

Topics include:

- Functional Anatomy and Biomechanics
- Strength Training for Sports
- Periodization of Fat Loss
- The Essentials of Program Design
- Making Money on the Web
- Rhythmic Golf Training
- PT Sales, Service and Marketing for Success
- Spinning® workshops and rides

For:

- Personal Trainers
- Fitness Instructors
- Weight Room Supervisors
- Fitness Consultants
- Fitness Appraisers
- Kinesiologists
- Rehabilitation Specialists
- Sport Coaches
- Facility Owners
- Program Managers

Pre-Conference:

- CPTN National Training Camp for Course Conductors
- Spinning® Orientation
- Basic First Aid & CPR
- The Web Savvy Personal Trainer
- Optimal Muscle Training for the Shoulder
- Assessing and Correcting Flexibility Imbalances
- Posturology to Improve the Golf Swing

CPTN CONFERENCE 2005

Metro Toronto Convention Centre
June 10th -12th, 2005



Dare ^{TO BE} excellent

In Alliance With:



Early Bird Deadline March 4th, 2005

**CPTN
CONFERENCE
2005**



LOCATION:

Metro Toronto Convention Centre, North Building, 255 Front Street West, Toronto, Ontario, M5V 2W6

ACCOMMODATIONS:

Holiday Inn on King, 370 King St. West, Toronto, Ontario, M5V 1J9, Canada.
Email: info@hiok.com Tel: 416-599-4000 TTY: 416-595-2521 Fax: 416-599-7394
Reservations (North America) 1-800-263-6364 or Call 416-599-1987. Please mention code FM005 to receive the special room rate – quantity of rooms limited, so register early.

TRAVEL ARRANGEMENTS:

Uniglobe Intercontinental Travel, Roger Villiers, 416-850-3860, rvilliers@rogers.com. Please mention code CPTN.

CONFERENCE AND PRE-CONFERENCE REGISTRATION:

Conference and Pre-conference delegates may register by completing the registration form supplied with this brochure or via the internet at www.cptn.com. Please fax all registration forms to 416-979-1466 or mail to CPTN, 122 D'arcy Street, Toronto, ON, M5T 1K3, Canada. Early bird registrations must be postmarked and mailed by March 4, 2005. We accept VISA, certified cheques or money orders. Registration forms sent without a method of payment will not be processed.

SESSION SELECTION:

Each conference day is divided into 5 or 6 time slots of sessions. Registration for the conference includes 4 sessions per day. Complete your session selection in order of preference (1st, 2nd, 3rd) for each time slot by filling in the last digit of the session code on the registration form included with this brochure. Session codes precede the session names. Each registrant is guaranteed four sessions per day. Rank each time slot for 1st, 2nd, 3rd, and 4th choice. Session distribution is determined on a first come, first served basis. Register early!

NAME BADGE, WRIST BAND AND TICKET POLICY:

All conference delegates must display their name badges and wrist bands to verify conference registration and access to the FAME 2005 expo. Wrist bands must be worn for the entire weekend for access to session rooms. Name tags, wrist bands, and session tickets must be shown at entrance to all session rooms. Lost or removed wrist bands will incur a \$75 fee and require picture ID for replacement.

CONTINUING EDUCATION CREDITS:

The 2005 CPTN Conference has been pre-approved for the following CECs: 14 CPTN credits; 5 STAR points for the Spinning program; all other credits are pending. Please visit us online at www.cptn.com for an updated list of CEC providers.

CERTIFICATE OF ATTENDANCE:

All conference delegates will receive a certificate of attendance.

CANCELLATION OR CHANGE OF SPEAKERS:

CPTN reserves the right to cancel or change speakers due to unforeseen circumstances.

PRE-REGISTERED DELEGATE CHECK IN AND ON SITE REGISTRATION HOURS:

Friday, June 10 8:00 am – 6:00 pm
Saturday, June 11 6:00 am – 5:00 pm
Sunday, June 12 7:00 am – 12:00 noon

Certified Professional Trainers Network
122 D'arcy Street, Toronto, Ontario, M5T 1K3
Tel: (416) 979-1654 Fax: (416) 979-1466
Email: Info@cptn.com www.cptn.com

Pre-Conference Sessions Friday, June 10, 2005

CPTN NATIONAL TRAINING CAMP FOR COURSE CONDUCTORS

Susan Lee, MPE, CPTN-CPT

Become a CPTN Course Conductor for The Art & Science of Personal Training: the Essentials; Fast Track Course on Personal Training; and the Practical Prep Course. These essential courses are taught to incoming personal trainers who will look to your expertise for entry into the fitness industry. You will be learning adult education principles and lesson planning for these courses.

Time: 9:00 am - 7:00 pm

Course fee: \$299 includes workshop, course conductor manual, The Art & Science of Personal Training: The Essentials 2nd Edition, power point presentation on CD for The Art & Science of Personal Training, handouts for the Practical Prep Course.

Criteria for selection:

- CPTN Certified Personal Trainer and Member
- Minimum 3 years in the personal training industry
- Excellent communication skills
- Adult education experience
- Geographical need
- Access to fitness facility and seminar room

Application Steps:

Forward your application (download from members section of www.cptn.com), cover letter, resume and a video tape (20 mins) demonstrating your class room teaching ability to: CPTN by March 4th, 2005. Accepted applicants will be notified by April 1st, 2005. Fax: 416-979-1466, Email: info@cptn.com or mail directly to CPTN, 122 D'Arcy Street, Toronto, Ontario, M5T 1K3

POSTUROLOGY TO IMPROVE THE GOLF SWING AND INJURY PREVENTION

Paul Gagne, BA

Spend the day learning how to analyze the postural system, identifying those elements that are out-of-tune, and correct and reprogram the system as a whole for the golfer. This is especially important with athletes, since neurological reprogramming will help heal injuries and prevent it happening in the first place. An excellent evaluation and treatment tool to use for any chronic injury where nothing else has worked. Paul will demonstrate the relationship and correlation between the receptors of the postural system and golf performance and the prevention of injuries. Through his postural evaluation and reprogramming system, Paul will show how to recognize these imbalances under both static and dynamic conditions. He will explain in detail the biomechanical role of the foot during the golf swing. The presenter will also demonstrate exercise progressions to correct the receptors imbalances.

