

DOUGLAS COLLEGE 25TH ANNUAL QDPE

PHYSICAL EDUCATION CONFERENCE OCT 20-22, 2011

*Celebrating the past, present
& future of physical education in
British Columbia.*

Thursday

- Wine and Cheese Social
- Celebrating 25 years of conference history
- Networking & Invited Academic Panel

Friday

- Conference (over 50 workshops)
- Tradeshow & Keynote speakers
- Evening Paddlewheeler Cruise

Saturday Morning

- Breakout sessions
- Optional field trip opportunities
- Additional Certification Training
- Enjoy a round of Golf

Located steps away from the Skytrain and on a waterfront location in the heart of revitalized New Westminster. Photo courtesy Inn at the Quay



Douglas College

QDPE Physical Education Conference Weekend Events

Thursday, October 20th

6:00pm - 9:30pm

Douglas College, Room 4920 (4th Floor Boardroom)

Invited Academic Panel
Celebrating 25 years of Conference History
Networking
Wine and Cheese Social

Friday, October 21st

8:30am - 2:30pm

QDPE Physical Education Conference

see page 4 for complete schedule

5:30pm - 9:00pm

Paddlewheeler Boat Cruise & Dinner

Spaces are limited. Tickets are \$60 per person.
To reserve your space, email Debbie Keel at dkeel@shaw.ca

Saturday, October 22nd

9:00am - 1:00pm

Douglas College

Additional Certification & Training
Breakout sessions
Field Trip Opportunities & Panel Discussions
Enjoy a round of golf
(green fees of approx. \$50 payable at Green Acres, Richmond)

*Conference participants who would like special prices on Canucks tickets for Oct. 20 (Nashville), or Oct. 22 (Minnesota) please contact David Munro at munrod@douglascollege.ca or call 604-527-5041

Welcome to the 25th Annual QDPE Physical Education Pro-D Conference

Come celebrate the 25th annual QDPE Physical Education Pro-D Conference at Douglas College. This years Conference will feature a weekend of activities geared toward celebrating the past 25 years of the Phys-Ed Conference, and connecting the Physical Education community, past, present and future, from across British Columbia.

This years Conference offers you and your colleagues dozens of dynamic workshops and learning activities that can be applied to both the elementary and secondary level. And please note, this is not just a PE teachers conference. There is something there for everyone. So feel free to pass along the information to any of your colleagues, and try to arrange for a group to attend the conference.

We hope that you are able to come to New Westminster the weekend of October 20-22nd to enjoy the mix of festivities, workshops, speakers and presentations that we have in store!

For more information, please contact Jill Cowan at cowang@douglas.bc.ca or call 604-527-5492. Or to download a brochure, please visit the website at <http://www.douglas.bc.ca/qdpe>



THURSDAY KEYNOTE INVITED PANEL

Physical education and school movement culture: trends and possibilities for the next 25 years



Dr. Stephen Smith

Simon Fraser University, Director of Professional Programs, Teacher Education & Physical Education



Dr. Patti-Jean Naylor

University of Victoria, Associate Professor, Exercise Science, Physical & Health Education



Dr. David Chorney

University of Alberta, Assistant Professor, Secondary Education

This opening keynote panel will peek into the future and consider how current trends in physical education, physical activity, and school movement cultures may unfold as we respond to broader movement trends in society. School movement culture includes all the activities and health-related interests of a school. What might the active healthy school look like in the future? Physical education curriculum and pedagogy are but one part of this overall culture. Is the role of PE curriculum shifting with the times? What broader trends may impact the roles of physical education and health teachers? To discuss these and related questions this keynote panel brings together three noted scholars. Dr. Stephen Smith is the Director of Professional Programs, Teacher Education and Physical Education at Simon Fraser University. Dr. Patti-Jean Naylor is an associate professor in the Exercise Science, Physical & Health Education department at the University of Victoria, and Dr. David Chorney is an assistant professor in the Faculty of Education, Secondary Education, at the University of Alberta. Each panelist comes at the discussion from different professional and research backgrounds. Please join us for what is sure to be an invigorating start to the 25th Anniversary edition of the QDPE Conference.

