

## Seniors Fitness Instructors Course Registration Form

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone#: \_\_\_\_\_ Cell Phone#: \_\_\_\_\_

Birth date: \_\_/\_\_/\_\_ / \_\_/\_\_/\_\_  
                  d    m    y                    Health Card #: \_\_\_\_\_

Payment: Cash \_\_\_ Debit \_\_\_ Cheque \_\_\_ - Please make cheques payable to VRDCA.

Do you have a sponsoring valley organization? (Ex. Local Recreation Dept, Community Center, etc.) If so, please attach a letter of support.

\_\_\_\_\_

Do you have any special dietary needs? (vegetarian, lactose intolerant, etc.) \_\_\_\_\_

\_\_\_\_\_

You may submit this electronically at: [asulis@town.berwick.ns.ca](mailto:asulis@town.berwick.ns.ca)

Confirmation is not assured until payment is received by the Berwick Recreation Department.

# Valley Seniors Fitness Network

The Canadian Centre  
for Activity and Aging  
**Seniors Fitness Instructor Certification**  
CCAA-SFIC



**CCAA**

Canadian Centre for Activity and Aging

September 18<sup>th</sup> and 19<sup>th</sup> - Berwick Town Hall

For further information contact:

Wendy Lee Hamilton

Tel: 902-542-0939

Fax: 902-542-6607

[wjhamilton@avdha.nshealth.ca](mailto:wjhamilton@avdha.nshealth.ca)

Berwick Recreation Department

Tel: 902-538-8616

Fax: 902-538-3724

[asulis@town.berwick.ns.ca](mailto:asulis@town.berwick.ns.ca)

Funding and support provided by:



## CCAA-SFIC Course Objectives

### Upon becoming a certified Senior's Fitness Instructor, you will:

- Promote the philosophy and values of the CCAA when planning and delivering physical activity programs.
- Screen and assess older adults for their fitness program using protocols learned in the SFIC.
- Use assessment data to plan, implement and evaluate exercise prescriptions to meet the unique needs of participants as indicated by the performance standards for the SFIC.
- Provide a safe environment, minimize and be capable of dealing with emergencies when they do arise as outlined in the SFIC.
- Maintain a participant centered environment applying the principles of adult learning to the design and delivery of the physical activity program according to SFIC methods.
- Continually improve your performance using self-evaluation, peer evaluation and by meeting recertification criteria.

## Steps to Certification

### There are no pre-requisite courses necessary.

1. Register for the CCAA-SFIC.
2. Attend & participate in the 2 day course.
3. Complete & submit the CCAA-SFIC written assignment within 2 weeks of finishing course.
4. Complete 16 hours of practice teaching.
5. Contact Wendy to schedule your practical evaluation on or before May 1, 2011. There is a \$75 fee for this which includes your annual certification fee.
6. The CCAA will contact you with your Certification Certificate.

## Registration

In person or by phone:

Berwick Recreation Department  
236 Commercial Street, Berwick, NS  
Tel: 902-538-8616 Fax: 902-538-3724

To register electronically send the registration form on the back to [asulis@town.berwick.ns.ca](mailto:asulis@town.berwick.ns.ca)

**Course Fee: \$150+tax**

**Please register on or before August 30<sup>th</sup>, 2010.**

Classes run between 8:30am - 4:30pm at the Berwick Town Hall Gym

### Accommodation:

The Candle Inn the Window B&B and the Hidden Gardens B&B are located in Berwick.

- The Candle Inn The Window  
Toll free: 1 (866) 338-0698
- Hidden Gardens B&B  
Toll free: 1 (866) 299-0813

**Participants are advised to wear comfortable clothes and be prepared to exercise. If you have a stop watch and clip board please bring them along. Dressing in layers is advised and appropriate footwear is necessary. A nutritious lunch and snacks are provided.**

**Thank you!**