Time: 9:00 am - 5:00 pm

Fee: \$149 member; \$179 non-member

HEARTSAVER B CPR RECERT: Lifesaver 101

The Lifesaver 101 Heartsaver B program is an emergency training course that focuses on the application of CPR techniques for the treatment of adult and child casualties. This quality program ensures that participants are prepared to identify and respond appropriately to a CPR emergency. Program content includes responding to a medical emergency, the lifesaver 101 Rules of 1 2 3 & A B C, understanding the chain of survival, adult and child choking, and adult and child CPR.

Time: 9:00 am - 1:00 pm

Fee: \$30 member; \$45 non-member

THE WEB SAVVY PERSONAL TRAINER

Daniel Roopnarine, BA

A staggering number of individuals surf the net on an hourly and daily basis. Guaranteed, many of those individuals are your clients. If you are not already a presence on the web, promoting yourself and your company 24 hours a day, 7 days a week, then this is a session you can't afford to miss! Your competitors are already gaining substantial market share and cutting edge over your company. Join Daniel for a session that guides you through the matrix of the world wide web and learn how to build a site that will keep you in business for years to come. All participants in this session will receive a personal website designed specifically for Personal Trainers, filled with all the bells and whistles required to keep you and your clients connected, 6 full months of services, plus an interactive session on how to set up and maintain your own site. No previous web experience required. Space is limited in this session, so register early!

Time: 9:00 am - 12:00 noon

Fee: \$199 member; \$229 non-member

SPINNING ORIENTATION

Angie Sturtevant, BA

Become one of the world's most sought-after fitness instructors—a Certified Spinning Instructor. This 9-hour orientation is your first step. Topics include bike setup, the five basic movements, the three hand positions, choosing music, creating a 40-minute Spinning ride, safety considerations, teaching techniques, Spinning program philosophy, heart rate training and a three-phase instructor training program. After completing Orientation, you will be qualified to teach the Spinning program at Official Spinning Centers worldwide. Please bring a water bottle, towel, change of clothes, bike shorts, stiff-soled shoes and a pen or pencil. A heart rate monitor is strongly recommended. There will be a lunch break mid-day.

Time: 10:00am-7:00pm

Fee: \$270 USD includes Spinning Instructor Manual

Continuing Education Credits: 8 CPTN, 0.8 ACE and 6.0 AFAA

To register call 800.847.SPIN (7746) or visit www.spinning.com

ASSESSING AND CORRECTING FLEXIBILITY IMBALANCES FOR THE PERSONAL TRAINER

Scott Livingston, BSc., CAT (C), CSCS

This four hour workshop will cover a systematic approach to assessing your client's flexibility (because of the time limits we will focus on key areas of the body that are commonly of issue). After learning to identify those issue areas a fundamental approach to correcting such imbalances with manual stretching techniques and client self stretches will be presented. Delegates must wear shorts and t-shirts/sport tanks for easy assessment and practical application of manual stretches.

Time: 1:00 pm - 5:00 pm

Fee: \$119 member; \$149 non-member

OPTIMAL MUSCLE TRAINING FOR THE SHOULDER

Ken Kinakin, D.C., CPTN-CPT, CSCS

The shoulder is one of the most complex joints in the body and also one of the most commonly injured in weight training. Poor shoulder training is usually due to common factors; poor training technique and muscle, joint, or nerve dysfunctions from a previous injury that was not treated or rehabilitated properly. This intensely informative, hands on session will allow you to assess range of motion and muscle tests of the shoulder to determine if there are any dysfunctions that may be revealed when weight training. You will also learn and workshop all the rehabilitative exercises for the shoulder to help restore normal motion and strength. If you have a shoulder injury or train people with shoulder injuries, this session will give you assessment tools and rehabilitative exercises to restore normal shoulder motion and strength.

Time: 2:00 pm - 5:00 pm

Fee: \$119 member; \$149 non-member

Conference Sessions Saturday, June 11, 2005

Workshop
legend:
Ride (R)
Workshop (WS)
Workout (WO)
Lecture (L)

8:00 am - 8:00 am

SA1A SPINNING: You're Getting Warmer (R)

Angie Sturtevant, BA Sponsored by Mad Dogg Athletics
Do you have students who arrive late, missing their warm-up? Do you vary your warm-up, making it specific to each Energy Zone™ and class plan? Are you stuck in a "warm-up rut", coaching the same format class after class? This session takes an in-depth look at why the warm-up is vital to enhance performance, encourage fitness goals, and prevent injuries. You'll experience a variety of warm-ups on the bike and leave with warm-up ideas for each Energy Zone, complete with music suggestions and language to enhance that beneficial beginning.

SA1B Periodization of Fat Loss (L)

Mike Carrera, MSc. Sponsored by Truestar Health.
The learning objective is program design. Various supplements are discussed in exploring the fat loss industry. Focusing on education, this session will provide an overview of the fat loss industry, provide information on periodization and the phases of training and models for fat loss. The physiology, application and models and supplements for each training phase will be discussed and example programs will be provided along with periodization models for different levels of fitness.

SA1C CORE Issues: Training Your Foundation for Running Performance Part 1 (L)

Debra Percy, RN
This workshop will review the proven formula to enhance your runners' performance while reducing risk of injury. Review the function of the core as never before and distinguish specific core training techniques in this four stage program. Debra will enlighten your mind to work with the body's functions and challenge your creativity to see the many possibilities this program holds. This lecture is a must for anyone working with runners, triathletes and any individual that wants to function and perform better.

SA1D NIA (WO) Jill Cressy, BPHE

NIA is The "Now I Am" fully alive workout! This dynamic class blends dance, martial arts and healing arts. It is cardio with soul, aerobics with expression, and fitness with heart. Feel strong, empowered and inspired in this spirited, integrative workout. Regenerate life energy!

SA1E Reebok DECK Circuits (WO)

Libby Norris, BA
Try out this new tool for training that can add intensity and variety to your personal, small group or group training programs. The Reebok DECK is a reconfigurable exercise platform with 16 different settings. This versatile, multi-purpose system can be used as an aerobic stepping platform, an incline/decline bench, a lateral training tool as well as a seat. The DECK facilitates superior circuit training and integrated whole body workout routines and is easy to transport, set up and sell! Learn not only how to use the DECK as a training tool but how to use it as an additional revenue source by having your clients invest in this compact and convenient home unit.

