



Nova Scotia Fitness Association

... Be part of it!

NSFA, 5516 Spring Garden Road Suite # 309, Halifax, Nova Scotia, Canada B3J 1G6,

Phone: (902)425-1128 ext # 224, **E-mail:** nsfa@nsfa.info

NSFA Fitness Courses

South Queens Junior High School

(Waterloo Street, Liverpool)

Fitness Theory (FT)

Fitness theory course content includes: Healthy Lifestyles, Exercise Physiology, Anatomy, Movement Mechanics & Exercise Analysis, Principles of Conditioning, Nutrition Basics, Leadership Skills, Legal Liability & Safety (Pre-requisite for all subsequent NSFA modules)

Date/Time: Friday, January 22nd, 5-9 pm, Saturday, January 23rd, 9-5 pm & Sunday, January 24th, 9-5 pm

Course Conductor: Angela Curry

Group Fitness Leadership (GFL)

This course specializes in issues relating to group fitness, including use of music, choreography, cueing, class design, safety, and a significant practical teaching component (pre-requisite: fitness theory)

Date/Time: Saturday, January 30th, 9-5 pm
Sunday, January 31st, 9-3 pm

Course Conductor: Angela Curry

Resistance Trainer Leadership (RTL)

This course prepares you to instruct confidently in a weight room setting. Course contents include: muscular mechanics, weight training safety and prevention of injury, programming trends and design, and legal liability (pre-requisite: fitness theory).

Date/Time: Saturday, February 13th, 9-5 pm
Sunday, February 14th, 9-5 pm

Course Conductor: Peter Hico

Registration Fees:

NSFA 2-yr membership <i>(required in order to take any of the NSFA courses)</i>	\$75	_____
Fitness Theory (FT)	\$200	_____
NSFA 2-yr Liability Insurance <i>(must be purchased on or before registering for GFL or RTL course – one payment is good for both additional courses)</i>	\$60	_____
Group Fitness Leadership (GFL)	\$150	_____
Resistance Trainer Leadership (RTL)	\$150	_____
	Subtotal	_____
	HST (13%)	_____
	TOTAL	_____

Please check method of payment:

Visa Mastercard Cheque / Money Order Cash

Credit Card Number: _____ Expiry Date: _____

Signature: _____ Date: _____

For more information on the courses being offered, please contact Angela Curry,

585-1610, or e-mail acurry@acadiu.ca

All Registration Must Be Received by the NSFA prior to course start date

(In order to ensure availability of manuals by course date, recommended that registration be at least one week in advance)