



## BCFit®'20 PRESENTER APPLICATION

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**Thank you for your interest in presenting at BCFit®'20  
September 11 – 13, 2020**

### Conference Details

When: Friday, September 11 to Sunday, September 13, 2020  
Where: Delbrook Community Recreation Centre, North Vancouver

The presenter application information is outlined below. Please read through this information carefully and complete the application form at the end of this document.

**PRESENTER APPLICATION DEADLINE: 11:59 pm Thursday, January 30, 2020**

Completed presenter applications with supporting material should be submitted by email to:

Hannah Moosoohur, Physical Activity Programs Assistant at: [hmoosoohur@bcrpa.bc.ca](mailto:hmoosoohur@bcrpa.bc.ca)

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

### SESSION SELECTION INFORMATION

BCFit® welcomes session proposals across a broad range of topics. Our Conference Program Committee is comprised of experienced fitness professionals who review all applications and make the final session selections.

#### What We're Looking For:

- **Practical information** that fitness leaders can put into practice immediately
- **A mix of session types.** We 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 is September 12<sup>th</sup> at Delbrook Community Recreation Centre with sessions of approximately 75 minutes in length. Pre-and post-conference workshops will be offered September 11 and 13 at Delbrook Community Recreation Centre and at various locations across the Lower Mainland. These sessions 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. Sessions are not to be examples 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 with some geared toward beginner, some toward the intermediate, and some toward the advanced Fitness Leader. Please indicate what audience your session is targeting.

### **ARE YOU A NEW PRESENTER TO BCFIT<sup>®</sup>?**

If you have never presented at BCFit<sup>®</sup>, please include a five minute video of you presenting on a topic of your choice. Videos can be sent by mail on a USB key or uploaded to a service such as Dropbox (just include the link on your application).

## Presenter Application Information

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Please review the information below before completing the Presenter Application Form. You are invited to propose **up to three** different sessions for the Conference Committee to consider.

### SESSION DURATION

All sessions are 75 minutes in length.

### SESSION TOPIC AREA

BCFit®'20 will accept submissions across a wide range of topics. Listed below are some of the common themes from previous BCFit® presentations.

Personal Training	Aquatics
Business and Professional Development	Older Adults
Group Fitness	Indoor Cycling
Health and Well Being	Youth Fitness/Activities
Sport Conditioning	Yoga/Pilates
Nutrition	Career/Business Building
Training Concepts (Functional, HIIT, ...)	Pre & Post Natal

## PRESENTER APPLICATION INFORMATION

### Target Audience Experience Level

Identify what target audience your session is aimed towards using the descriptions below. Please choose one level per session:

- **Beginner** – geared toward the fundamentals of a particular specialty 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 and 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.

**Session Activity Level**

What is the level of physical activity involved in each proposed session? Please choose one of the levels listed below.

- **Active** - an activity based combination of physical movement, demonstrations and applied theory
- **Lecture** – all theory with very limited, if any, physical movement
- **Workshop** – a more intensive session or certification held on September 11 or September 13 at Delbrook Community Recreation Centre or at locations around the Lower Mainland.

## Presenter Application

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

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

Hannah Moosoohur, Physical Activity Programs Assistant at: [hmoosoohur@bcrpa.bc.ca](mailto:hmoosoohur@bcrpa.bc.ca)

Or mailed to:       BCRPA  
                           ATTN: Hannah Moosoohur  
                           #301-470 Granville Street  
                           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: _____
<b>Short professional biography (30 to 50 words)</b>          
<b>Relevant qualifications and credentials:</b>          

**Are you a new Presenter? If so, please provide 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: Hannah Moosoohur  
 #301-470 Granville Street  
 Vancouver, BC V6C 1V5

**Video URL:** \_\_\_\_\_

In the space below, please provide information on up to 5 of your most recent presentations. Under “Where Presented,” please identify whether the presentation 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			

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

<b>Session Information #1</b>	
<b>Session Title:</b>	
<b>Topic Area (i.e. Aquatics, Personal Training, Nutrition, etc.)</b>	<input type="checkbox"/> Aquatics <input type="checkbox"/> Group Fitness <input type="checkbox"/> Older Adult <input type="checkbox"/> Personal Training <input type="checkbox"/> Youth Fitness / Activities <input type="checkbox"/> Sport Conditioning <input type="checkbox"/> Nutrition <input type="checkbox"/> Other (describe) <input type="checkbox"/> Business/Professional Development <input type="checkbox"/> Personal Training <input type="checkbox"/> Yoga/Pilates <input type="checkbox"/> Health and Well Being <input type="checkbox"/> Training Concepts (Functional, HIIT, ...) <input type="checkbox"/> Career & Business Building <input type="checkbox"/> Pre & Post-Natal
<b>Target Audience Experience Level</b>	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced
<b>Activity Level</b>	<input type="checkbox"/> Lecture <input type="checkbox"/> Active <input type="checkbox"/> Workshop
<b>Session Description (50-75 words)</b>	
<b>Learning Objectives</b> 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)
<b>Session Equipment</b> 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.	

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

<b>Session Information #2</b>	
<b>Session Title:</b>	
<b>Topic Area (i.e. Aquatics, Personal Training, Nutrition, etc.)</b>	<input type="checkbox"/> Aquatics <input type="checkbox"/> Group Fitness <input type="checkbox"/> Older Adult <input type="checkbox"/> Personal Training <input type="checkbox"/> Youth Fitness / Activities <input type="checkbox"/> Sport Conditioning <input type="checkbox"/> Nutrition <input type="checkbox"/> Other (Describe) <input type="checkbox"/> Business/Professional Development <input type="checkbox"/> Personal Training <input type="checkbox"/> Yoga/Pilates <input type="checkbox"/> Health and Well Being <input type="checkbox"/> Training Concepts (Functional, HIIT, ...) <input type="checkbox"/> Career & Business Building <input type="checkbox"/> Pre & Post-Natal
<b>Target Audience Experience Level</b>	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced
<b>Activity Level</b>	<input type="checkbox"/> Lecture <input type="checkbox"/> Active <input type="checkbox"/> Workshop
<b>Session Description (50-75 words)</b>	
<b>Learning Objectives</b> 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)
<b>Session Equipment</b> 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.	



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

<b>Session Information #3</b>	
<b>Session Title:</b>	
<b>Topic Area (i.e. Aquatics, Personal Training, Nutrition, etc.)</b>	<input type="checkbox"/> Aquatics <input type="checkbox"/> Group Fitness <input type="checkbox"/> Older Adult <input type="checkbox"/> Personal Training <input type="checkbox"/> Youth Fitness / Activities <input type="checkbox"/> Sport Conditioning <input type="checkbox"/> Nutrition <input type="checkbox"/> Other (describe) <input type="checkbox"/> Business/Professional Development <input type="checkbox"/> Personal Training <input type="checkbox"/> Yoga/Pilates <input type="checkbox"/> Health and Well Being <input type="checkbox"/> Training Concepts (Functional, HIIT, ...) <input type="checkbox"/> Career & Business Building <input type="checkbox"/> Pre & Post-Natal
<b>Target Audience Experience Level</b>	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced
<b>Activity Level</b>	<input type="checkbox"/> Lecture <input type="checkbox"/> Active <input type="checkbox"/> Workshop
<b>Session Description (50-75 words)</b>	
<b>Learning Objectives</b> 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)
<b>Session Equipment</b> 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.	



**Thank you for applying to present at BCFit®'20!**

Please email your completed application and any supporting material to:

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