



Reunite,  
Reignite,  
Revitalize!



# BCFit<sup>®</sup>'22

Sunday, September 18

Recert and Exam Day – Sat, Sept 17

PORT COQUITLAM COMMUNITY CENTRE  
2150 Wilson Ave, Port Coquitlam, BC

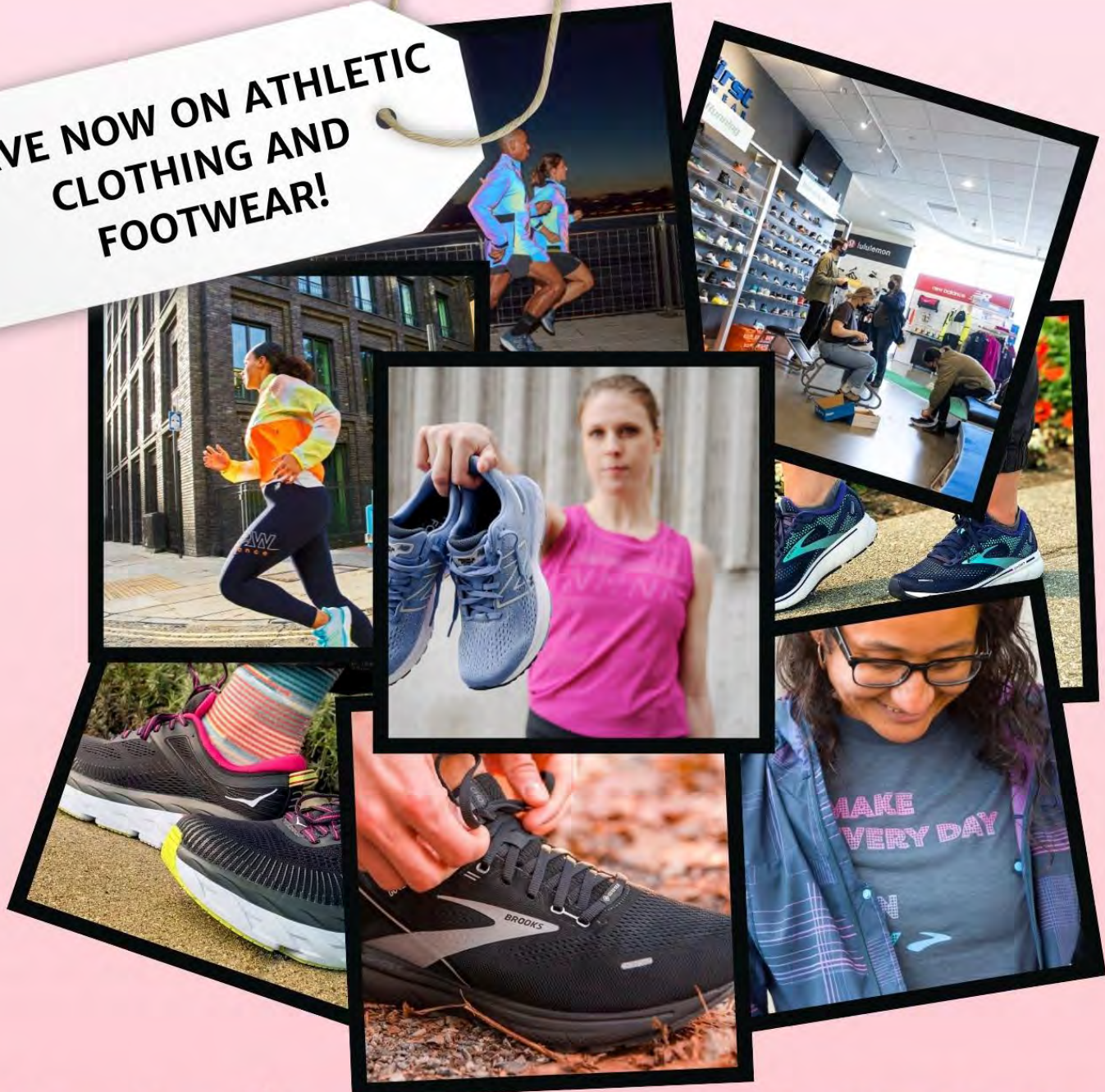


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YOUR INVITATION to BCFit®'22



## SPECIAL THANKS

BCFit®'22 PROGRAM  
PLANNING COMMITTEE:

Donna Bishop  
Elena Verescu  
Lela Dawson  
Michael Marousek  
Rhonda Jackson  
Shelby Manchur  
Stephanie Campbell

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# Reunite, Reignite, Revitalize!

Let's move forward together at BCFit'22! We know the past few years have been deeply challenging for Fitness Leaders, and for the fitness industry. But even in the darkest moments of the pandemic your creativity and resilience shone through. Let's take those sparks, fan the flame, and reignite them together at BCFit!

BCFit'22 is your time to revitalize your passion, your dedication, and your love for supporting physical activity, wellness and health in your clients and our communities. We are thrilled to reunite our fitness community in person at a brand new BCFit venue — the Port Coquitlam Community Centre.

Join our fabulous, featured presenters Ingrid Knight-Cohee, Brian Justin, Debbie Jessen, Kim Bond, André Potvin, Judy Bjornson, and Tim Borys for a wide variety of active sessions and new presentation topics including trauma-informed practices, non-violent crisis intervention, and how to better support inclusion of all ages and bodies. Two more conference highlights return – the Fitness Café and the Fitness Professional of the Year Award – as well as a dedicated day for recertifications & exams on Sept 17 leading up to BCFit. Make sure to also hit up the Marketplace Expo for great deals on equipment and apparel.

Now more than ever, BCRPA's Fitness Program makes it easier to get the information and training you need to support your fitness career. A benefit of your BCRPA Registration is having your professional profile on The Registry® of Fitness Professionals, strategically marketed to potential employers and clients. To help keep your knowledge current and training accessible, we regularly add fitness-specific courses to our [E-Learning website](#) to make it easy for you to get the CECs you need. And for the first time, registration as a Personal Trainer includes \$2 million general insurance coverage, making BCRPA a one-stop-shop for all your fitness career needs.