ALL-DAY SESSIONS

Please note the following are ALL-DAY sessions. Do not register for any other workshops if registering for an all-day session. See course descriptions for venue addresses and times. Please go directly to the site.

CRN 31429 Golf: Teaching the Teachers (Go directly to Birdies & Buckets - Surrey)

CRN 31374 Intro to Competition A (Oct.21-22)

CRN 31376 Intro to Competition B (Oct. 28-29)

See course descriptions for room locations. If directed, please go directly to the site for your first session.

SESSION #1 8:30am-10:00am

CRN 31382 Research Stream 1A (Situating Ethics)

CRN 31383 Research Stream 1B (4 sessions)

- Elementary School Physical Education in Slovenia and British Columbia: A Comparative Study of the Present
- Teachers' Understanding of Students' Attitudes & Values toward Physical Activity in Physical Education Drop Out Rates and Adolescent Obesity
- The Role of Field Experiences: Are PE Majors Influenced by the Field
- Social Media: Shaping the physical through the virtual

CRN 31384 Add Pizza & Stir: Creating a Student Leadership Group from Scratch

CRN 31385 Athletic Taping for Return to Activity

CRN 31386 Basketball: Beyond the X's and O's

CRN 31387 Coaching in BC Schools

CRN 31388 Developing a circuit style workout with little to no equipment

CRN 31389 Group Warm-Up Activities

CRN 31390 Introduction to Massage Therapy

CRN 31391 Outdoor Games with Action Schools! BC

CRN 31392 Presenting Magically - Having a "Magical Effect" on your students

CRN 31393 Self Esteem and Confidence Building through Humour and Laughter

CRN 31394 Speedminton: Speed Badminton

CRN 31395 Zumba! Ditch the Workout & Join the Party!

10:15am - 10:45am Keynote Speaker (Performing Arts Theatre, Room 4100)

GOLF – TEACHING THE TEACHERS

ALL-DAY WORKSHOP

Instructor: CPGA Pro Dave Wright

Full Day Session begins at 9:00am
Birdies & Buckets Family Golf Centre
1260 Pinetree Community Centre,
Coquitlam

*Report directly to Birdies and
Buckets Family Golf Centre, 5228
King George Highway, Surrey.

This 6-hour seminar program will consist of three rotational-based instructional stations in which you will learn the fundamentals of the swing and, more importantly, how to teach them. These areas include: Full swing basics, short game techniques, video analysis of the golf swing using A-Star system, equipment, course management and club selection, rules, etiquette and scoring. The morning will be broken down into three 55-minute stations with two qualified golf pros. Lunch will be served at noon and the afternoon session will involve a mini tournament on our nine hole Links Style pitch and putt course. The day will conclude with a SKILLS COMPETITION.

Report directly to Birdies and Buckets Family Golf Centre, 5228 King George Highway, Surrey. Phone 604-592-9188 for directions for a 9am start. Dress appropriately and bring your own clubs, if possible. Lunch included.

NCCP Theory Certification–Intro to Competition A or Intro to Comp B

REGISTRATION DEADLINE OF OCTOBER 15TH STRICTLY ADHERED. CONFIRMED NUMBERS NEEDED TO ORDER COACHING MANUALS

Get your NCCP certification at the QDPE Teachers' Conference. This specially designed condensed course for teachers is the first step in coach education and training. The new Introduction to Competition A replaces the old Level 1 Theory course with the National Coaching Certification Program and is accredited for all sports. And the Introduction to Competition B replaces the old Level 2 Theory. Many schools and associations now require their coaches to be NCCP certified!

We will provide you with relevant training and information that will assist you to:

- a) Plan a practice
- b) Design a Basic Sport program
- c) Analyze performance
- d) Provide support to athletes in training
- e) Manage a program
- f) Support the competitive experience and
- g) Make ethical decisions.

Tuition includes NCCP manual and with Introduction to Competition A, a one-year membership in the Coaches Association of BC.

Introduction to Competition A tuition - \$140

Introduction to Competition B tuition - \$140

*** Register for BOTH courses for just \$100 each

Report to Douglas College, 700 Royal Avenue, Room TBA on Friday, October 21 at 6:30pm for the Intro to Competition A course.

