



**Douglas College**



# 24<sup>th</sup> Annual QDPE Pro-D Conference

(THE DOUGLAS COLLEGE SPORTS INSTITUTE IN PARTNERSHIP  
WITH PE-BC AND BC SCHOOL SPORTS PRESENTS)

**FRIDAY, OCTOBER 22<sup>ND</sup>, 2010**

**8:30AM – 2:45PM DOUGLAS COLLEGE • NEW WESTMINSTER**

**Cost • \$130 (includes HST and a one year PE-BC membership)**

FULL DAY WORKSHOPS:

- ❖ A Day of Basketball
- ❖ A Day of Dance – How to Survive a Phys-Ed Dance class with Jenny Branham
- ❖ A Day of Physical Fitness and Personal Training
- ❖ Get a Hold on things – A Day to learn Wrestling (Pinetree Community Centre, Coquitlam)
- ❖ Golf: Teaching the Teachers (Birdies and Buckets, Surrey)
- ❖ NCCP Theory Coaching Certification (Friday & Saturday October 22<sup>nd</sup> & 23<sup>rd</sup>)

TECHNICAL SPORTS AND SESSIONS INCLUDE:

- ❖ Atomic Volleyball Program from Volleyball BC
- ❖ Badminton – Building a badminton program in your school
- ❖ Basketball – a) Useful team skills and drills for all ages b) Individual skill development and strategies and c) Basketball team systems and group concepts
- ❖ Basketball Officiating – no more looking for refs for your games
- ❖ Gymnastics – the Foundation for Movement
- ❖ How to Teach Dance, when you have two ‘left feet’

CLASSROOM BASED LEARNING ENVIRONMENTS:

- ❖ All Day Kindergarten – Action Schools! BC
- ❖ Brain Builders & Juggling – Action Schools! BC
- ❖ Chair Aerobics and Classroom Workouts – Action Schools! BC
- ❖ Orienteering Made Simple – p.s.a.p.
- ❖ Presenting Magically with Neuro Linguistic Programming
- ❖ Resolving Conflict – with students, co-workers, administrators and parents
- ❖ Engaging Your Students: 7 Teaching Techniques to Keep Students Active & Engaged

**For further information or to obtain a registration package & brochure, please call  
Jill Cowan at 604-527-5492 or e-mail [cowan@douglas.bc.ca](mailto:cowan@douglas.bc.ca)  
\*\* Conference Workshops are subject to change!**

### FUN AND GAMES IN THE PROFESSIONAL CLASSROOM ENVIRONMENT:

- ❖ Cup Stacking with Don Hutchinson
- ❖ Getting Jiggy With It – Fundamentals of Hip-Hop Dance
- ❖ Intramurals – Making them fun in the Classroom and Gym
- ❖ Kid Sport Conditioning
- ❖ Our Body Believes Every Word We Say
- ❖ Power of Games – DPA & Team Building
- ❖ Put my leg where? Principles of choreography and musicality
- ❖ Struggling for DPA Ideas?
- ❖ Surviving Dance Class – How to structure a dance class

### FITNESS RELATED WORKSHOPS & ACTIVITIES:

- ❖ Athletic Taping
- ❖ Day of Fitness Session #1 - Camp X – Leave them smiling & sweaty
- ❖ Day of Fitness Session #2 - Core Stability Training – incorporate circuit training into PE classes
- ❖ Day of Fitness Session #3 - Start to Finish – drills for life and movement
- ❖ Massage Therapy – Learn the basics for teachers, parents and/or trainers
- ❖ Nutrition – You get out of your body exactly what you put in
- ❖ Speedminton
- ❖ Team Warm Up Activities – fun for your teams or Phys-Ed classes
- ❖ Yoga – Mind and Body Fitness

### POSSIBLE NEW WORKSHOPS for 2010:

- ❖ Bow, Flick, Sweep – p.s.a.p
- ❖ Changing and Creating Kids Games
- ❖ Delivering Concepts-based Secondary Physical Education
- ❖ Examination of Physical Inactivity among Secondary School students
- ❖ Gymnastics BC – Kids Can Move
- ❖ Heart Rate Monitors with Art Uhl
- ❖ Implementing a Coordinated School Physical Activity Program
- ❖ Just Scooting with Don Hutchinson
- ❖ Leading Learners and Learners Leading: Connecting Peers Promoting Physical Activity
- ❖ Outdoor Education: Exploring the Unexplored
- ❖ Proper Weight Training Techniques & Developing Programs for HS Athletes
- ❖ Sport Med BC – Sports First Aid Teacher Certification
- ❖ TGfU (Teaching Games for Understanding)
- ❖ When I Say Go: Maximizing Physical Activity in Physical Education
- ❖ Wipe That Smile Off Your Face with Dr. Laugh Chris Johnson

*New in 2010*

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For more special events, NCCP Coaching info, or BCRPA fitness info, please visit:  
**<http://www.douglas.bc.ca/programs/continuing-education>**