

A Recognised Industry in the UK

Thursday September 23rd 2010 REPs National Convention
@ Leisure Industry Week, Birmingham NEC

Programme of Events

9.30 Registration & Refreshments

AM	AM SESSIONS	PM	PM SESSIONS
10.00	Welcome and Introduction (John Byers, REPs)	12.40	Lunch: including free entrance into the LIW tradeshow & optional workshops
10.05	Exercise Professionals – into the next decade (Jean-Ann Marnoch, REPs Registrar)	14.30	Workshop Sessions 2
10.30	Key Note Speaker 1: 'Why 50% of What You Know Doesn't Determine How Good a Trainer You Will Be' (Jamie Edwards, Trained Brain)	15.30	Break
11.30	Break	15.35	Key Note Speaker 2: 'To eat or not to eat – that is the question! Eating Behaviour – nature or nurture re-visited' (Dr Cath Sanderson, Leeds Met University)
11.40	Workshop Sessions 1	16.40	Close (Jean Ann Marnoch, REPs)

Workshop Timetable (Please refer to the workshop information for more details)

	<u>WORKSHOP 1A</u>	<u>WORKSHOP 1B</u>	<u>WORKSHOP 1C</u>	<u>WORKSHOP 1D</u>
11.40 to 12.40	Fit Pro <i>Postural Analysis</i>	Professional Fitness and Education <i>Logical Learning & Layering</i>	Yfit <i>Community activity</i>	CK Academy <i>The Older Adult and the Fitness Experience</i>
Optional lunchtime workshops	<u>12.50-13.30</u> Nordic Walking The ultimate Nordic Walking taster session		<u>13.40-14.20</u> FIA 'Sicker, fatter, older' - the health of the nation - can anything be done?	
14.30 to 15.30	<u>WORKSHOP 2A</u> Premier Training <i>Training clients with Back Pain</i>	<u>WORKSHOP 2B</u> Fit Pro <i>ViPR training tool</i>	<u>WORKSHOP 2C</u> Later Life Training <i>Exercise after Stroke</i>	<u>WORKSHOP 2D</u> Lifetime <i>Facilitating lifestyle behaviour change with exercise referral patients</i>

A Recognised Industry in the South East – Workshop Descriptions

Fit Pro

Postural Analysis

Join Adam Daniel in a practical workshop to understand why simple postural analysis tests can add a new dimension to your programme design whether you are a Fitness Instructor or a Personal Trainer.

Understand why postural analysis is an important tool for the Fitness Professional and walk away not only knowing how to perform these simple tests but also what the results actually mean and how to integrate them into your programme design.

VIPR – Vitality, Performance, Reconditioning

The VIPR training tool is about real world programming built on the concept of purposeful, functional movement for everyone, from the man or woman taking the first tentative steps in fitness to the elite sports star. Join us in this session as we take you through a range of full body movements, which coach the body to be stronger and more responsive to every day actions.

CK Academy

The Older Adult and the Fitness Experience

This workshop explores the physical considerations particular to this client group, including decreased mobility, increased musculoskeletal conditions, decline in VO2max, higher blood pressure, decline in muscular strength and functional capacity, as well as the more general everyday issues connected to hearing and eyesight and the impact on exercise.

It will also focus on those 'soft skills' we hear so much about today, identifying what exactly this means, how we can improve and measure our performance and analyse the impact they have.

With statistics and insightful evidence from across a range of sectors this workshop will help you identify the key ingredients to provide a friendly non-intimidating experience where our older members can be sure of a great welcome, a little fun AND achieve some real lasting results.

Premier Training International

Training Clients with Lower Back Pain

This workshop will introduce the Level 4 Lower Back Pain Unit. Included in the session will be an insight into a number of key low back related assessments and how they inform subsequent exercise prescriptions. Attendees will be shown how to assess pelvic position and the function of the sacroiliac joints as well as being given an appreciation of

the significance of leg length differences and how to address them.

Lifetime Health and Fitness

Facilitating lifestyle behaviour change with exercise referral patients

This workshop will look at the importance of nutrition in achieving goals and retaining patients on an exercise referral scheme with common conditions such as obesity, diabetes, and hypertension. It will focus on the need to involve the patient in the decision-making process and to take responsibility for their own eating habits. It will look at how this can be achieved without overwhelming the patient with information or frightening them off by setting them unrealistic programmes that suggest huge changes in their diet and lifestyle.

Professional Fitness and Education

Logical Learning & Layering

This practical teaching workshop investigates advanced methods of layering logical learning curves which will work for the participant and instructor. The workshop covers methods of how to build choreography and teach a wide level of participants and is easy to follow! The workshop will give you opportunities to learn new ideas for delivery and content for your studio based classes. A fun workshop based on imagination and creativity.

Later Life Training

In association with Queen Margaret University & Edinburgh University

Exercise after Stroke

Recent stroke guidelines recommend that all patients with stroke should participate in fitness training, as it has the potential to deliver positive impacts on physical and psychological factors. This workshop will investigate the current evidence-based best practice guidelines for specialist exercise after stroke. In the first part it will provide a background and information about stroke; the second part will be a practical taster of specific exercises and teaching skills required when working with people after stroke. For those interested in furthering their knowledge and skills, information will be provided about the Skills Active endorsed, REPs L4 Specialist Exercise after Stroke course.

Yfit

Community Activation

More information to follow

OPTIONAL LUNCHTIME WORKSHOPS

Nordic Walking

The ultimate Nordic Walking taster session

Come and experience for yourself how within 40 minutes you can convince everyone from your fittest PT client to the most confirmed non exerciser that Nordic Walking WILL get them the results they want. You will understand the complexities of the technique, how it can be adapted for exercise referral, weight loss, circuits and sports specific sessions and why it needs to be taught correctly. Be amazed at how Nordic walking poles can provide a full body workout that can be delivered anywhere!

FIA - John Searle, Chief Medical Officer, Fitness Industry Association

'Sicker, fatter, older' - the health of the nation - can anything be done?

Britain is in the grip of a rising epidemic of diseases which are largely related to lack of exercise and unhealthy eating. Already 25% of the population is overweight. This rises to 77% between the ages of 65 and 77. All the predictions are that these figures will continue to increase without effective intervention. There are currently 9.2 million people in the UK over the age of 65 and this too is rising steadily. Older people present ever more demands on health and social services and hence on public expenditure. But it does not have to be like this! Exercise of the right intensity and frequency and healthy eating reduce the risk of many diseases, keep weight under control and promote a healthy, independent old age. This is a massive and rewarding (personally and commercially) opportunity for the fitness sector, because the answer is exercise.

John Searle worked for 25 years as a consultant in the NHS before having to take early retirement because he had developed rheumatoid arthritis. Exercise, together with appropriate drug treatment was crucial in restoring him to a normal active life (he climbed Kilimanjaro in 2005). He qualified as a personal trainer working in Devon mainly with patients with chronic disease and older people. He was appointed CMO to the FIA in June 2009. His philosophy is summarised by 'carpe diem' 'seize the day' at whatever age you are!