8:30 am - 10:00 am

SA2A SPINNING: In it for the Long Ride (WS)

Curt Gsell, BSc. Sponsored by Mad Dogg Athletics
This workshop presents the tools to create and coach extended Spinning® journeys. We'll cover general profile layout, themes, music selection, physiological responses and preliminary training. This is an essential course for the ultimate Spinning coach.

SA2B Training Special Populations: MS and Parkinson's (L)

Rick Mueller, HBPE, CPTN-CPT
Our main focus is to understand the psychology and the etiology of people with these conditions. We have an incredible ability to positively affect the quality of life and independence of those living with MS or Parkinson's. Learn proper exercise intensities and how to specifically challenge their system to provide maximum benefits through tailored exercises and how they affect the nervous system.

SA2C The Integration of Exercise, Nutrition and Supplements for Muscle Gain (L)

John Berardi, Ph.D., CSCS
If you're overweight in North America today there is a seemingly endless stream of resources at your disposal. However, if you're one of those rare individuals actually trying to gain weight, not only will you have a hard time finding quality information on how to build lean mass, you'll probably have an even harder time finding quality information that suits your body type. In this lecture, Dr Berardi, author of Scrawny to Brawny, will teach you how to apply body-type specific training/nutrition information in order to help clients reach their goals of increased strength and lean mass.

SA2D The Non-Responsive Client (WS)

Jeff Boris, BPHE, CPTN-CPT
Do you have a client who doesn't seem to respond to anything? Or at best, the results are minimal? They are one of those people who have tried everything, yet nothing works. If you are at your wits end then this workshop is for you. In this interactive session you will exchange ideas with other trainers that have been tried and proven effective. You will also learn about lesser known techniques and methods that will turn the non-responsive client into your best marketing tool!

SA2E Power Yoga for Athletes (WO)

Caron Shepley, HBPE
Professional athletes are now frequenting yoga studios across the nation? Why? Athletes are becoming aware of the fact that yoga can help them become more effective in their sport. In this session you will learn how power yoga poses can be used for injury prevention, muscle balance and body awareness. If you are looking to become a better athlete or you want to help your clients become better athletes, be sure not to miss this session.

10:30 am - 12:00

SA3A SPINNING: Mountain Biking Unique Cycling Simulation (WS)

Angie Sturtevant, BA Sponsored by Mad Dogg Athletics
The Spinning® program was developed from outdoor road cycling as an indoor training tool. Spinning, however, can be directly applied to another form of popular outdoor riding, mountain biking. This workshop will teach you how to fine-tune your fat tire skills to achieve "off road" performance. We'll look into the components of mountain biking, plus learn skills and drills specifically designed to enhance off road riding. This session will show a fascinating video and show you how to apply the simulations into your classes. You'll walk away with creative Spinning profiles and experience a ride that simulates "bringing the dirt inside".

SA3B Strength Training For Sports (L)

Tudor Bompa
You rarely see any sports training program without using a form of strength training. For maximum gains in sport-specific strength, Periodization of Strength will be discussed explaining the scope and methodology of each training phase of the annual plan. New concepts from the second edition of "Periodization Training for Sports", Human Kinetics 2005 will be discussed.

SA3C Conditioning for Adventure Racing (L)

Rob Millar, BA, CSCS
Adventure Racing is growing rapidly in popularity. Sprint races lasting 4-8 hours are attracting athletes, weekend warriors, and those just looking for a good time in the woods. Preparing clients for adventure racing requires specific training due to the unique demands of the sport. This is not triathlon training! Rob will regale you with tales of danger, suffering, and excessive amounts of mud while you learn about training techniques unique to adventure racing. He will emphasize program development, specificity, and resistance training.

SA3D Functional Anatomy and Biomechanics (WS)

Katharine McLarty, BPAS, C.K., CSCS
The foundation of all exercise science and program design is a thorough understanding of the muscles and their appropriate joint action. You won't forget your muscles or joint actions after this session, and will change how you program your clients.

SA3E How to Improve the Golf Swing (WS)

Paul Gagne, BA
In this session Paul will demonstrate the relationship and correlation between the receptors, mainly the eyes and the feet, of the postural system and the golf swing. Through the postural evaluation and reprogramming system, Paul will show how to recognize these imbalances under both static and dynamic conditions and he will explain in detail the biomechanical role of the foot during the golf swing. The presenter will also demonstrate exercise progressions to correct the receptors imbalances.

1:00 pm - 2:00 pm

SA4A SPINNING: Coaching Dynamics (WS)

Curt Gsell, BSc. Sponsored by Mad Dogg Athletics
Examine what it is that separates a great and inspiring coach from the mediocre. This session provides keys to improve mental and physical coaching skills. There are subtle differences in coaching skills but they have a dynamic effect on the riders' perception of the instructor.

SA4B Strength Training for the Shoulder (L)

Scott Livingston, BSc., CAT (C), CSCS
This lecture session will cover strength training exercise prescription for the shoulder with an emphasis on injury prevention and correction of dysfunction.

SA4C Turn Back Time (L)

Farhan Dhalla, BSc., BHSc.
Age related changes are inevitable and the lumbar spine is no exception. Degenerative disc disease is a process that accompanies aging and therefore has important implications for the fitness enthusiast. Help your clients take control of their rate of degenerating disc loss. Join leading physiotherapist and personal trainer, Farhan Dhalla, as he shares research on aerobic and resistance training, and its effect on the progression and prevention of degenerative disc disease. Then put theory into practice on the stability ball, using concepts for one-on-one or group workouts. Our clients have entrusted us to provide them with programs that produce optimal results and long-term health. Understanding degenerative disc disease is vital to the prevention of disability, which may have an impact on social, workplace and familial roles.

SA4D DOPING IN SPORT (L)

Aubrey Bryce, BSE, BA, NCCP certified coach
This one-hour presentation will examine the effects of performance enhancing drugs (ergogenic aids) in sport. A review of the current trends will reveal the primary motives behind the widespread use of illegal drugs. This presentation will identify what athletes are currently using to enhance performance, the associated health risks and finally, the consequential penalties for being found "positive".

