful, functional movement will demonstrate its demand for core stability and strength.

Course Code: IFF 014

CRN: 90451/90452

Location: KSS Gym

Presenter: Dawn Balic

No Equipment, No Problem

What happens when you arrive to your personal training session and the weight room is so busy that it's a fight for equipment? What about arriving to teach your group fitness class and finding out that there isn't enough equipment for everyone? Do you panic? Nope, because you have all sorts of great body weight exercises at your disposal. Come to this workshop and learn how to sweat your way through a fun, effective, and efficient full-body workout using your own body and a partner as your only training tools.

Course Code: IFF 015

CRN: 90453/90454

Location: Cafeteria, F Building

Presenter: Sharon Harrison

Yoga for Kids

In an era of children acquiring conditions and diseases previously unknown in childhood, proper breathing, exercise and deep relaxation may be the powerful healing force needed. Yoga resonates with children. It facilitates connection, it's easy, fun, low cost, accessible and anyone can do it. Yoga for kids is a fun way for children to exercise, play and encourage them to lead a healthy lifestyle. In this workshop you will learn how yoga can be an incredibly effective means of facilitating wellness in children.

Please bring your own yoga mat.

Course Code: IFF 016

CRN: 90455/90456

Location: Pit, S Building

Presenter: Jenn Naiman

Issues with Food

Disorders, obesity, fad diets, oh my. There are so many misconceptions about food and issues people have with it. What is disordered eating and how does it compare to eating disorders? Is your client obese? What do all these pills, powders and drinks do? In this session we will discuss what defines healthy eating and how to get your clients on track.

Course Code: IFF 017

CRN: 90457/90458

Location: Theatre, S104

Presenter: Jennifer Podovennikoff

**Tradeshow
Saturday 7 a.m. - 5 p.m.**

Register Early - Space is limited

FUNctional Fitness - AQUA

Functional fitness/exercise is the latest buzzword. It focuses on building a body capable of doing real-life activities in real-life positions, not just lifting a certain amount of weight in an idealized posture created by a gym machine. This session will give you some ideas on how to incorporate FUNctional fitness or exercises into your aqua fitness class or a one-on-one setting with your client. Learn to keep the FUN in functional exercise as well as adding a little teamwork into your group classes.

Course Code: IFF 018

CRN: 90459/90460

Location: H2O

Presenter: Cheri Samuels-Murdoch



Sunday May 6

BCRPA ICE Workshops

If you're an experienced fitness professional considering becoming a Supervisor of Fitness Leaders (SFL) or Trainer of Fitness Leaders (TFL) with BCRPA, you'll need to take an ICE workshop.

Weight Training/Personal Training ICE Workshop

Time: 10:45 a.m. - 12:45 p.m.

Location: A146

Presenter: Jenn Naiman

Group ICE Workshop

(applies to Group Fitness, Aquatic Fitness, Yoga Fitness and Pilates Fitness)

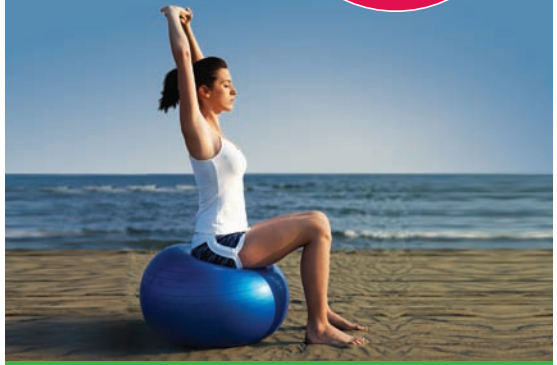
Time: 8:30 - 10:30 a.m.

Location: A146

Presenter: Jenn Naiman

For more information about the ICE workshops, and for registration information, please go to: www.bcrpa.bc.ca

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Photo: Copper Sky Fitness Center

**YOUR FITNESS EQUIPMENT
HEADQUARTERS!**

303, 3550 Carrington Road Westbank, BC
Cell: 250-859-2207 • Work: 250-452-9934 • flamanfitness.com

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