Report to Douglas College, 700 Royal Avenue, Room TBA on Friday, October 28 at 6:30pm for the Intro to Competition B course.

Research Stream 1A

Situated Ethics in Inventing Games Research for teachers and students – Year One

Presenters: Joy Butler (UBC), Tim Hopper (Uvic), Anja Berning & Erin McGinley, Kevin Sandher, and Sarah McKenzie

Session 1 : 8:30am

Douglas College, New Westminster

The aim of this session is to report teacher experiences and research findings after one year in a three-year research project. The research study is primarily focused on an examination of situated ethics and how this influences student interaction and decision making during Inventing Games (IG) play. We are also investigating the dispositions and teaching perspectives needed to teach the IG approach. The research team (teachers and University teacher educators) has drawn upon complexity thinking to focus on three conditions that are necessary for the emergence of learning within collectives to include: 1) The simultaneity of diversity and commonality amongst player; 2) Enabling interactions through decentralized control and 3) Enabling constraints—opening possibilities by limiting choices. This collection of papers will summarize the findings, surprises, challenges and insights of the research team.

Research Stream 1B

Elementary School Physical Education in Slovenia and British Columbia: A Comparative Study of the Present

Presenter: Stephen Berg (University of British Columbia - Okanagan)

Session 1 : 8:30am

Douglas College, New Westminster

This study examines elementary school physical education programming based on a sample from two regions of the globe, Slovenia and British Columbia. Data collection techniques included experiencing (observations and field notes), enquiring (interviews of elementary generalist teachers and principals), and examining (questionnaires, videos and photographs) (Mills, 2003). All the data collected has been transcribed and chronologically ordered to facilitate the finding of codes and themes. Analysis of the data revealed similarities and differences between Slovenia and British Columbia. Themes such as marginalization, lack of professional development, limited teaching time, activity choices, student motivation and attitudes toward physical education were revealed for both countries.

Research Stream 1B

Teachers' Understanding of Students' Attitudes & Values Toward Physical Activity in Physical Education Drop Out Rates and Adolescent Obesity

Presenter: Emilio Landolfi (University of the Fraser Valley)

Session 1 : 8:30am

Douglas College, New Westminster

This study comprised a two-part investigation into adolescent obesity. An initial inquiry examined male and female 10th grade high school students' attitudes and values to physical education and physical activity as a variable in adolescent obesity. Attitudes and values were measured through the use of questionnaires which focused on behavioural, cognitive, and affective

sub-domains. Questions were further categorized according to whether they referred to “school-based” physical education or “extra-curricular” physical activity, and other factors such as “skill level” and “sporting experience” were also examined. Results strongly supported the hypothesis that 10th grade students’ attitudes and values toward physical education in school and physical activity (in general) influence their physical activity behaviour patterns as well as level of overweight and overfatness. However, conclusions also suggest that school-based physical education is failing to make a meaningful impact on those who are most in need of it - namely obese and poorly skilled students who eventually go on to drop physical education when it becomes optional.

Research Stream 1B

The Role of Field Experiences: Are PE Majors Influenced by the Field?

Presenter: David Chorney (University of Alberta)

Session 1 : 8:30am

Douglas College, New Westminster

This presentation will focus on a particular research project that is longitudinal in nature and focuses on many aspects of PETE, specifically as it relates to undergraduates growth and maturity within a teacher education program. The current data that has been analyzed includes a participant total of approximately 300. The data will highlight physical education undergraduates’ responses to questions that pertain to field experience as part of their respective physical education teacher education programs at three separate post-secondary institutions. Specifically, this session will report findings as to why PE majors’ opinions and attitudes change regarding teaching PE as they gain experience during their field placements and are able to synthesize their learned theory with their lived practice.

Research Stream 1B

Social Media: Shaping the physical through the virtual

Presenter: Karen Sirna (Douglas College)

Session 1 : 8:30am

Douglas College, New Westminster

The purpose of this paper is to argue for the field of physical education to more closely consider the influence of social media on young people’s understanding of their bodies, physicality, and physical participation. Social media has grown rapidly over the last decade to the point of ubiquity. Despite its growing importance, little is known about the impact of the knowledge and cultural norms (re)produced through this space on young people’s understandings of themselves. This paper provides a conceptual analysis of social media as a multi-generative space of pedagogical work related to bodies and physicality. Preliminary research is shared regarding the relationship of social media on students’ thinking along with suggestions for the field of physical education.



