

BCFit®'19 PRESENTER APPLICATION

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Thank you for your interest in presenting at BCFit® '19! September 13 - 15, 2019

Delbrook Community Recreation Centre in North Vancouver

Below you will find detailed information about applying to present at this year's conference. Please take time to read through this information carefully and fill out the application form at the end of the document.

Deadline for Presenter Applications: 11:59 pm, Sunday, April 7, 2019

Completed application forms and any supporting material (videos), can be sent via email to:

Ginny Dunnill, Physical Activity Programs Assistant at: gdunnill@bcrpa.bc.ca

Or mailed to: BCRPA
ATTN: Ginny Dunnill
#301-470 Granville Street
Vancouver, BC V6C 1V5

If emailing applications, please send in PDF form. Other file formats will not be accepted.

Session Selection Information

BCFit® welcomes a broad range of topics. Our Conference Program Committee will review all applications and make final selections for each program stream.

What We're Looking For:

- **Practical information** that Fitness Leaders can put into practice immediately
- **A mix of presentation types/sessions.** We will seek sessions that are practical, activity-based learning as well as lecture style classroom learning.
- **Conference day sessions OR intensive workshops.** The main conference day will be September 14 at Delbrook Community Recreation Centre with sessions of approximately 1.25 hours. Post-conference workshops will be available September 15 to offer more intensive training or certification-based training. We welcome applications for both sessions and workshops.
- **Train-the-trainer format.** Sessions should be designed to engage the participants in how to train and deliver the material to others. It is not designed to be an example of a class with participants simply partaking in the session.

- **Innovation.** Entirely new concepts and approaches
- **Engagement and interactivity.** How will you engage and lead your audience?
- **Anticipated audience.** We seek to provide a mix of sessions geared toward beginner, intermediate and advanced levels providing foundational/fundamental sessions for those in the early stages of their fitness careers and new challenges and learning for experienced leaders. Please advise us on your intended level of experience for participants for each session proposal.

Are you a New Presenter to BCFit®?

If you have never presented at BCFit® please also include a five-minute video of you presenting on a topic of your choice. This video can be mailed as a USB key or uploaded to a service such as Dropbox (just include the link on your application).

BCRPA will offer a **Workshop on Presenting at Fitness Conferences** for BCRPA registered Fitness Leaders to gain skills beneficial for presenters at BCFit. This will be held via webinar (specific date to be determined). Previous webinars were three hours in length and occurred in the evening. We encourage new presenters to register for the session once we determine a date and time.

Presenter Application Information

Please review this information carefully before filling out the Presenter Application Form. You are invited to propose **up to three** different sessions for the committee to consider.

Duration

All sessions are 75 minutes in duration.

Streams

For each session you submit, please choose one of the following streams:

- Aquatics
- Business and Professional Development
- Group Fitness
- Personal Training
- Older Adult
- Yoga/Pilates
- Spin/Cycling

Topics

Feedback from BCFit[®] '18 indicates that delegates would like to learn more about the following topics:

- Equipment in Classes/Personal Training: BOSU[®], Resistance Bands, Step
- Spin/Cycling
- Functional Training
- Muscle Recovery: Stretching, Foam-Rolling, Working with Injuries
- Anatomy & Physiology
- Business Development & Management
- Mind-Body: Pilates, Yoga, Meditation
- Working with an Older Adult Population

Presenter Application Information

Experience and Fitness Level Expectations

Describe your experience and fitness level expectations for each session proposal. Please choose one level per session:

- **Beginner** – geared toward the fundamentals of a particular stream or modality. This level of session should provide introductions to concepts and/or straightforward applications of those foundational concepts.
- **Intermediate** – builds on existing fundamentals. Description should reflect expected foundational knowledge and lead delegates to further their existing knowledge/technical skills in a particular area.
- **Advanced** – for delegates already knowledgeable and/or proficient in the specified area. This session should take them that next step further, allowing them to strive for excellence in that field.

Activity Level

What is the format of your proposed session? Please choose from the following options:

- **Active** - an activity-based combination of physical movement, demonstrations and applied theory
- **Lecture** – all theory with very limited, if any, physical movement
- **Post-Conference Workshop** – a more intensive session or certification-based training, held September 15 at Delbrook Recreation Centre.