See you at BCFit'22!



*Rebecca Tunnacliffe*

Rebecca Tunnacliffe  
CEO



*Janet Rerecich*

Janet Rerecich  
DIRECTOR, EDUCATION AND INITIATIVES

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## BCFit®'22 HIGHLIGHTS & CONTINUING EDUCATION CREDITS



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## BCFit'22 CONFERENCE HIGHLIGHTS!

- ✓ **Reunite** with your community of Fitness Professionals
- ✓ **Reignite** your passion for leading physical activity
- ✓ **Revitalize** your knowledge, tools and practice!
- ✓ Earn **6 CECs** for attending on Sunday, September 18!
- ✓ Join in roundtable discussions at the **Fitness Café** to discuss issues and hot topics that matter to you.
- ✓ Visit the **Marketplace Expo** for exclusive sales and play games for a chance to win prizes!

### PLUS, JOIN US SAT, SEPT 17 FOR RECERT & EXAM DAY — LIVE AND IN PERSON!

- ✓ **Fitness Students** - get one step closer to being a BCRPA Registered Fitness Leader and **take your BCRPA Fitness Theory Exam**
- ✓ **First Aid and CPR course options** — select from **Standard First Aid and CPR Recertification or Emergency First Aid and CPR Certification**
- ✓ Gain a new specialty - take an **in person written exam for Older Adult, or Personal Training**



## BCFit®'22 EXCITING FEATURES

We've brought back some of your **favourite** features this year. Check them out below!

### SATURDAY, Sept 17 – Recert and Exam Day

#### First Aid and CPR Certification and Recertification

First Aid and CPR courses are available so you can keep your BCRPA Fitness Registration current. These courses, delivered by Alert First Aid, are blended courses. The online portion **must** be completed prior to the in-class portion happening on Saturday, September 17. **Learn more on page 14.**

#### BCRPA Fitness Specialty Module Exams

Nervous about taking your exam online? BCRPA is pleased to offer aspiring and seasoned Fitness Leaders the opportunity to write the Fitness Theory, Older Adult Exam, and Personal Training Exam in-person at Port Coquitlam Community Centre. **Complete details are on page 15.**

#### Pre-requisites:

- **Older Adult Exam and Personal Training Exam Writers** must bring their Fitness Leader ID Number.
- **Older Adult Exam and Personal Training Exam Writers** must have completed the BCRPA Older Adult Specialty Module Course or the Personal Training Specialty Module Course respectively, and bring proof of completion.

**Registration details can be found on page 8.**

### SUNDAY, Sept 18 – Fitness Café | 1:00 – 1:30 pm

Connect with fellow Fitness Professionals and enthusiasts at the Fitness Café. Join small group roundtable discussions that will address the issues that matter to you most. Discuss hot topics, and share ideas and strategies to tackle the most prevalent issues facing the fitness industry today.

Participation in this session is optional.

### SUNDAY, Sept 18 – Marketplace Expo | All Day

The Marketplace Expo is back in person and we're excited to welcome back all delegates to this unique shopping experience. Visit the Marketplace Expo and meet with vendors, try out new equipment, shop sales, and play games for a chance to win prizes.

Plus, be sure to visit the **Marketplace Expo Blowout Sale**, happening **4:30 pm to 5:30 pm**. Take advantage of the sales to save \$\$ and stick around to see if you've won any of the vendor prizes!





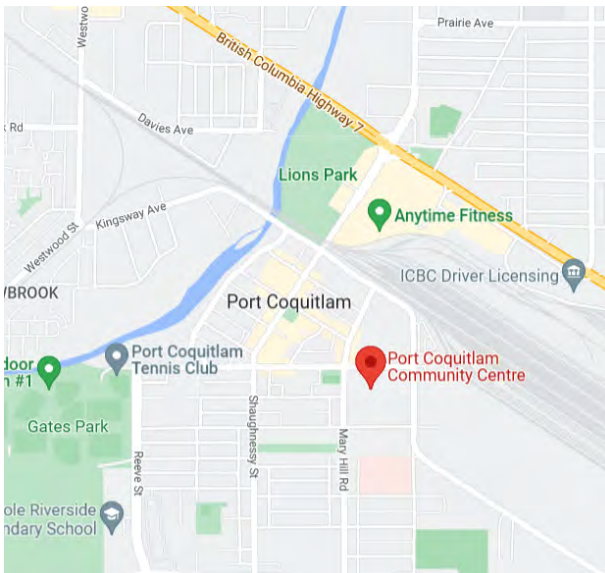
## BCFit®'22 VENUE SPOTLIGHT



## VENUE SPOTLIGHT

## Port Coquitlam Community Centre • 2150 Wilson Ave, Port Coquitlam

The new Port Coquitlam Community Centre (PCCC) in downtown Port Coquitlam is one of the city's largest-ever capital projects. This bright, modern facility with 205,000 square-feet (19,000 square metres) is a vibrant community hub that brings a variety of new and enhanced amenities to the area. It includes a 2-level, 8,500 square foot fitness centre offering cardio and functional training zones, personal and group training, two fitness studios and a weight room with state-of-the-art equipment. Other amenities include small and large multi-purpose rooms, a gymnasium, sport courts, outdoor plazas, 3 ice arenas, a games room for seniors and youth, a lounge, library and more.



## GETTING THERE IS EASY!

Find it on [Google Maps](#)

**Port Coquitlam Community Centre**  
**2150 Wilson Ave, Port Coquitlam**

## BY TRANSIT:

► bus #159, 173, 174, and 175 pass nearby

Plan your route on the [TransLink Trip Planning page](#).

## BY CAR:

Underground parking is available onsite. Parking entrance is off Mary Hill Road and Kelly Ave. Look for directional signage around the venue. Underground parking is not available for vehicles taller than 6' 10".