ADD PIZZA & STIR: Creating a student leadership group from scratch

Instructor: Eric Glanville, Manager, Office of New Students, Douglas College

Session 1 : 8:30am

Douglas College, New Westminster

If you are just starting a student leadership group or would like to start one, this is the session for you. Come learn how the Douglas College Office for New Students started our Student Leadership group three short years ago and now have over 60 leaders. We will share concrete steps and materials used in this process. Go back to your campus with a step by step plan in hand!

ATHLETIC TAPING for RETURN to ACTIVITY

Instructor: Kathryn Duff, Faculty, Douglas College Sports Science

Session 2 : 11:00am

Douglas College, New Westminster

This class covers guidelines of when and how to apply athletic tape to a previously injured athlete returning to activity. This workshop is ideal for any teacher or coach working with a sports team or intramural club.

BASKETBALL: BEYOND THE X'S & O'S

Instructor: Curtis Nelson

Session 1 : 8:30am

Douglas College, New Westminster

Back by popular demand, this classroom session will examine the technical side of the game, in an easy-to-understand format. Coach Nelson will look at the X's and O's, and give coaches dozens of new plays and sets to use with their team next season. Looking for a simple inbound play? Do you want to score two points off the opening jump ball? Coach Nelson will also look at some quick hitters for you to run out of simple offensive schemes, applicable to players of all ages.



Coaching in BC Schools

Instructor: Randy Semenoff

Session 1 : 8:30am

Douglas College, New Westminster

Do you want to be a better coach? BC SCHOOL SPORTS presents this pilot workshop, which will help you develop NCCP's five core competencies: problem-solving, valuing, critical thinking, leading and interacting. By the end of the session you will be able to improve safety, manage your school's sport policies and apply Canadian Sport for Life standards into school sport programming.

You will also learn how to:

- Solve problems through practical scenarios.
- Promote education through sport.
- Better manage your time as a coach.
- Work with students, coaches and administrators to create a more meaningful experience in school sport.

Developing a circuit style workout with little to no equipment

Instructor: Jake Elder

Session 1 : 8:30am

Douglas College, New Westminster

The big question of late is how do we ensure our students are getting physical activity and exercise each and every day with:

1. no exercise equipment
2. minimal time availability
3. limited space to utilize

The solution is a very simple one:
Calisthenics and Circuit training - using the individuals own body.

This 90 minute seminar will provide you with the tools and understanding about how to set up and deliver high quality exercise sessions to your students with limited space, limited time, and limited equipment.

Douglas College Strength & Conditioning Coach Jake Elder will breakdown the theory of Circuit Training and the keys for delivering a successful class. You will learn how to effectively progress your class over several weeks, exercise selection principles, and tips to motivate your class to maximize their potential.



Group Warm Up Activities

Instructor: Rosalin Hanna

Session 1 : 8:30am

Douglas College, New Westminster

This workshop will give the teacher/coach all the requirements for preparing the student/athlete for action and preventing injuries through dynamic warm up. Dozens of warm up exercises and programs will be provided for preparing for phys-ed classes and team practices, whether they be weight training, field practices, or conditioning. Coach Hanna is a Certified Strength and Conditioning Specialist, with Distinction, through the National Strength and Conditioning Association (NSCA). She has worked in two NCAA Division One programs, the University of Arizona and the University of Central Florida. At the University of Arizona, she was the Strength and Conditioning coach for baseball and volleyball, while assisting with football. Overall, she has 20 years experience working as a weight trainer, with eight of those years as a strength and conditioning coach within three university athletic programs. She has just graduated from the University of Central Florida where she completed her Doctoral degree in Curriculum and Instruction, Exercise Science. She attained her Masters degree in Human Kinetics from the University of British Columbia where she specialized in Strength and Conditioning for four years.