SA4E Raise the Bar: Upper Body (WS)

Vera Bond, BA Sponsored by National Fitness Products
Discover movements for the upper body using the NFP Strength Bar. Take a fresh look at tubing! Explore basic body mechanics and exercise guidelines to teach effective resistance exercises. You will learn training sequences that will improve your client's strength and flexibility.

2:15 pm - 4:15 pm

SA5A SPINNING: Testing 1...2...3

On the Bike Fitness Assessments (WS)
Angie Sturtevant, BA Sponsored by Mad Dogg Athletics
Whether riding for weight loss, rehab, competition, or just plain fun, fitness testing is for everyone who wants to achieve fitness goals. Coaches and scientists perform physiological tests to determine clients' conditioning levels and accurate training zones. You can too! This session explains and demonstrates important assessments you can use without drawing blood, exhaling into a mask or working at maximal efforts. You will learn and practice testing for anaerobic threshold, lactate threshold, aerobic progress and rate of recovery. By conducting these tests, you can identify your clients' true training heart rate zones, establish their conditioning level, show their progress and provide individualized exercise prescriptions. For accurate testing results, a heart rate monitor is REQUIRED for this session. (Average heart rate function will also be useful.)

SA5B Corporate Opportunities for Fitness Professionals – Ergonomics in the Workplace (L)

Libby Norris, BA
This might not sound like the most exciting area and application for fitness...but join us and explore! First, the facts – stress related injuries in the workplace have increased over 350% in the past 20 years. This list of injuries includes issues with lifestyle, posture, a balance of healthy choices and making small changes in habits over time. Doesn't that sound like your consulting skill set? The bottom line is that these injuries cost companies money...a lot of it. Learn how to apply your existing skills and knowledge to enter in to the corporate market in the hot rising topic of ergonomics and musculoskeletal disorders. Decrease their costs and increase your business. This is a win-win business model for the company, the client and for you!

SA5C EXCELLENCE through Balance (L/WS)

Jeff Boris, BPHE, CPTN-CPT
Does your life have balance? What's holding you back? You can render your clients and humanity no greater service than to make the most of yourself. Excellence is achieved through a balanced approach to creating a Healthy Body, Healthy Mind, Healthy Family, Healthy Society and Healthy Finances. Being out of balance in one of these areas affects all the others. Learn more about the "Five Pillars of Health" and how you can use them to create greater balance in your life and that of your clients'. This comprehensive session will address key issues with marketing and business, the family and society's role in creating healthy lifestyles, and solutions for addressing mind and body challenges.

SA5D The Essentials of Conscientious Technique Instruction

Jeff Vossen, MSc., CPTN-CPT, C.K., CFC
This workshop offers a "big picture" approach to technique instruction and is intended to assist personal trainers in the development of professional, conscientious, comprehensive, and client-centered technique instruction strategies. More specifically, it offers the trainer a professional development strategy focused upon the education of the client via kinesthetic awareness.

SA5E Low Back Pain in the Exercising Client: Current research on prevention, assessment and rehabilitation

Joe Kottoor, D.C. CPTN-CPT
This workshop will introduce the latest research on the prevention, assessment and rehabilitation of low back pain in the exercising population. Topics will include: rehabilitation principles, proper stretching and strengthening exercises, commonly used exercises that actually cause low back injury, lower cross syndrome, and lumbar spine assessment. You will learn how to prevent low back pain in your clients and how to rehabilitate them quicker and more efficiently.

4:30 pm - 5:30 pm

SA6A SPINNING: Making the Transition (WS)

Curt Gsell, BSc. Sponsored by Mad Dogg Athletics
Many riders use the Spinning® environment to train for competitions such as triathlons. Making the transition from the bike to the run is a key component in achieving success. To that end, Making the Transition provides the knowledge and the tools including physiology and bio-mechanics necessary to safely and efficiently provide this training.

SA6B New Trends in Cross Training and Injury Prevention (L)

Barrie Shepley
Former Olympic Coach Barrie Shepley will discuss new cross training trends utilized by performance coaches. Barrie will discuss injury trends that are occurring in specific sports and strategic ways to use cross training to gain the ultimate goal of being very fit, while avoiding injury. Barrie will also discuss how to apply specific cross training strategies with different age participants and different body types (ecto-meso-endo morphs).

SA6D Power Yoga for Beginners (WO)

Caron Shepley, HBPE
It seems that yoga is everywhere these days. Why is yoga so popular? Here's your chance to find out! This session will introduce you to the practice of power yoga. You will learn some basic power yoga principles, poses and the benefits of incorporating yoga into your own or your clients' fitness regime. Be prepared for a session that will change your perception of yoga!

SA6E The Ball Zone (WO)

Farhan Dhalla, BSc, BHSc.
Take your ball classes to a higher and deeper zone of training. Try this choreographed class that makes core training fun through dynamic movement. The Ball Zone focuses on the physiological components required to hold your centre of gravity. Put yourself in the unstable environment of stability ball training to challenge your balance, kinaesthetic awareness, and joint and postural stability. This advanced class is suitable for those who are experienced ball instructors who are looking for new ideas to heighten and challenge their participants.



Conference Sessions Sunday, June 12, 2005

Workshop
legend:
Ride (R)
Workshop (WS)
Workout (WO)
Lecture (L)

8:00 am - 9:00 am

SU1A SPINNING: Tempo Training Ride (R)

Angie Sturtevant, BA Sponsored by Mad Dogg Athletics
Tempo training, or lactate threshold training, allows you to boost the tempo and pace that you can work at before you cross over into the buildup of lactic acid. Provided you have a good aerobic base, the outcome of tempo training will be the ability to sustain more work at progressive intensities, at a lower heart rate. This ride will consist of a sampler's platter of intervals geared to develop and enhance lactate tolerance and improve muscular endurance.

SU1B 12 Steps to a Healthy Weight

Kathryn McLarty, BPAS, C.K., CSCS
Helping your clients achieve and maintain a healthy weight is becoming more and more challenging. With the 'diet' industry going strong, learn how to educate your clients on a weekly basis on topics such as proper eating habits based on Canada's Food Guide, emotional eating, grocery shopping. This program was developed by a Registered Dietician and Psychologist.