## Conference Venue

### PORT COQUITLAM COMMUNITY CENTRE

2150 Wilson Ave, Port Coquitlam, BC

[CLICK here for Google Maps](#)

**Transit info:** [www.translink.ca](http://www.translink.ca)

**Parking:** Underground parking is available onsite. Parking entrance is off Mary Hill Rod and Kelly Ave. Underground parking is not available for vehicles taller than 6'10"

## WestJet Travel Discount

WestJet is offering offer **5% off Econo\*** and **10% off EconoFlex and Premium fares for travel within Canada and 2% off Econo\*, 5% off EconoFlex and 10% off Premium base fares for guests travelling trans-border.** To take advantage of this offer, you will need the discount code listed below. Visit [www.westjet.com/conventions](http://www.westjet.com/conventions) to make a booking online.

### Applicable Rules:

- The booking is to be made to **Vancouver, BC**
- The travel period begins: **9/10/2022**
- The travel period ends: **9/25/2022**
- No discount will apply to Basic or Business Class bookings.

Coupon Code: Guest web/Travel Agent web: **9L3C3VN**

Promo Code: Travel Agent GDS only: **WEE53**

If you have questions about booking with the discount code, please check out [WestJet's FAQ page](#).

## PoCo Inn & Suites Discount

PoCo Inn & Suites is offering a **special group rate for stays between Sept 17 - 19, 2022.**

- Standard room starts at \$179/night
- Kitchen Suites start at \$219/night

**Book your room by July 31 to save (subject to availability).**

Reference **BCFit'22** when reserving your room.

[Click here to learn more about PoCo Inn & Suites.](#)

Visit the [BCFit Delegate Discounts webpage](#) to learn more.

British Columbia Recreation and Parks Association

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[bcrpa@bcrpa.bc.ca](mailto:bcrpa@bcrpa.bc.ca) | [www.bcrpa.bc.ca](http://www.bcrpa.bc.ca)



## Register Online Now

[www.bcrpa.bc.ca/conferences/bcfit/](http://www.bcrpa.bc.ca/conferences/bcfit/)

## Registration Rates

### Conference Rates for Sunday, September 18, 2022:

#### Early Bird rates – ending August 17

BCRPA Registered Fitness Leaders and Members .....	\$210
Non-BCRPA Registered Fitness Leaders.....	\$245

#### Regular rates – starting August 18

BCRPA Registered Fitness Leaders and Members .....	\$240
Non-BCRPA Registered Fitness Leaders.....	\$275

**Lunch (Optional)** .....\$20

### Recert & Exam Day sessions, Saturday, September 17, 2022:

#### Standard First Aid with CPR Level A

**Recertification (Blended)** .....\$95

#### Alert Emergency First Aid with

**CPR Level A Course(Blended)** .....\$85

#### Alert Emergency First Aid with

**CPR Level A Recertification** .....\$75

**In Person Fitness Theory Exam** .....\$80

**In Person Older Adult Exam** .....\$65

**In Person Personal Training Exam** .....\$85

## BCFit'22 Refund Policy

A refund of 70% of the registration fee will be given for cancellation requests received by **Aug 22, 2022**. Cancellations requests received starting Aug 23, 2022 are non-refundable. **Registrations are transferrable.**

All requests for cancellations or transfers must be submitted to the BCRPA office at [registration@bcrpa.bc.ca](mailto:registration@bcrpa.bc.ca) and received within the allotted cancellation times noted above.

## Conference Modification or Cancellation by BCRPA

If circumstances change due to Public Health Orders related to the pandemic and we are unable to gather together in-person for BCFit, the conference will move to a virtual event. In this circumstance, all registered delegates will be given the option of attending virtually and will receive a partial refund for the price difference, or will be able to cancel their registration for a full refund.

Please note, attendees are responsible for canceling their own hotel and travel reservations.

## BCRPA Policy on Recording Presentations

Unauthorized recording (audio, video, still photography) of presentations at any BCRPA event by a presenter or the audience including sessions, plenaries, and keynotes without the express written consent of BCRPA's Education and Initiatives Director is strictly prohibited.

Any authorized recording must be disclosed to the delegates in attendance in that session, prior to commencement of the presentation and only record the presenter, not the audience. Further, any authorized recordings may not be used for commercial purposes or posted on any open public media source. Conduct that violates this policy may be subject to sanctions pursuant to BCRPA's disciplinary policies.

## BCRPA Policy on Conference Program Content

The presentations at BCFit belong to the presenters —BCRPA assumes no responsibility for any errors or omissions in the information presented. In addition, the views and opinions of the presenters are not necessarily those of the Association. The BCFit program content is subject to change without notice.





## BCFit®'22 AT-A-GLANCE

### SATURDAY, Sept 17 – Recert and Exam Day

• PORT COQUITLAM COMMUNITY CENTRE, 2150 WILSON AVE, PORT COQUITLAM

12:30 pm – 4:30 pm	<b>PC1</b> ▶ Standard First Aid with CPR Level A Recertification (Blended)
12:30 pm – 4:30 pm	<b>PC2</b> ▶ Alert Emergency First Aid with CPR Level A Course (Blended)
12:30 pm – 4:30 pm	<b>PC3</b> ▶ Alert Emergency First Aid with CPR Level A Recertification
1:30 pm – 2:30 pm	<b>PC4</b> ▶ In Person BCRPA Fitness Theory Exam — facilitated by BCRPA
1:30 pm – 2:00 pm	<b>PC5</b> ▶ In Person BCRPA Older Adult Fitness Exam — facilitated by BCRPA
1:30 pm – 4:30 pm	<b>PC6</b> ▶ In Person BCRPA Personal Training Exam — facilitated by BCRPA

















































#### SESSION FOCUS AREAS LEGEND:

Aquatic	Group Fitness
Professional Development	Inclusivity
Personal Training	Mind Body
Knowledge Discovery	Older Adult
Active	

### SUNDAY, Sept 18 – BCFit®'22 Conference

• PORT COQUITLAM COMMUNITY CENTRE, 2150 WILSON AVE, PORT COQUITLAM

• Earn 6 CECs for attending the whole day!