INTRODUCTION to MASSAGE THERAPY

Instructor: Dennis Caouette

Session 1 : 8:30am

Douglas College, New Westminster

Sport Massage Therapy has become a great addition to teams and athletes to maintain their optimal athletic performance. This workshop will cover an introduction to massage therapy including: a brief history, benefits and contraindication of massage, demonstrations of pre/post event massage therapy and general application for techniques (hand position & muscle flow). Manual techniques will be provided so you can assist the athlete. There will also be a brief component on stretching and hydrotherapy – both being great assets to athletic recovery and performance. Light clothing is recommended.

Outdoor Games with Action Schools! BC

Instructor: Roberta Smith

Session 1 : 8:30am

Douglas College, New Westminster

Looking for more outdoor games ideas to share with your students? This session will focus on playground games in the Action Schools! BC Classroom Action Resource. The basic rules and fundamental skills of four square, tag, ball games and Chinese jump will be covered and participants will try the activities first-hand. Learn new ideas to activate your school's playground before and after school, and during class time, recess and lunch. Complimentary copies of the Action Schools! BC Classroom Action Resource will be provided.



PRESENTING MAGICALLY – Having a ‘Magical’ Effect on your students

Instructor: Richard Hunt, Certified NLP Trainer

Session 1 : 8:30am

Douglas College, New Westminster

This workshop is an introduction to the primary engine that drives the learning process. We all know presenters and teachers who have an almost “magical effect” on their audiences and students. Now YOU can learn the secrets. Why “Presenting Magically?” Neuro Linguistic Programming is the study of how our mind and language affect behaviour. It is a very pragmatic “how to” technology that teaches you to use your brain, language and physiology systematically to produce the results you want, making it one of the most effective and efficient communication models available today. Learning to use Neuro Linguistic Programming to enhance your presentation will give you a range of techniques that seem to work like magic. Come and learn the “what” and “how” of presenting magically!

SELF ESTEEM and CONFIDENCE BUILDING through HUMOUR and LAUGHTER

Instructor: Jon-Lee Kootnekoff

Session 1 : 8:30am

Douglas College, New Westminster

Inspirational speaker Jon-Lee Kootnekoff will guide you through a lively session on how to raise your confidence and self-esteem using humour and laughter. Come and experience Jon-Lee Kootnekoff, an award winning teacher, coach, counsellor and former Olympic athlete, as he takes you through step-by-step opportunities to build self-esteem and self-image. Applicable for both personal use, as well as to bring back to the classroom.

Speedminton: Speed Badminton

Instructor: Michele Matthews

Session 1 : 8:30am

Douglas College, New Westminster

3-minute set-up and non-stop fun without a net or formal court make this game and sport a teacher favourite. No skill is required, so anyone from age 5 and up can play, indoors or out, on virtually any large flat surface – playground, parking lot, gym, outdoor court, field, or beach. The lightweight, durable Speedracquet, specially designed with a shorter handle and large sweet spot, and the patented Speeder combine for success in the first 3 minutes for the least athletic student. A real confidence builder! But for skilled players, the strategy of play takes a lifetime to master. Special Teacher Pricing on equipment. www.speedminton.ca

Zumba! Ditch the Workout & Join the Party!

Instructor: Silvia Isachsen

Session 1 : 8:30am

Douglas College, New Westminster

This Latin-inspired, easy-to-follow, dance-fitness party exhilarates your senses and works all the major groups in a high-energy cardio blast that leaves you feeling invigorated, refreshed and full of life.

Zumba classes feature fun rhythms like salsa, merengue, cumbia and samba set to vivacious Latin and international beats. Before participants know it, their abs, arms and thighs are toned up and their energy level is soaring! There's no other fitness class like the Zumba Fitness-Party™. It's easy to do, effective and totally exhilarating. It builds a community in your fitness facility that stays consistent and strong.

Ditch the Workout ~ Join the Party!