SU1C A Dose of Reality (L)

Jeff Boris, BPHE, CPTN-CPT
The trend of makeover shows in reality TV and their popularity reveals that society is ready for change and craving for their own transformation. This is also a reflection of a fast-paced society that continues to want results now! Is your client ready for a personal transformation? Realistically, how fast can results be produced and how safe is it? What if it could be done within 6 weeks...4 weeks? How about 9 days! Well, it's already being done and the trainers that are in the know have no shortage of clients. Learn the nutritional methods and training approaches to make it happen.

SU1D Hatha Yoga (WO)

Carmela Savoia
This moderate paced practice will help to develop physical as well as inner strength. It will create a strong, sleek body and will calm your mind. The heat generated by the breath softens the muscles, purifies the body and calms the nervous system leaving you feeling relaxed and stress-free.

SU1E Neutralize and Stabilize (WS)

Farhan Dhalla, BSc., BHSC.
This Pilates-inspired workshop examines the biomechanical importance of training the spine in the neutral position. Designed for fitness instructors with or without a Pilates background, you'll learn important skills and teaching tools on how to cue for neutral spinal position. Based on physiotherapy principles, you'll learn why neutral position is the ideal position for optimal spinal function and injury prevention. Basic core exercises will be taught, and then shown how to progress with the added challenge of medicine balls and body bars.

9:15 am - 10:45 am

SU2A SPINNING: The Multi-Tasking Spinning Coach (WS)

Curt Gsell, BSc. Sponsored by Mad Dogg Athletics
This workshop is designed to give instructors the ability to coach a wide spectrum of individuals within one class. Topics range from first-time riders to athletes to long-term riders and special needs populations (e.g., seniors).

SU2B The Essentials of Program Design (WS)

Deborah Vossen, Ph.D., CPTN-CPT, C.K.
This workshop offers a "big picture" approach to program design and is intended to assist personal trainers in the development of professional, conscientious, comprehensive, and client-centered program design documents. More specifically, it offers the trainer an opportunity to develop a programming perspective that allows for the organization and presentation of vast array of prescriptive information central to the profession of personal training.

SU2C Bridging the Gap

Ken Kinakin, D.C., CPTN-CPT, CSCS
In this session Dr. Kinakin will discuss how to determine if a client is fit to exercise, if there are any dysfunctions, and whether they need to see a doctor/therapist. Specific referral scripts and forms, along with flow charts on how to refer properly, will be part of the presentation package. This will be a complete package presentation to help you refer with minimal effort and with great compliance on Monday morning.

SU2D Periodized BackFit Programs (WS)

Paul Aspinall, BPE, CPTN-CPT
This workshop will discuss practical applications of back strengthening, conditioning, and injury prevention. A variety of applications using foam rolls, tubing, wobble boards, and bosu balls will help you design a well rounded back care program with proper progressions for a beginner to advanced client. Participants will leave with a wealth of knowledge on creative and effective back exercises that can be implemented immediately.

SU2E Agility Circuit (WS)

Vera Bond, BA Sponsored by National Fitness Products
You will experience a training program designed to improve agility, speed and balance. Learn critical body alignment, movement execution for improved athletic ability and cueing techniques to enhance movement skills in this hands-on interactive session.

11:00 am - 12:00

SU3A SPINNING: Criss-Cross Threshold Ride (R)

Angie Sturtevant, BA Sponsored by Mad Dogg Athletics
How your body reacts to lactate is an important physiological factor in exercise. If you can raise your lactate threshold, in theory you will be able to maintain your exercise activity for a greater period of time making you stronger, faster, more resistant to fatigue and more efficient. Using lactate threshold drills, you can make the most of your training time and see great fitness gains. The Criss-Cross Threshold Ride starts below your lactate threshold heart rate, gradually increasing intensity until you cross over above your lactate threshold heart rate. You'll travel back and forth between the lower and upper zones, learning effective ways to amplify your ability to utilize oxygen at a greater rate.

SU3B Making Money on the Web – Web Based Training and Coaching Strategies (L)

John Berardi, Ph.D., CSCS
Long after the burst of the dot-com bubble, entrepreneurs the world over are continuing to build successful web-based businesses. As the online health and wellness market grows exponentially, opportunities will abound for the trainer willing to make the leap to the web. In this lecture, web-based coaching pioneer Dr. John Berardi will teach you how to: reach new markets around the world, provide an unprecedented level of service to your increasingly tech-savvy clientele, and make more money in the process.

SU3C Why Don't They Stick To It? (L)

Judy Goss, Ph.D.
Adherence to physical training has long been a challenge for both trainee and trainer, learn reasons why, strategies to increase adherence and factors that hinder adherence. Mental training skills that elite athletes use to increase their performance are applicable and useful to even beginners, learn how to apply the mental training skills to increase your clients' performance and satisfaction.

SU3D Programming for Advanced Training: Practical Applications

Mark Nadon, BSc., CSCS
This practical session will explain and establish how to use various advanced training tools such as the Olympic lift, resistance bands, stability balls, medicine balls, sleds and more. A discussion on how and when to use the different protocols will also take place.

SU3E Ashtanga Yoga (WO)

Carmela Savoia
This vigorous, athletic practice generates heat through deep breathing while in the postures. This practice strengthens and stretches the whole body, revitalizes the nervous system, builds strength and stamina. It is physically challenging but will cleanse and purify, leaving your mind calm and relaxed.

1:00 pm - 3:00 pm

SU4A SPINNING: Two Zones – One Class (WS)

Curt Gsell, BSc. Sponsored by Mad Dogg Athletics
This workshop examines the benefits of developing the ability to coach two zones in the same class at the same time. This course will help the instructor or personal trainer learn the skills necessary to break down a group into two or more zones in one ride. The coach's flexibility, focus, and ability to use the Spinning® Eye are crucial to teaching this type of class.

SU4B PT Sales, Service and Marketing for Incredible Success (L)

Rick Mueller, HBPE, CPTN-CPT
We know we have a fantastic service and will be able to help people achieve all their fitness goals then why is it so hard to convert them into clients? Learn some imperative sales skills that you can put to work today and see immediate results. Once we know where we can find our potential clients, how to effectively present them the opportunity to train with you and then get a "yes, lets get started today" response, then we can start having the positive effects on peoples' lives and achieve the financial freedom we deserve.

