

# **IFC 2012**

## **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

Location: A145

Presenter: Jenn Naiman

#### **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, 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 on how it all works.

Course Code: IFE 002

CRN: 90405/90406

Time: 12-3 pm

Price: \$89/\$99

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 pm  
Price: \$89/\$99  
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. 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 and practicing what you learn. This is a fun active workshop so expect to laugh and learn new things, participate and give 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. Space is limited so register early.

Course Code: IFE 004  
CRN: 90409/90410  
Time: 12-4 pm  
Price: \$99/\$109  
Location: World's Gym Kelowna  
Presenter: Gordon Palmer

### **Yoga - Developing a Balanced and Holistic Practice**

Yoga means attentiveness in action. In every action we try to be as attentive as possible to everything we do. In our Yoga practice we place our attention on the body, breath, and mind, step by step, developing a practice in an organized way. We refer to this as Vinyasa Krama. The practice needs to be sensible and well structured, meeting the needs and goals of the individual. To realize this one embraces the qualities of Sthira and Sukha; steadiness and ease. Adhering to the principles of Vinyasa Krama, Sthira and Sukha, we construct an intelligent course for our Yoga practice to develop.

Course Code: IFE 005  
CRN: 90411/90412  
Time: 12-3 p.m.  
Price: \$89/\$99  
Location: Theatre, S 104  
Presenter: Lisa Frenette

### **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

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 to decreasing 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 pm

Price: \$89/\$99

Location: A146

Presenter: Lise Dallien

### **Emergency First Aid and CPR Re-certification**

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

Course Code: IFE 008

CRN: 90417

Time: 5-9 pm

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 pm

Price: \$89/\$99

Location: Atrium

Presenter: Sharon Harrison

# Saturday May 5

## **TRADE SHOW Demonstrations**

**7-8:15 a.m.**

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!

## **Conference Sessions**

**8:15-9:45 a.m.**

*Register by April 1 for Early Bird pricing*

*April 2 and after regular pricing applies*

## **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% 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

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

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

### **10-11:30 a.m.**

*Register by April 1 for Early Bird pricing*

*April 2 and after regular pricing applies*

### **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 VO<sub>2</sub> 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

### **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. 30 min 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 hand-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

Presenter: David Urness

### **Yoga / Pilates Fusion**

Pilates refers to the system of physical and mental conditioning developed by Joseph Pilates in the early 1900's. This system 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, Pilates Challenges strength, balance, stability and coordination. 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 one self. 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.

Course Code: IFF 007

CRN: 90435/90437

Location: Pit

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.

CRN: 90438/90439

Location: Theatre

Location: Theatre

Presenter: Brenda Adams

## **LUNCH**

### **11:30 - 1:30 p.m.**

A delicious spread of veggies, fruits, cold meats, cheese, salads and buns will be served on Saturday.

The cost of lunch is ten dollars.

Course Code: IFF 019 CRN: 90420

Location: E-Building, Atrium

### **1-2:30 p.m.**

*Register by April 1 for Early Bird pricing*

*April 2 and after regular pricing applies*

### **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 Barnetson

### **Step 360**

More versatile than the BOSU - the Spri 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  
Presenter: Nina Heyes

### **SITFIT**

SITFIT is designed for the young at heart and/or people with some movement disabilities. Using the chair as a prop to aid with balance exercises 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, balance and stamina. You will walk away with a program that you will be able to incorporate right away with your clients. No impact - anybody can do it...

Course Code: IFF 011

CRN: 90444/90445

Location: Pit

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 while having fun along the way. 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

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. All 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*

*April 2 and after regular pricing applies*

### **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  
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.

Course Code: IFF 016  
CRN: 90455/90456  
Location: Pit  
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 pill, 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  
Presenter: Jennifer Podovennikoff

### **FUNctional Fitness – AQUA**

Functional fitness/exercise is the latest buzzwords. 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 idea on how to incorporate FUNctional fitness or exercises into your aqua fitness class or one-on-one settling with your client. Learn to keep the FUN in functional exercise as well as adding a little team work into your group classes!

Course Code: IFF 018  
CRN: 90459/90460  
Location: H2O  
Presenter: Cheris 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: 8:30-10:30 a.m.

Location: A146

### **Group ICE workshop (applies to Group Fitness, Aquatic Fitness, Yoga Fitness and Pilates Fitness)**

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

Location: A146

for more information about the ICE workshops, and for registration information, please go to:

<http://www.bcrpa.bc.ca/fitness-program/instructor-competency-evaluation-workshop>