SESSION #2 11:00am-12:30pm

CRN 31397 101 Basketball Skills & Drills for all ages

CRN 31398 Research Stream 2A (Complexity Thinking in PE)

CRN 31399 Research Stream 2B (3 sessions)

- Off to a great start? The motor skill proficiency of children in Kindergarten
- The Relationship between Peak Height Velocity, Motor Proficiency, and Physical Activity in Children
- Can observational learning using the GPAI improve performance?
- Re-pleasuring Physical Education: A work in progress

CRN 31400 Activities for Student Leadership Development

CRN 31401 Age Appropriate Coaching (& Parenting)

CRN 31402 Bringing Badminton to your Classes

CRN 31403 Circuits and Stations with Action Schools! BC

CRN 31404 Get the Edge and Reach Peak Performance Every Time

CRN 31405 PE Assessment & Evaluation for a new clientele

CRN 31406 So you think you CAN'T dance?? Teaching dance if you have two left feet

CRN 31407 Sport Stacking

CRN 31408 Teaching proper Weight Training techniques for HS students

CRN 31409 Want a Stunning Career - Xeriscape it!

CRN 31410 When I say go: Maximizing Physical Activity in PE

12:30pm – 1:00pm Lunch (included)

101 BASKETBALL SKILLS & DRILLS for all AGES

Presenters: Curtis Nelson

Session 2 : 11:00am

Douglas College, New Westminster

Join Douglas College womens coach Curtis Nelson for this 1.5 hour workshop designed to give coaches of all ages a myriad of new skills and drills to use for the team next season. Coach Nelson will show a variety of individual skill development drills, along with many team drills to have your team playing to their full potential. This session will come with handouts, and will help prepare coaches of all ages for both their preseason and in-season practices. Leaving this workshop, you will have a multitude of drills to implement next season, making your practices more effective and efficient.

Research Stream 2A

Complexity thinking in physical education: what is it, why use it and where could it take us?

Presenters: Brian Storey (Douglas College), Tim Hopper (University of Victoria), Joy Butler (University of British Columbia)

Session 2 : 11:00am

Douglas College, New Westminster

The aim of this session is to create a space to explore the use of complexity theory to frame thinking about learning and instructional practices in physical education. As noted by Mason (2008, p. 37) complexity theory has “developed principally in the fields of physics, biology, chemistry, and economics, [it] arises out of chaos theory sharing the concern with... wholes, with larger systems or environments and the relationships among their constituent elements or agents, as opposed to the often reductionist concerns of mainstream science.” These concerns reduce systems into parts assuming that the parts create the whole. By way of examples, this collection of papers will discuss how complexity thinking can be applied to inventing games and creative dance in PE, and how it can inform our understanding of the disposition of teachers who teach using a complexity frame of reference.