SU4C Intensive Skills Teaser- Next Level Excellence in Teaching, Communication and Interpersonal Skills for Personal Trainers

Maureen Connolly, Ph.D, and Tom Craig, Ph.D.
Intensive Skills Workshop (ISW) formats have been used in educational and organizational contexts to bring motivated professionals to next levels of excellence across an array of professional competencies (eg., observation, presentation, interpersonal, managerial, group dynamics, planning, programming skills). We have adapted this model for personal trainers and are excited about piloting this workshop "teaser" (i.e., not the complete experience but a taste,..) for trainers ready to improve their pedagogic, planning, and "people" skills. ISW experiences involve problem solving, case studies, group dynamics, evaluated presentations, critical incident analysis, and various interpersonal scenarios. Typical outcomes include improved confidence, versatility, creativity, and reflective awareness of self and others. Join us for an adventure in personal excellence.

SU4D F.A.S.T. – Functional Assessment Screening Tool

Farhan Dhalla, BSc., BHSc.
The F.A.S.T. workshop is designed to enhance any personal trainer's assessment knowledge in the area of muscular imbalance detection and prevention. This screening tool consists of five easy tests that include range of motion, stability, as well as a postural assessment check list. Personal trainers will be able to identify and prevent unwanted injuries and will leave with the knowledge of how to apply corrective exercises for individual findings.

SU4E Rhythmic Golf Training – function training to increase flow and decrease handicaps (WO)

Libby Norris, BA
Rhythmic Golf is a system of technical training with drills, patterns and movements and, yes, sometimes music! Tempo is a critical element with consistency in swing and in play. In Rhythmic Golf, individual movements are broken down step by step and then rebuilt with fluid tempo and timing. In addition, learn specific drills and muscle movements developed with LPGA and PGA pros to bring the best of training and play together! Be ready for the season and learn how to bridge skills and strengths in the off-season to help your clients come out swinging...and swinging well!

SU5A SPINNING: Positioning the Cyclist (L)

Angie Sturtevant, BA Sponsored by Mad Dogg Athletics
Think you know bike setup? It's one of the most basic skills you learned when you started in the Spinning program. However, many instructors are not positioning their students (and themselves) correctly. Realize that when you hop on the Spinner®, it's not your bike! It's not your bike until you've achieved a proper bike/body relationship. When it comes to fit, a few millimeters here or there can make a big difference in comfort, power output and injury prevention. We'll take a detailed look at the same bike setup techniques used by professional coaches, to achieve that perfect fit. You'll refine the best setup for body type, individual biomechanics and riding style. You'll walk out of this session with a "coach's eye", having the ability to look at riders on the bike and make immediate judgments on their positions.

SU5B Programming for Advanced Training: Case Study Application

Paul Nadon, BSc., CSCS
Take your practical knowledge and apply it in writing. In this session 2 case studies will be examined, and through group interaction and application of the knowledge gained in the Advanced Training: Practical Applications session, a specific training protocol will be developed for each case.

SU5C CORE Issues: Training Your Foundation for Running Performance Part 2 (L)

Debra Percy, RN
Now the lecture takes it's magic to the gym. This ultimate core strength and functioning program is broken down into the four main components with levels from basic to advanced. You will learn the secrets of its success and walk out of this workshop with invaluable ideas on how to make an amazing impact on your clients from the weekend warrior to the elite competitor.

SU5D A BIOMECHANICAL ANALYSIS OF THE CYCLING PEDAL STROKE (L)

Aubrey Bryce, BSE, BA, NCCP certified coach
Through the use of computer slides and in-class hand-out material, we will examine the essential elements of the cycling pedal stroke. We will physically model those elements to identify the specific musculature which are responsible for the angular movement of the pedal as it moves through the full 360 degrees of the pedal circle thereby providing the basis for effective physical conditioning and correct pedal technique improvements.



PAUL ASPINALL, BPE, CPTN-CPT

Paul is the Director of Personal Training for Mayfair Racquet and Fitness Clubs, is a CPTN Certified Personal Trainer, CPTN Practical Assessor, and Course Conductor. He currently teaches Program Design at Seneca College and lectures at various corporations and facilities in Toronto. His educational background includes a degree in Physical Education with a major in Athletic Therapy, and a diploma in Fitness and Lifestyle Management from George Brown College.

JOHN M. BERARDI, Ph.D, CSCS

Dr. Berardi is one of the world's foremost experts in the field of human performance and nutrition. John is a prolific author, a sought-after speaker and a consultant to Olympic, professional and elite athletes, as well as executives and recreational weightlifters serious about achieving optimal results. For more information about John, his team, and the services he offers, visit www.johnberardi.com

TUDOR BOMPA, Ph.D.

Dr. Tudor O. Bompá, Professor Emeritus, York University, Toronto, Ontario, is regarded worldwide as the leading specialist in the areas of training, coaching and fitness theory, to which he has contributed several new concepts. Dr. Bompá has published 14 books (all best sellers) that have been translated into 18 languages. Most of these books are used as textbooks in universities, coaching institutions, certification programs and continuing education courses in more than 150 countries. He has also published over a hundred research papers while at the same time making presentations in over 35 countries on topics such as training theory, planning-periodization, training methods, strength and power training, specifics of training for team sports and more.

VERA BOND, BA

Vera is a Kinesiology graduate from the University of Western Ontario as well as a recognized Reebok Master Trainer and certified instructor. Vera combines an extensive educational and self-study background with 15 years of experience in the health and fitness industry. Her enthusiasm for instruction combined with a focus on education and fun keep her presentations upbeat, action packed, and on the leading edge!

JEFF BORIS, BPHE, CPTN-CPT

An avid fitness enthusiast, wellness advocate and personal trainer for over 14 years, Jeff Boris' expertise is sought after as a trainer of trainers with the Certified Professional Trainers Network, and the Community Education Coordinator for the Canadian Centre for Activity and Aging. Through his global company, The Wellness Source, Jeff supports health and fitness professionals with the latest research and technologies in personal wellness and performance.

