

Distance Education/Online Courses – Policy Addition

Background

The BCRPA is seeing an increase in the number of TFLs who wish to offer a BCRPA approved course in an online/distance education environment. Having these courses available helps to ensure that leaders from all over the province can access the training that they need.

To ensure that students in these courses receive adequate instruction and feedback, the BCRPA has recently made some additions to the requirements for these courses to be approved.

Specifically:

Policy Addition

Each course must include a minimum of 3 hours of video assignments. The student is to demonstrate each component of the ICE and the TFL provides them with feedback. The video can be something that is recorded or can be done live via services like Skype (see the table below for an example how the video assignments could be structured).

- These videos are just of the student – they are NOT teaching other people. This is simply them making a video to demonstrate to the TFL their competency in the practical components of the course that they have learned.

Note – these assignments need to be completed within the setting that the student will be teaching in so that they can demonstrate competencies within that environment:

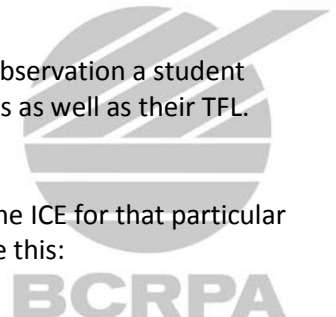
- Aquatic Fitness – all teaching segments completed in a pool
- Group fitness – any space
- Weight training – warm up, cardio and muscle endurance segments must be completed in a fitness facility. Flexibility/cooldown can be completed in any space.
- Personal Training – any space

Rationale

In an in-person course, the student receives on-going feedback from the TFL as well as their classmates as they do practical activities. This video requirement is to ensure that online/distance education students also have the ability for feedback on their practical skills.

The timeframe of 3 hours was chosen as an estimate to how many hours of practical observation a student would receive in an in-person course. This being observation from their fellow students as well as their TFL.

For a given course, the 3 hours of video assignments must include all components of the ICE for that particular course. For example, in the Group Fitness Course the video assignments could look like this:



ICE Component	Activity	Time
Warm-up	Video of the student showing different movements that they think could be used in a warm-up. Focus on proper technique.	20 minutes
	Video of student teaching a 10 minute warm-up	10 minutes
Cardio	Video of the student showing different movements that they think could be used for cardio. Focus on proper technique.	30 minutes
	Video of student teaching a 30-minute cardio session.	30 minutes
Muscular Endurance	Video of the student showing different movements that they think could be used for muscular endurance. Focus on proper technique.	30 minutes
	Video of student teaching a 15-minute muscular endurance session.	15 minutes
Flexibility/Cooldown	Video of student teaching a 15-minute flexibility/cooldown session.	15 minutes
TFL choice	An additional 30 minutes of video on a topic (s) that the TFL chooses. This could be centered around the professional qualities, how to deal with disruptive participants etc.	30 minutes
TOTAL TIME: 3 hours		

Timeline

These new policy additions will be applied to all NEW online/distance education applications that are received, effective immediately. For TFLs who were previously approved to deliver these courses, they will need to submit an outline of their 3 hours of video assignments to the BCRPA Fitness Program Manager **by September 30th, 2014** in order to maintain their course listing on the website.