7:00 am – 8:00 am	Registration and Marketplace Expo				
8:00 am – 9:15 am	Welcome, Fitness Award and Keynote: Reunite to Reignite with Ingrid Knight-Cohee				
9:15 am – 9:30 am	Transition Break and Markeplace Expo				
9:30 am – 10:30 am	<b>1A ▶ Getting the Maximus Out of Your Gluteus</b> — Brian Justin   	<b>1B ▶ All Inclusive Step</b> — Syd Sam  	<b>1C ▶ Find Your Inner Athlete at Any Age – Aquatic Cross Training</b> — Judy Bjornson  	<b>1D ▶ Beyond the Workout: How Fitness Leaders Can Impact Community Health and Wellness</b> — Kate Lee and Derek Linwood    	<b>1E ▶ Get Down to the Beat: Musicology 101</b> — Debbie Jessen and Rhonda Jackson  
10:30 am – 10:45 am	Transition Break and Markeplace Expo				
10:45am – 11:45am	<b>2A ▶ Baby Got Back!</b> — Brian Justin  	<b>2B ▶ HIIT Your Happy</b> — Debbie Jessen and Mirela Rotaru  	<b>2C ▶ A Ride with a View</b> — Traci Addison  	<b>2D ▶ Intro to Trauma-Informed Fitness</b> — Kathleen Middleton  	<b>2E ▶ Advancing Despite Adversity – Building Resilience as Fitness Professionals</b> — Brenda Adams  
11:45am – 1:00 pm	Lunch, Marketplace Expo and Networking				
1:00 pm – 1:30 pm	Fitness Café			Marketplace Expo and Networking	
1:30 pm – 1:45 pm	Transition Break and Markeplace Expo				
1:45 pm – 2:45pm	<b>3A ▶ Older Adult Training: The Great Method to Make It Fun</b> — Melanie Morrisette  	<b>3B ▶ Shoulder to SHOWider</b> — Kim Bond   	<b>3C ▶ Inclusive Yoga Teaching</b> — Gaylene Thoeny  	<b>3D ▶ Creating a Safe Space for Everyone</b> — Michael Marousek  	<b>3E ▶ Client Drop-Out Prevention Strategies</b> — André Potvin  
2:45 pm – 3:00 pm	Transition Break and Markeplace Expo				
3:00 pm – 4:00 pm	<b>4A ▶ ABC's of Functional Fitness</b> — Tim Borys   	<b>4B ▶ Find Your Balance</b> — Debbie Jessen and Mirela Rotaru    	<b>4C ▶ Pilates – Mat to Standing</b> — Pamela Keefe  	<b>4D ▶ What is Chair Yoga?</b> — Stacey Buss  	<b>4E ▶ Training the Arthritic Client</b> — André Potvin   
4:00 pm – 4:05 pm	Transition Break				
4:05 pm – 4:30 pm	Closing Meditation and Prize Draws				
4:30 pm – 5:30 pm	Marketplace Expo Blowout Sale & Prizes				

**Keynote | 8:00am – 9:15am****Reunite to Reignite — Ingrid Knight-Cohee**

As we reunite in person for BCFit and other sorely missed personal and professional events, Ingrid will reflect on the lessons learned from the global pandemic; the impact on the fitness industry and implications of the “new normal” for fitness pros. We have a spotlight on the critical importance of exercise and the professionals who motivate and sustain the wellbeing of individuals and communities. Capitalizing on this unique time to reignite passion and commitment to healthy living, Ingrid will examine the trends, and our collective trajectory towards meeting the continued challenges ahead.

**About Ingrid Knight-Cohee** • Leading with curiosity, integrity and a collaborative spirit, Ingrid is a sought-after fitness industry expert, presenter and consultant. At the helm of Group Fitness at Fitness World Canada, she is instrumental in creating innovative group exercise experiences for over 70,000 members with a team of 140 instructors. Ingrid leverages effective leadership, ingenuity and partnerships to build connected and committed teams. She holds a Bachelor's degree in Human Kinetics and a Master's degree in Exercise & Health Psychology. She is a firm believer in lifelong

learning, and also holds Certificates in Health Coaching, Sustainable Business Strategy, and Diversity & Inclusion in the Workplace. Ingrid specializes in inspiring individuals, corporate groups and teams to optimal health and performance through research-based, cutting-edge programming. She currently sits on the BCRPA Fitness Standards Committee and was recently recognized as a finalist for the coveted IDEA Fitness Leader of the Year Award in 2021.

**Session 1 | 9:30am–10:30 am**

*Please choose one of the five options. View the At-A-Glance on page 9 to view Focus Areas for each session.*

## 1A Getting the Maximus Out of Your Gluteus

— Brian Justin

This session will look at the gluteal muscle group which is a key muscle group for core stability, lower body movement, aesthetics, and knee protection. This workshop will delve into various ways to help clients take their glutes to school. Learn a quick ASSESSMENT and then we will delve into programming using various techniques to take your clients from sleepy butt to functional one!

## 1B All Inclusive Step

— Syd Sam

REcreate and REinvent an All Inclusive Step class from foundation moves to advance options. This interval style class will keep your clients engaged, challenged and returning for more.

## 1C Find Your Inner Athlete at Any Age – Aquatic Cross Training

— Judy Bjornson

This shallow and deep water class design will be utilized with and without equipment in infinite ways to create purposeful yet challenging programs for people of all fitness levels.

**This is a pool session. Please bring your swim gear.**

## 1D Beyond the Workout: How Fitness Leaders Can Impact Community Health and Wellness

— Kate Lee and Derek Linwood

Understanding the unique goals, challenges and expectations of each patron is a key to success, not just for the patron, but also for the community and facility. Vancouver's All Bodies Community program staff will share their experience with community engagement and development through inclusion, diversity, fitness, art and sport. Fitness Leaders will learn how their leadership strengths and unique positions can be used to create lasting relationships, and build trust to develop a sustainable active and inclusive community. Discover how embracing barriers allows for creative problem solving and how to be responsive without having all the answers.