Aubrey Bryce, BSE, BA, NCCP certified coach

Aubrey Bryce is an Olympian (Mexico '68 & Montreal '76) in the sport of track cycling, a Master's racing cyclist in Canada and the USA and president of Enduro Training Systems Inc. which provides coaching services to the athlete within, regardless of age, competitive level and disposition. He is also a partner in The Fitness Factory, an indoor training facility for cyclists and multi-sport athletes in Scarborough, Ontario. In May 2004, he was selected by the I.O.C.'s Olympic Solidarity to present and certify cycling coaches in South America. For 2005, he has already accepted a similar coaching assignment scheduled for Africa. He holds a baccalaureate engineering degree from The City University of New York and a business degree from Queens University.

MIKE CARRERA, MSC

Michael Carrera has a Master of Science degree in Exercise Science and a Specialized Honors degree in Kinesiology and Health Science. Michael is a published author who has contributed to numerous scientific journals, articles, chapters and manuals in the areas of fitness, health and sports conditioning. He recently coauthored, *Periodization: Training for Sports* (2nd edition) and is currently working on another book. In addition to his outstanding writing accomplishments, Michael is an international presenter. He has appeared as a health expert on numerous radio and television shows across Canada.

LUCINDA CHRISTIAN, HBPE, CPTN-CPT

Lucinda is an international presenter, has been a certified fitness professional for over 16 years, and recognized for her specialization in mind/body training and fitness program management administration skills. She is a Fitness Management Consultant and Coach, the Education and Communications

Coordinator for CPTN, and a member of the international Spinning® Master Instructor Team. She is currently working towards completing her Masters in Sports Psychology.

**MAUREEN CONNOLLY, Ph.D., CPTN-CPT
TOM CRAIG, Ph.D., CPTN-CPT**

Maureen and Tom are co-directors of Real Body Health and Fitness and also have professional lives in academic scholarship in the fields of disability studies, communication, movement education, dance, fitness and conditioning, and applications of contemporary theories of embodiment and culture.

JILL CRESSY, BPHE

Jill, a certified Neuromuscular Integrative Action (NIA) instructor, is the Assistant Program Manager at the University of Toronto Faculty of Physical Education and Health. She supervises the Fitness, Dance and Active Integration programs at the U of T Athletic Centre. Jill is an active presenter for various organizations including The Secretan Centre, The Learning Annex, The Yorkville Club, and The Yoga Show.

FARHAN DHALLA, BSc., BHSc.

As a licensed physiotherapist and personal trainer, Farhan Dhalla integrates his diverse background to create an all-encompassing approach to fitness. He is a Reebok Master Trainer, and has presented throughout Canada, the US, and Australia. As owner of Commitment to Optimal Health, Farhan offers instructor workshops, community seminars, and personal training services.

PAUL GAGNE, BA

Paul Gagné is an exercise kinesiologist, Posturologist, Somatotherapist and strength and conditioning consultant. His expertise lies in training protocols for, postural, rehabilitation, muscular balance and performance enhancement. He is the strength and conditioning consultant and sport nutritionist for the Octagon sports agency for their NHL hockey players and for the David Leadbetter Golf Academy. Paul Gagné gives seminars on the subjects of posturology, injury prevention and training methods.

JUDY GOSS, Ph.D.

Dr. Goss received her Ph.D. in Sport Psychology from the University of Maryland and is a Certified Consultant by the Association for the Advancement of Applied Sport Psychology. Presently, Judy is employed by the Canadian Sport Centre Ontario as an Athlete Services Consultant developing programs and initiatives to enrich the general well-being of athletes and a Sport Psychology Consultant working with National and Olympic Team members in Ontario. Judy has written numerous articles and presented at national and international conferences.

CURT GSELL, BSc.

A Master Instructor for the Spinning program, Curt is also a certified personal trainer specializing in endurance athletes. Drawing on his martial arts background, his training encompasses complete mind/body philosophy for athletic performance. Curt's clients range from elite athletes to seniors, individuals and teams, and young adults involved in competition. The training venues used by Curt include, but are not limited to, personal training (strength conditioning), road cycling, mountain biking, running, kayaking, and paddleboarding. His premise for training is that the world is our playground and nature has provided us with the best gym in the world. Currently his base club is The Aerobic Center in Greensburg, PA.

KEN KINAKIN, D.C., CPTN-CPT, CSCS

Dr. Kinakin is a chiropractor, certified strength and conditioning specialist and a certified personal trainer. He has also competed in bodybuilding and powerlifting for over 20 years. He regularly lectures across Canada and United States to doctors and personal trainers on the areas of weight-training, rehabilitation and nutrition. He is also on the Canadian and International Powerlifting Medical Committee. He maintains a private practice in Mississauga, Ontario and is the founder of the Society of Weight-Training Injury Specialists - S.W.I.S.

JOE KOTTOOR, D.C., CPTN-CPT

Dr. Kottoor is a certified CPTN personal trainer, certified Active Release Techniques® provider, chiropractor, and currently pursuing a 3 year post-doctoral fellowship in injury rehabilitation. He has worked with the Toronto Raptors medical team for the past 5 years at their pre-season camp and has become a leader in the field of sports and exercise injuries, and rehabilitation.

SUSAN LEE, BPHE, MPE, CPTN-CPT

Susan is the President of the Certified Professional Trainers Network (CPTN) Inc. and has facilitated the certifications for CPTN Personal Trainer, Pilates Mat and Ballwork, Post-Rehabilitation Conditioning, Golf Conditioning and Nutrition. As a CPTN Certified Personal Trainer, Certified Pilates Teacher, and Thai Bodywork Practitioner, she specializes in post-rehabilitation training, sport specific conditioning, and active aging. She is the co-author of *Business Strategies for Personal Training*, and a new book and on-line course entitled *Start Your Fitness Business* (in press).

SCOTT LIVINGSTON, BSc., CAT (C), CSCS

Scott has been the strength and conditioning coach and assistant athletic therapist for the Montreal Canadiens for the past three seasons, prior to that he served in the same capacity for the New York Rangers and New York Islanders of the National Hockey League. Scott is also the President of High Performance Consultants: a training and reconditioning centre dedicated to helping athletes at every level achieve their goals, and to educating like minded professionals in sports medicine and strength and conditioning (www.highperformancesport.com). Scott has developed a unique method of assessing athlete's dynamic posture, resulting in his ability to determine physical imbalances that may lead or are leading to injury. He uses a mix of assessment strategies, soft tissue release techniques, manual stretches, and a myriad of strength and flexibility exercises to address an athlete's physical problems.