Presenter Application

We accept applications for both individual and co-presented sessions. If planning a session or workshop with other individual(s), please have each co-presenter fill out a complete application, with the comment “**co-presenting with...**” in the body of the application.

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 Vancouver, BC V6C 1V5

Applicant Information
First Name: _____ Last Name: _____ Street Address: _____ City: _____ Prov/State: _____ Postal Code/Zip Code: _____ Country: _____ Contact #: _____ This is my: <input type="checkbox"/> Work <input type="checkbox"/> Home Cell Phone #: _____ Fax #: _____ Email: _____
Short professional biography <i>(30 to 50 words)</i>
Relevant qualifications and credentials:

Are you a new Presenter? If so, please copy and paste the URL of a 5-minute video of you presenting on a topic of your choice OR, mail a copy of the video on a USB key to:

BCRPA
 ATTN: Ginny Dunnill
 #301-470 Granville Street
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Video URL:

Presenter Application

In the space below, please provide information on up to 5 of your most recent presentations. Under “Where Presented,” identify whether it was at a conference or an in-service / workshop session for other Fitness Leaders, etc.

Presentation Resume			
	Presentation Topic	Where Presented	When
1			
2			
3			
4			
5			

Presenter Application

In the space below, please provide information on the session topic you are proposing.

Session Information #1	
Session Title:	
Stream	<input type="checkbox"/> Aquatics <input type="checkbox"/> Business/Professional Development <input type="checkbox"/> Group Fitness <input type="checkbox"/> Personal Training <input type="checkbox"/> Older Adult <input type="checkbox"/> Yoga/Pilates <input type="checkbox"/> Spin/Cycling
Experience & Fitness Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced
Activity Level	<input type="checkbox"/> Lecture <input type="checkbox"/> Active <input type="checkbox"/> Workshop
Session Description <i>(50-75 words)</i>	
Learning Objectives Please list 3 things delegates will take away from your session and apply to teaching their classes and/or training their clients.	1) 2) 3)
Session Equipment Please list both AV equipment and exercise equipment you'd like to use (if available). Sessions that use equipment that is common to fitness facilities are preferred.	

Presenter Application

In the space below, please provide information on the session topic you are proposing.

Session Information #2	
Session Title:	
Stream	<input type="checkbox"/> Aquatics <input type="checkbox"/> Business/Professional Development <input type="checkbox"/> Group Fitness <input type="checkbox"/> Personal Training <input type="checkbox"/> Older Adult <input type="checkbox"/> Yoga/Pilates <input type="checkbox"/> Spin/Cycling
Experience & Fitness Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced
Activity Level	<input type="checkbox"/> Lecture <input type="checkbox"/> Active <input type="checkbox"/> Workshop
Session Description <i>(50-75 words)</i>	
Learning Objectives Please list 3 things delegates will take away from your session and apply to teaching their classes and/or training their clients.	1) 2) 3)
Session Equipment Please list both AV equipment and exercise equipment you'd like to use (if available). Sessions that use equipment that is common to fitness facilities are preferred.	

Presenter Application

In the space below, please provide information on the session topic you are proposing.

Session Information #3	
Session Title:	
Stream	<input type="checkbox"/> Aquatics <input type="checkbox"/> Business/Professional Development <input type="checkbox"/> Group Fitness <input type="checkbox"/> Personal Training <input type="checkbox"/> Older Adult <input type="checkbox"/> Yoga/Pilates <input type="checkbox"/> Spin/Cycling
Experience & Fitness Level	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced
Activity Level	<input type="checkbox"/> Lecture <input type="checkbox"/> Active <input type="checkbox"/> Workshop
Session Description <i>(50-75 words)</i>	
Learning Objectives Please list 3 things delegates will take away from your session and apply to teaching their classes and/or training their clients.	1) 2) 3)
Session Equipment Please list both AV equipment and exercise equipment you'd like to use (if available). Sessions that use equipment that is common to fitness facilities are preferred.	



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