## 1E Get Down to the Beat – Musicology 101

— Debbie Jessen and Rhonda Jackson

Phrasing, down beats, 32 counts, oh my!! Still confused by phrasing in professional fitness music mixes? Did you know that by using phrasing and 32 counts you don't actually have to count repetitions...the music does it for you! This workshop will provide a brief introduction to the parts of the music (phrasing, down/up beats, etc) and how to recognize, find and use them. We will listen, learn and then practice with a short master class in order to put it all together.





## BCFit®'22 CONFERENCE SESSIONS • Sunday, Sept 18, 2022

### Session 2 | 10:45 am – 11:45 am

Please choose one of the five options. View the At-A-Glance on page 9 to view Focus Areas for each session.

#### **2A Baby Got Back!** — Brian Justin

Many Fitness Professionals experience back pain as part of their job of teaching clients or running classes. This active workshop will go over a restorative back health program for self care. The 4 ingredients for this restorative program are: 1. Breathe parasympathetically. 2. Move slow. 3. Integrate your brain. 4. Address the 3 neuromuscular stress reflexes. Come on out and experience a movement massage.

#### **2B HIIT Your Happy** — Debbie Jessen and Mirela Rotaru

We all love HIITS, they are a great way to up the intensity for short periods of time. We will explore 5 popular HIIT formats and how to safely incorporate them into your Group Fitness formats. Using modifications/progressions, you will be able to HIIT Your Happy with all your participants!

#### **2C A Ride With a View** — Traci Addison

Take an inspiring ride that will introduce you to techniques on how to visually lead your participants through, hills, flats, mountain peaks, time trials and interval training. Participants of this workshop will experience how to couple riding to the rhythm of powerful music and creating an inspirational visualization for your riders to experience every class.

#### **2D Intro to Trauma-Informed Fitness** — Kathleen Middleton

If you work with humans, you work with trauma. Learn how you can support your client's journey through the fitness world in ways that promote healing. New research about the effects of strength training on the brain's ability to recover from emotional trauma allow you to help a client feel safe not just in the gym, but in their own body.

#### **2E Advancing Despite Adversity – Building Resilience as Fitness Professionals** — Brenda Adams

The fitness industry has been through a lot, Fitness Professionals have been through a lot. Knowing how to keep moving forward when you are faced with challenges is absolutely essential. This session will walk you through the 6 pillars of resiliency and show you practical ways that you can build your resiliency so that you can continue to advance despite adversity.

### Optional Session | 1:00 pm – 1:30 pm

#### Fitness Café

Connect with fellow Fitness Professionals at the Fitness Café where small groups, roundtable style, will give you the opportunity to discuss issues that matter to you. Discuss hot topics, and share ideas and strategies to tackle the most prevalent issues facing the fitness industry today.



## Session 3 | 1:45pm – 2:45pm

Please choose one of the five options. View the At-A-Glance on page 7 to view Focus Areas for each session.

### 3A Older Adult Training: The Great Method to Make It Fun

— Melanie Morrisette

This session will go over the great method to making older adult and the osteofit program interesting and fun for participants. Older adult programs often focus on fall prevention and the same exercises come back on a regular basis. To make it interesting for instructors and participants, classes have to be fun! Melanie will focus on games that play and important part in working on speed, coordination, agility, memory, etc.

### 3B Shoulder to SHOWlder

— Kim Bond

Learn the process of creating a set of shoulders that are mobile, strong and flexible. We'll participate in creative and fun activities that allow us to communicate easily about S.I.T.S. with our clients and members. Being creative will encourage your clients to engage in exercises and areas that generally overlooked and problematic in today's technological world.

### 3C Inclusive Yoga Teaching

— Gaylene Thoeny

Ensuring a welcoming experience for all shapes, sizes and abilities in your Yoga class. Discover teaching tools such as the importance of neutral, non-triggering language when offering cues, and how to present modifications that create a sense of confidence, success and ease. Learn how to use props to create accessibility to ensure the poses comfortably fit our bodies rather than fitting our bodies into the pose.

### 3D Creating a Safe Space for Everyone

— Michael Marousek

Your goal is to help the patrons of your facility to get healthy, but sometimes you feel like you are a security staff in the fitness centre. This can be our reality. If that is your case then this session will help you make the unwanted duty less stressful. Combining the components of the Non-Violent Crisis Intervention program, industry's leading practices and innovative solutions from around the globe, this session will enhance your toolbox as a Fitness Attendant with a focus on improving your ability to provide a safe space for everyone, especially for yourself.

### 3E Client Drop-Out Prevention Strategies

— André Potvin

Did you know that 80% of new and returning clients quit within the first 2-months of training? Did you also know that this is totally preventable? Join André Noel Potvin as he outlines the key reasons for this high drop-out rate and how you can prevent it from happening. In this lecture, you will learn your client's development level of competence and commitment and then choose the most appropriate prevention strategy to maximize motivation and exercise adherence. Finally, you will be able to identify primary and secondary factors influencing your client's progress and implement effective "drop-out" prevention strategies.



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BI-WEEKLY

## FITNESS WORLD

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## Session 4 | 3:00pm–4:00 pm

Please choose one of the five options. View the At-A-Glance on page 9 to view Focus Areas for each session.

### **4A** ABC's of Functional Fitness — Tim Borys

Having a 6-pack, a great butt and strong core top most fitness wish lists, yet so few people have them! Success in these areas isn't about working harder. It's about working smarter. Learning how this "functional triad" fits together is the key to maximising results. This session debunks the myths of core training while diving into the science, biomechanics, and programming needed to help our clients get the abs, butt and core they desire.

### **4B** Find Your Balance — Debbie Jessen and Mirela Rotaru

Everyone needs balance in their lives. This workshop will focus on building strength, agility and core strength by improving both static and dynamic balance. This will benefit not only those who work with the Active Ageing population but will include practical and effective activities for all demographics and group fitness formats.

