



Distance Education

Distance Education is a method of educating yourself at your finger tips.
It's easy, convenient and fun.

Sports Nutrition... *Eating for Performance (5 BCRPA credits) \$75*

Do athletes need more protein than most people? Should long-distance runners eat before an event? Do active females need to take a calcium supplement? Does the thought of answering questions like these, leave you scratching your head in confusion? If so, come and dispel the myths and learn from this **Level 2** workshop how simple it can be! There will be no need to scratch your head anymore!

Osteoporosis:\$30 *Current Prevention and Treatment Strategies (2 BCRPA Credits) \$30*

What is osteoporosis and what are the risk factors? Which risk factors are preventable and which are not? What are the treatment strategies? This **Level 2** workshop will answer all these questions and more! You will learn what type of exercises effect bone mass and why. Users of this workshop will realize the importance of starting an osteoporosis treatment program at any age.

Exercise, Dehydration & Fluid Replacement - (2 BCRPA Credits) \$30

This **Level 2** workshop examines your body's remarkable cooling system and how it keeps you cool during those long, sweaty workouts. Learn how dehydration causes performance degradation, guidelines on what and how much to drink and the role of popular sports drinks.

Nutrition & Supplementation: *What Every Body Needs To Know (2 BCRPA Credits) \$30*

This **Level 1** workshop allows you to understand the basic principles of nutrition, the function of the different classes of nutrients and appropriate use of supplements. Learn how to assess your own or your client's eating habits.

Step Study 2: *Transitions (3 BCRPA Credits) \$45*

This **Level 2** workshop has been designed as a continuation of Step Study 1, or for the intermediate instructor. Upon completion, you will have 6 smooth flowing patterns with exciting new choreography.

Step Study 1: *32 Counts and Transitions— (2 BCRPA Credits) \$30*

In this **Level 1** workshop, group fitness instructors will analyze step patterns and understand the "counts" of moves and how to *fit* them together with the music. transitions so moves and patterns flow together.

Plan for Success—(2 BCRPA Credits) \$30

Success is not an accident. This **Level 1** workshop will teach you the necessary steps in becoming a better instructor. From self evaluation to goal setting you'll have a plan to ensure success.

Well I Intended to But... (3 BCRPA Credits) \$45

Excuses, excuses, excuses... you've heard them all! This **Level 1** workshop will give you some tools to help previously unsuccessful individuals adhere to their exercise plan. Identify barriers and develop strategies to overcome barriers is only one of the tools you will explore.

Picture Perfect Body...*Mission Impossible — (4 BCRPA CREDITS) \$60*

This **Level 2** workshop describes how our culture places a premium on the young, thin, sculptured body but how for many people this is not attainable. Is the fitness industry promising clients the perfect body? In this workshop you will evaluate your own biases and take some steps towards a healthier more realistic approach.