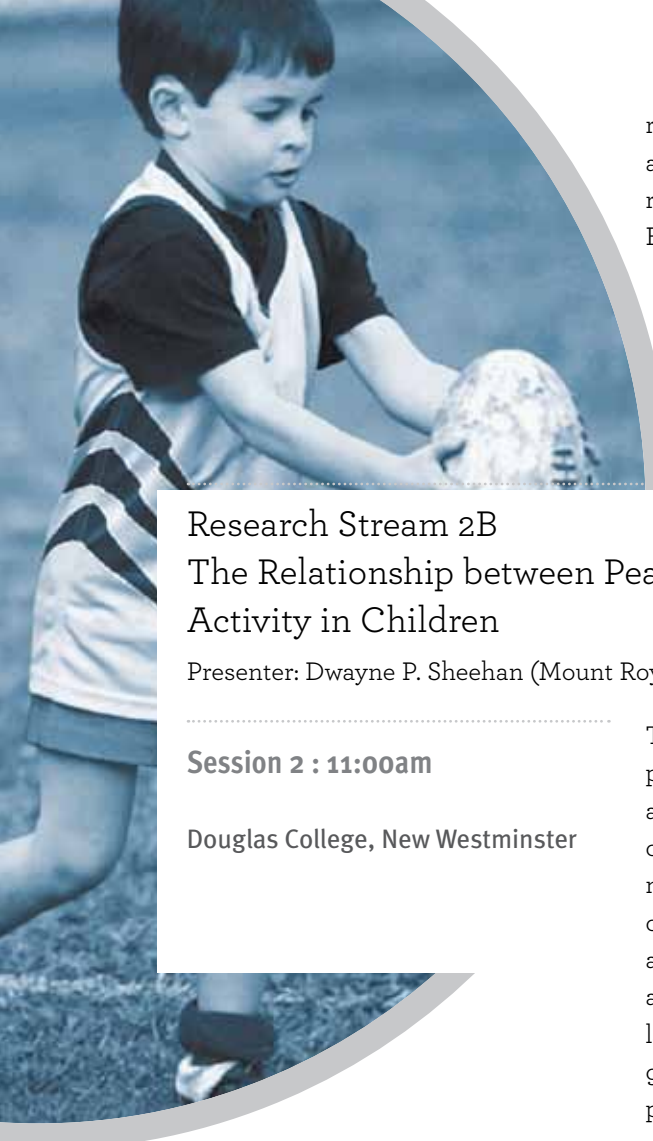
Research Stream 2B

Off to a great start? The motor skill proficiency of children in Kindergarten

Presenting author: Jeff Crane (University of Victoria); Authors: PJ Naylor, Rick Bell, Buffy Williams, and Vivienne Temple (University of Victoria)

Session 2 : 11:00am

This study examined the motor skill proficiency of children in their first year of school. Participants were 267 Kindergarten children from eight schools. Children were videotaped performing 12 fundamental motor skills from the Test of Gross Motor Development-2 (TGMD-2). Video was scored in



relation to qualitative checklists of skill components. Children's locomotor and object control standard scores were $M=7.0$, $SD=2.6$ and $M=6.2$, $SD=2.6$; respectively. Gross motor quotients ranged from 46 to 127 ($M=79.6$, $SD=13.9$). Based on TGMD-2 norms, the majority of children exhibited below average motor proficiency; with only 19% of children achieving 'average' or 'above average' scores. Approaches to help teachers and families facilitate motor skill development are needed and these approaches need to begin in the preschool years.

Research Stream 2B

The Relationship between Peak Height Velocity, Motor Proficiency, & Physical Activity in Children

Presenter: Dwayne P. Sheehan (Mount Royal University)

Session 2 : 11:00am

Douglas College, New Westminster

The purpose of this study was to examine the relationship between motor proficiency and physical activity (PA) in children as it relates to their adolescent growth spurt and peak height velocity (PHV). A determinant of PA among children and adolescents may be the level of mastery of the movement basics that are a foundation for the skills used in common forms of adult PA. Quarterly recording of standing height, sitting height, mass, and arm span can help identify the accelerated growth and PHV in a pre-adolescent developing child. Evaluating fundamental movement skills during late childhood (ages 8 -12) and comparing the results to their physiological growth spurt may provide important information about the motivation to be physically active in the early teen years.

Research Stream 2B

Can observational learning using the GPAI improve performance?

Presenters: Luke Ireland & Glenn Urquhart (University of British Columbia)

Session 2 : 11:00am

Douglas College, New Westminster

Observational Learning in connection with the instructional model, Teaching Games for Understanding (TGfU), can keep PE students mentally engaged throughout the entire lesson even when students are not physically engaged. By structuring the lesson according to the six step process that TGfU advocates, opportunities for students to observe allow them to see what game strategies or movement concepts will benefit their performance.

The four phase study that was conducted tracked qualitative data that focused on how students felt about observational learning in addition to the quantitative data measuring the level of student engagement while students were not physically engaged in the activity as well as the level of student performance. The qualitative and quantitative data sources were taken at the start of the study as well as at the end with the data collected being used to make comparisons and determine the percentage of improvement in student performance and engagement as a result of observational learning.

Research Stream 2B

Re-pleasuring Physical Education: A work in progress

Presenters: Peter Train

Session 2 : 11:00am

Douglas College, New Westminster

My essay conceptualizes pleasure as an educational aim, provides critical discourse on the de-pleasuring of activity in society and schools and proposes TGfU as one option for re-pleasuring physical education. There are three parts; firstly a discussion of my context, secondly a description of my practice and lastly some conclusions. I take the idealistic stance that education should aim at providing variety and freedom in order to become democratic instead of rewarding conformity to societal expectations. A theme of conflict between the democratic ideal and the realities of teaching arises. The emerging questions are; can education change (and invigorate) society? and how in particular can we invigorate PE? It is posited that PE should aim to liberate and not judge, and that assessment in PE needs to change accordingly.