### **4C** Pilates – Mat to Standing — Pamela Keefe

In this session, we will go through 8 basic Pilates exercises on the mat. Learn muscles used, correct body position and how to teach it. For each mat exercise we will move to standing. Learn the similarities and differences of the same exercise on a different plane. Take it away and spice up your next class!

### **4D** What is Chair Yoga? — Stacey Buss

Successfully teaching chair yoga is more than just knowing the poses. It's also about understanding the nuances and subtleties of this style to ensure a truly safe, always stable, completely accessible practice. It's about recognizing the physical and sometimes emotional needs of the participants. It's about creating a positive experience and space that offers the greatest opportunity for success.

### **4E** Training the Arthritic Client — André Potvin

Arthritis is a health problem which affects approximately 27% of Canadians 50-64 years of age and 46% of those 65+. It can be quite debilitating, stripping those afflicted of a functional and joyful quality of life eventually leading to hip and knee replacements. Join André as he details the pathophysiology of both knee and hip arthritis including the do's/don'ts of training the arthritic client and provide you with effective exercises and program design strategies. Leave this session with greater confidence in your ability to work with arthritic clients.



## BCFit®'22 RECERT and EXAM DAY • Saturday, Sept 17, 2022

Pre-registration is required for all Recert and Exam Day sessions

### RECERT AND EXAM DAY — SATURDAY, SEPT 17

Kickstart your BCFit'22 conference experience by attending the workshops listed below. Get certified or renew your certifications in First Aid and CPR, or take a specialty exam. Choose one!

#### FIRST AID AND CPR COURSES

# PC1

#### Standard First Aid with CPR Level A Recertification (Blended)

Provided by our First Aid Sponsor — Alert First-Aid



**Saturday, Sept 17 | 12:30pm – 4:30pm | \$95 | Port Coquitlam Community Centre**

This fun and interactive comprehensive first aid **recertification course** combines 4 hours of online learning with 3.5 hours in-class to train people how to recognize and care for a range of injuries and illnesses. This course covers initial assessment and response, airway emergencies, breathing and circulation emergencies, adult cardiopulmonary resuscitation (CPR), the use of an Automated External Defibrillator (AED) and recognition and first aid treatment for major bleeding, head and spine injuries, bone, muscle and joint injuries, sudden medical emergencies, and environmental emergencies. **Participants must successfully complete the online portion prior to attending the in-class portion of the course.**

**This course is open to all who are looking to recertify their Standard First Aid with CPR Level A certification. Space is limited – register early to reserve your spot.**

**Note:** This course is accepted by BCRPA and also by WorkSafeBC as equivalent to Occupational First Aid Level 1. Most municipal employers require Standard First Aid.

# PC2

#### Alert Emergency First Aid with CPR Level A Course (Blended)

Provided by our First Aid Sponsor — Alert First-Aid



**Saturday, Sept 17 | 12:30pm – 4:30pm | \$85 | Port Coquitlam Community Centre**

This fun and interactive basic-level first aid course combines 3 to 4 hours of online learning with 3.5 hours of in-class to train you how to react and improvise during time-priority, life-threatening emergencies. This course covers initial assessment and response, airway obstruction, adult cardiopulmonary resuscitation (CPR), the use of an Automated External Defibrillator (AED) and recognition and first aid treatment for major bleeding. Participants spend the majority of the in-person portion of the course doing hands-on first aid training. **Participants must successfully complete the online portion prior to attending the in-class portion of the course.**

**This course is open to all who are looking to be certified in Emergency First Aid with CPR Level A. Space is limited – register early to reserve your spot.**

**Note:** This course is accepted by BCRPA. This course does not meet WorkSafe BC Occupational Level 1 requirements. **Please check with your employer to see whether they will accept this first aid training option prior to registration.**

# PC3

#### Alert Emergency First Aid with CPR Level A Recertification

Provided by our First Aid Sponsor — Alert First-Aid



**Saturday, Sept 17 | 12:30pm – 4:30pm | \$75 | Port Coquitlam Community Centre**

This fun and interactive basic-level first aid course is 3.5 hours of in-class training. This trains you on how to react and improvise during time-priority, life-threatening emergencies.

**This course is open to all who are looking to recertify their Emergency First Aid with CPR Level A certification. Space is limited – register early to reserve your spot.**

**Note:** This course is accepted by BCRPA. This course does not meet WorkSafe BC Occupational Level 1 requirements. **Please check with your employer to see whether they will accept this first aid training option prior to registration.**





## BCFit®'22 RECERT and EXAM DAY • Saturday, Sept 17, 2022

*Pre-registration is required for all Recert and Exam Day sessions*

### RECERT AND EXAM DAY — SATURDAY, SEPT 17

Kickstart your BCFit'22 conference experience by attending the workshops listed below. Get certified or renew your certifications in First Aid and CPR, or take a specialty exam. Choose one!

### SPECIALTY MODULE EXAMS

*Specialty Module Exams are happening in person at Port Coquitlam Community Centre. View details below for pre-requisite requirements. Results will be posted in Exam Candidates' accounts within 5 to 10 business days after writing the exam. Please arrive at least 15 minutes before your exam starts.*

#### PC4

##### In Person BCRPA Fitness Theory Exam

Facilitated by BCRPA

**Saturday, Sept 17 | 1:30pm – 2:30pm | \$80**  
**Port Coquitlam Community Centre**

BCRPA is pleased to offer aspiring and seasoned Fitness Leaders the opportunity to write the Fitness Theory exam in-person. What you need to bring: pencil, eraser, and yourself. Register early! Space is limited. CECs are not applicable to exams. **Pre-requisites: Fitness Theory Exam Candidates** must have an account on The Registry® of Fitness Professionals.

#### PC5

##### In Person BCRPA Older Adult Fitness Exam

Facilitated by BCRPA

**Saturday, Sept 17 | 1:30pm – 2:00pm | \$65**  
**Port Coquitlam Community Centre**

Complete your Older Adult Specialty Module - write your Older Adult Fitness Exam at Port Coquitlam Community Centre. What you need to bring: pencil, eraser, and yourself. Register early! Space is limited. CECs are not applicable to exams. **Pre-requisites: Older Adult Fitness Exam Candidates** must bring their Fitness Leader ID Number and must have completed the BCRPA Older Adult Specialty Module Course and bring proof of completion.