ROB MILLAR, BA, CSCS

Rob has been in the fitness field since 1994, mixing his time between corporate fitness and his sport conditioning business. He is currently a conditioning coach to top level adventure racers, triathletes, and hockey players. Since 1999, Rob has captained Team Beowulf, one of the top adventure racing teams in Canada. Team Beowulf won the Canadian Adventure Racing championship in 2004, and has won or placed top 3 in numerous adventure races.

KATHARINE MCLARTY, BPAS, C.K., CSCS

Katharine is an explosive and dynamic educator. She is a Certified Kinesiologist, Certified Strength & Conditioning Specialist, Professional Fitness & Lifestyle Consultant, and Spinning® Instructor. As a Strength & Conditioning Service Provider for the Olympic High Performance Centre (OHPC) and Canadian Sport Centre - Ontario (CSCO), Katharine is involved with the training and testing of many professional and amateur athletes.

RICK MUELLER, HBPE, CPTN-CPT

Rick has been actively involved in the fitness industry for the past 18 years. He is currently a certified Medical Exercise Specialist and Fitness Planning Specialist. With over 8 years experience managing personal training departments in Ontario and Alberta, he has grown personal training programs by over 300% within a 2 year period.

MARK NADON, BSc., CSCS

Mark is a strength and conditioning specialist who has worked extensively with professional and Olympic caliber athletes. He has studied under the private tutelage of world renowned strength coach Charles Poliquin for the last 10 years, and conducts lectures on program design, flexibility, modern trends in strength training and more. His vast experience and mixed knowledge provides him with a deep understanding of the varying needs of the personal training clientele.

LIBBY NORRIS, BA

Libby has over 15 years of experience in the health & fitness industry, is an international presenter and a member of the Reebok Master Trainer team. A graduate in Communications and Physical Education, Libby operates her own business in corporate fitness consulting and corporate training. She is on the Advisory Board for the Humber College Lifestyle Management Program and participates as an Expert Faculty Panel for "ACT NOW...be the best you can be" - partnering ex-Olympians with health specialists to promote active living to corporations and schools and special populations.

DEBRA PERCY, RN

Deb, a member of the Personal Best team for over 10 years, is the General Manager at the Personal Best managed General Motors of Canada Club in Oshawa. She is a registered nurse, a certified personal trainer certified fitness instructor, and professional fitness & lifestyle consultant.

SHELDON PERSAD, HBPE, CPTN-CPT, CSCS

Sheldon is a co-owner of P.B. Health & Performance Inc. (www.personalbest.ca). Sheldon's experience includes being the coach to athletes from a variety of sports who have competed at several major international competitions including the Olympics. Sheldon is proud to be a co-founder of the CPTN and is a course conductor for practical assessors. He has recently co-authored another book, which will be released in conjunction with an online course through Human Kinetics.

DANIEL ROOPNARINE, BA

Dan holds a BA in Business Economics and a diploma in System Analysis. He is the owner of mvmedia, an online company that specializes in the development of websites specifically for personal trainers and fitness professionals.

CARMELA SAVOIA

Carmela Savoia has been a wellness specialist since 1985. A spokesperson for Lulemon and former Reebok Master Trainer, her client lists include NHL and NBA athletes, ballet dancers and actors. She is frequently featured on *Breathing Space Yoga* on WTN, *Perfect Fit CP24*, *Breakfast Television* and is the creator of two Yoga DVDs, *Tantric Hatha Yoga for Tone and Flexibility*, *Tantric Power Yoga for Strength and Stamina*, and a CD, *Tantric Meditations for Relaxation and Rejuvenation*.

**BARRIE SHEPLEY, HBPE,
Level 4 Olympic Coach**

Barrie Shepley is one of Canadian sport's most interesting individuals. He has combined his talents as a coach, motivator and businessman to develop the sport of triathlon across the country. Not only has Barrie coached the Canadian National Triathlon Team for 10 years, but he also led the Canadian Team to a gold medal performance at the 2000 Sydney Olympic Games as Canada's Olympic Team Coach. He has become known as "the voice of triathlon" as he announces triathlon races all over the world and is a featured commentator for triathlon on CBC.

CARON SHEPLEY, HBPE

Caron has worked in corporate fitness for over 10 years and is currently Corporate Director of the Toronto-based corporate health company, Personal Best. She has been practicing Yoga for 15 years and has become a renown yoga instructor for high performance athletes. Caron is the founder of Blue Dog Yoga and has produced her own video titled "Power Yoga for Endurance Athletes". Caron is also a five-time Ironman finisher and has won a silver medal for Canada at the World Triathlon Championships.

ANGIE STURTEVANT, BA

A Master Instructor for the Spinning Program; certified Personal Trainer & Fitness Instructor; certified USA Expert Cycling Coach; USAT Triathlon Coach, Cardiovascular Exercise Specialist; certified Sports Nutritionist; holds a degree in Office Management/ Business Law. Angie is a licensed competitive cyclist & holds the 2001 & 2002 Wisconsin Off-Road Series title. Angie is the owner of Specialist in Sports Performance & Weight Management and the Spinning Program Director at Princeton Club East in Madison.

DEBRA VOSSSEN, Ph.D., CPTN-CPT, C.K.

Dr. Deb Vossen (Ph.D.) is a Human Kinetics professor who teaches humanities courses related to sport and physical activity at St. Francis Xavier University. Dr. Vossen has presented at numerous international conferences and is a motivational speaker who empowers others to "change the world" in their own unique way. She has had her business "Simply Fit Training Systems" profiled in *Fitness Business Canada* magazine as a formula for small town fitness success, and has been invited to author numerous other publications.

JEFF VOSSSEN, MSc., CPTN-CPT, C.K., CFC

Jeff Vossen is manager of the Fitness and Recreation Department at St. Francis Xavier University. In addition, he teaches a senior undergraduate course entitled "The Essentials of Personal Training" for the Department of Human Kinetics. His experience in the industry is vast having owned and operated his own fitness consultation business and fitness centre, presented internationally, as well as written many fitness-related articles.