#### PC6

##### In Person BCRPA Personal Training Exam

Facilitated by BCRPA

**Saturday, Sept 17 | 1:30pm – 4:30pm | \$85**  
**Port Coquitlam Community Centre**

Complete your Personal Training Specialty Module - write your Personal Training exam at Port Coquitlam Community Centre. What you need to bring: pencil, eraser, and yourself. Register early! Space is limited. CECs are not applicable to exams. **Pre-requisites: Personal Training Exam Candidates** must bring their Fitness Leader ID Number and must have completed the BCRPA Personal Training Course and bring proof of completion.



## BCFit®'22 CONFERENCE PRESENTERS



**André Potvin**, MSc, ACE PT, ACE CES, BCRPA-TFL is an internationally accredited author, fitness educator and clinical exercise specialist with 38 years of leadership and clinical experience. President of INFOFIT Educators School for Fitness Professionals, André is frequently invited to lecture at international public and professional conferences.



**Brenda Adams** is a PhD student at the University of Victoria where the focus of her research is developing an intervention that will help Exercise Professionals build their levels of resiliency so that they are better able to cope with the ever changing demands of this profession. She has dedicated the last 20 years of her career to helping Exercise Professionals thrive in their personal and professional lives. An Exercise Professional herself for more than 25 years, she has worked in almost every facet of this industry and understands the challenges that Exercise Professionals face.



**Brian Justin** is currently a full time Kinesiology Faculty Member at the University of the Fraser Valley in Abbotsford/Chilliwack, BC where he teaches Exercise Physiology, Exercise Testing and Prescription, Strength and Conditioning, and Post Rehabilitation Techniques. He earned his Master's and Bachelor's degrees in Kinesiology from the University of British Columbia. Brian is an author, Professional Kinesiologist, Clinical Exercise Physiologist, Intense Marvel Fan, Somatic Movement Coach and continuing education provider for BCRPA, CFES, CSEP, and BCAA. Brian is passionate about spreading the word on the benefits of physical activity and providing strategies to make activity accessible for every "body".



**Debbie Jessen** has been a certified group fitness instructor for more than 35 years. She is a BCRPA Supervisor of Fitness Leaders in Group Fitness, Osteofit, Older Adult and Weight Room modules. She also has teaching licenses for Zumba®, Zumba® toning, Zumba® step, and Strong by Zumba®. She has been teaching CEC workshops for 15+ years, and has mentored and trained countless instructors, and teaches 10 to 20 classes per week. A popular presenter, as well as a motivational speaker, she has published articles in Fitness Business Canada magazine and FitLifeBC.

## NEW Presenter!



**Derek Linwood** holds a Master's degree in Recreation & Leisure Studies from the University of Waterloo, as well as an Honours Bachelor's degree in Recreation & Sport Business. As the Sport Services Coordinator with the Vancouver Board of Parks and Recreation, Derek oversees the work of city-wide Recreation Programmers, manages projects pertaining to sport development and infrastructure, and acts as the subject-matter expert for all things "sport". He has over a decade of experience with program planning and delivery, with a specific passion for inclusive recreation, sport, and fitness programming.

## NEW Presenter!



**Gaylene Thoeny** is an experienced and Registered Yoga Teacher in Greater Vancouver and the Fraser Valley. She is a BCRPA Registered TFL for Yoga, is a E-RYT 500hr Registered Yoga Teacher, and is a Registered Children's Yoga Teacher and Registered Prenatal Yoga Teacher with Yoga Alliance, plus more. Her balance of fitness and traditional Yoga training really works to create a unique style. She doesn't own a brick and mortar studio which allows for the flexibility of working out of various locations. She brings thousands of hours of teaching, some very unique trainings and brings all this specialized knowledge into her classes, her yoga teacher training and all continuing education offerings.



**Ingrid Knight-Cohee** leads with curiosity, integrity and a collaborative spirit. Ingrid is a sought-after fitness industry expert, presenter and consultant. At the helm of Group Fitness of Fitness World Canada, Ingrid is instrumental in creating innovative group exercise experiences for its over 70,000 member base, along with a team of 140 instructors. Ingrid leverages effective leadership, ingenuity and partnerships to build connected and committed teams. She holds a Bachelor's degree in Human Kinetics and a Master's degree in Exercise & Health Psychology. A firm believer in lifelong learning, Ingrid also holds Certificates in Health Coaching, Sustainable Business Strategy, and Diversity & Inclusion in the Workplace.

Ingrid specializes in inspiring individuals, corporate groups and teams to optimal health and performance through research-based, cutting-edge programming. She sits on the BCRPA Fitness Advisory Committee and was recently recognized as a finalist for the coveted IDEA Fitness Leader of the Year Award in 2021.





## BCFit®'22 CONFERENCE PRESENTERS



**Judy Bjornson** is a Certified Master Trainer for WaterART Fitness International and instructs various Certification across B.C. She is an Aquatic Rehabilitation specialist and has been working in the water with clients since 2007. Her knowledge and upbeat personality, keeps her participants smiling and motivated to have a successful class and work at their own personal best.



**Kate Lee** has been a BCRPA Registered Personal Trainer and Group Fitness Leader for 30 plus years. She believes connection and community are the heart of our collective success. Persuasive and encouraging, she uses a multi-disciplinary and open minded approach to overcome challenges and barriers offering leadership, guidance and coaching where needed. As the programmer for the Vancouver Park Board's All Bodies Community fitness and recreation group, she promotes a culture of acceptance and belonging with the understanding that everyone should have the opportunity to enjoy the many benefits of an active lifestyle.

**NEW Presenter!**

**Kathleen Middleton** is a candy loving, tea drinking, writer, equestrian, and mother. You'll find her most often running on the trails or ticking something off of her adventure bucket list. She is a BCRPA Registered Personal Trainer with trauma informed fitness experience and a Girls Gone Strong specialization in women's coaching. She is also a CPCA Registered Professional Counsellor with mindfulness based somatic training and a personal journey of abuse recovery through fitness. Having a foot in both the fitness and the mental health world, gives Kate an opportunity to empower others through the blending of these two powerful healing channels.



**Kim Bond** is Trainer of Fitness Leaders with a passion for cooking and creative content. She is an Education Director, presenter, and all around Fitness Professional, and brings a wealth of industry knowledge with over 25 years of experience. Kim prides herself on keeping all her content up to date, with cutting edge information all wrapped into dynamic presentations. She is known for bringing the energy to the room as an educator, presenter, leader and collaborator. Kim's whole approach to health is embraced throughout BC.

**NEW Presenter!**

**Michael Marousek** is a recreation professional with 10 years of experience in supervising and managing in the municipal fitness setting. Starting his career as a professional athlete, Michael had a tremendous opportunity to see the world of recreation from almost all possible angles – as a participant, a coach, a volunteer, an instructor, a personal trainer, an administrator, a board member, and most importantly as a person who believes that recreation and all recreation professionals have an opportunity to make a difference in people's lives and a responsibility to exercise this opportunity carefully, thoughtfully, and meaningfully.

**NEW Presenter!**

**Melanie Morrisette** is a Personal Trainer, SFL, Corrective Exercise Specialist, and a Yoga, Pilates, Weight Training, Group Fitness, senior specialist, osteofit, get up and go, and aquatic fitness instructor. Mel has been nominated best fitness instructor in 2021, 2020, 2019, and 2015 by Best Of Kelowna. She has been on the front cover of the Okanagan Woman Magazine. She also had the opportunity to be one of the actresses on the documentary about the Okanagan filmed with the popular Canadian actress Karine Vanasse. Her fitness videos are on Shaw TV.

**NEW Presenter!**

**Mirela Rotaru** is a very happy and enthusiastic Fitness Leader since 2017, sharing her fitness experience with the City of Burnaby. She is a motivated Fitness Leader who designs her classes to help clients at any fitness level to reach the best shape of their lives. She firmly believes that health is a conscious lifestyle choice needed for longevity and happiness. She teaches a variety of fitness classes, including low-medium-high impact, body weight, muscle conditioning, cardio and strength, plyo movements. When she is not teaching she enjoys traveling, reading and spending quality time with family and friends.



## BCFit®'22 CONFERENCE PRESENTERS

## NEW Presenter!



**Pamela Keefe** is a seasoned Fitness Professional that has developed skills and gained knowledge in our evolving industry since 1982. Her path began in Ontario and in 1996 moved to BC. Here she worked to become a BCRPA SFL in Group Fitness, Weight Training, Personal Training, and Pilates. Pam is certified in Osteofit, Barre and Cycle. In 2001 Pam trained through the Physical Mind Institute in Mat Pilates followed by Standing Pilates the next year. She is an accredited instructor in Joan Briebart's book Standing Pilates. Pam is an experienced triathlete and has trained many to successfully cross their finish line.



**Rhonda Jackson** has worked for the City of Burnaby for over 30 years, most of those years working as Program Coordinator in the area of Fitness, Wellness and Weight Room management. She is a BCRPA Registered Supervisor of Fitness Leader in Weight Training, Older Adult Fitness, and Group Fitness. She holds a Certificate of Health and Fitness from Simon Fraser University, and a Hotel, Motel and Restaurant Management Certificate from BCIT. Working in Burnaby and living in Delta, she feels quite at home in both communities. In 2018, Rhonda was recipient of BCRPA's Program Director/Manager of the Year Award. She loves working in the fitness industry, and all the wonderful people she gets to meet every day.



**Stacey Buss** is a E-RYT 500 as well as a Certified Chair Yoga instructor, Teacher of Fitness Yoga Leaders (TFL), Older Adult Fitness Leader and BoneFit Trained. With a focus on alignment, safety and success, she offers private, and small group sessions. Stacey is also a co-Lead Trainer for the RYS 200hr and 300hr teacher training programs at Grove Yoga School inviting anyone interested in a comprehensive, body positive experience to join.

## NEW Presenter!



**Syd Sam** is passionate about the marriage of People and Fitness. Having worked and played in the industry for over 30 years Syd has learned that fitness is dynamic and continually evolving. Learning NEW and accepting change is important to further understanding of self and others. Exercise IS medicine to health and wellbeing. Syd is a strong advocate and loves her work with the community and how an hour class with patrons can change their day and lives. Syd has 30 plus years as a Group Exercise Instructor for the City of Burnaby. She is a current BCRPA Supervisor of Fitness Leaders for Group Fitness, and is BCRPA Registered in Weight Training, Older Adult Fitness, OsteoFit Canada since 1992 and International CanFitPro Personal Trainer since 2000. She currently owns and operates CorpFitWellness Inc. which provides Fitness, Health and Wellness programs for Corporations.



**Tim Borys** is a former New York Yankees draft pick, and national level performance coach and is an expert at eliciting higher performance from individuals and teams. For over 30 years he has helped people and organizations ignite their potential in work and life. Tim is CEO of FRESH! Wellness Group, founder of [www.teachmovement.com](http://www.teachmovement.com), author of "The Fitness Curveball", a 4 volume guidebook to greater performance in life, and "Your Work From Home Productivity Handbook". He holds a BA (Psys/Kin), is a Medical Exercise Specialist, CHEK HLC, CSCS, and is an international educator.



**Traci Addison** is passionate about inspiring and motivating people to live an active lifestyle. Her passion for fitness was born over 25 years ago when she was participating in a fitness class with her 2 left feet. She has evolved from her 2 left feet to teaching all levels of fitness, coordinating fitness and providing personal training for the City of Burnaby. Her passion for fitness has blended with her passion for cycling. She has taught indoor cycling since 2002. In 2008, Traci qualified for Team Canada for her age group for the 2008 Vancouver BG Triathlon World Championships: AG Sprint.



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