ACTIVITIES for STUDENT LEADERSHIP DEVELOPMENT

Instructor: Kyle Baillie-Director, Centre for Campus Life & Athletics, Douglas College

Session 2 : 11:00am

Douglas College, New Westminster

Leadership is a process, and like all processes takes time and is developmental. Join Eric Glanville to watch live student leadership development exercises run by Douglas College Staff and Student Leaders, and discuss the exercises, goals, facilitation, and outcomes as they occur!

AGE APPROPRIATE COACHING (& PARENTING)

Instructor: Laurier Primeau, Track and Field Coach at Trinity Western University, and former Head Coach of Scottish Athletics

Session 2 : 11:00am

Douglas College, New Westminster

Join Laurier Primeau for this discussion/presentation of reasons that we see early success in athletic performance, and factors that coaches and parents (of all sports) might want to observe to increase the likelihood of longer term performance. This session will be taught in the context of Track and Field, though it is applicable to an audience beyond track. It will touch upon the success of running, jumping and throwing, elements that we observe in other sports, and factors to consider when working with students/athletes of certain ages.

BRINGING BADMINTON to your CLASSES

Instructor: Al Mawani

Session 2 : 11:00am

Douglas College, New Westminster

This on-court session will give teachers information to introduce the sport of badminton to children. Included in the presentation will be mini-badminton, games for large groups and information on clinics/tournaments that kids can participate in. This workshop is great for classroom activities, skills and



drills, or developing hand-eye co-ordination amongst youngsters. In addition, there will be a representative from Black Knight showing and answering all equipment related questions.

Circuits and Stations with Action Schools! BC

Instructor: Debbie Keel

Session 2 : 11:00am

Douglas College, New Westminster

Looking for ideas to enrich your class' Daily Physical Activity and Physical Education experience? This session elaborates on indoor and outdoor circuit activities from the Action Schools! BC Classroom Action Resource. A variety of "10 minute" circuits will be shared integrating activities like skipping, dance, juggling, yoga, strength and conditioning, stretching, and sport-specific skills. Participants will leave with several new circuit ideas and the know-how to create many more. Complimentary copies of the Action Schools! BC Classroom Action Resource and DPA Pages! will be provided.



Get the EDGE and reach PEAK PERFORMANCE EVERY TIME

Instructor: Jon-Lee Kootnekoff

Session 2 : 11:00am

Douglas College, New Westminster

Most coaches, parents, teachers and athletes spend countless hours working on technical skills and physical fitness preparation for their sport and ignore the mental side of sports preparation. This seminar is designed for athletes, coaches, teachers and parents (of all sports & all sport levels) that want to get the mental edge and improve all areas of their lives. Practical information is presented in a relaxing, entertaining and fun filled setting.

PE ASSESSMENT and EVALUATION for a NEW CLIENTELE

Instructor: Art Uhl

Session 2 : 11:00am

Douglas College, New Westminster

Where have we come from? Where are we expected to go? How the heck are we supposed to do it? Doing the same old thing the same old way just because “we’ve always done it this way” is no longer an option. An updated view of the job at hand will lead to Assessment, Evaluation and Reporting practises that empower students to take charge of their lives in general and specifically their Fitness Goals.

So you think you CAN’T dance?? Teaching Dance even if you have two left feet!!

Instructor: Jenny Branham

Session 2 : 11:00am

Douglas College, New Westminster

*Focus on secondary school P.E dance classes

In this workshop you will learn how to put together and comfortably execute a dance lesson. We will go through a practical outline of the fundamentals that should be covered in a lesson. This workshop will briefly cover warm-up and stretch, across the floor, technical acquisition, injury prevention, spatial awareness, musicality and choreography. You will also learn a popular “flash mob” dance routine suitable for teaching multiple P.E classes at a time or ever your whole school!

Sport Stacking

Instructor: Don Hutchinson

Session 2 : 11:00am

Douglas College, New Westminster

Sport Stacking is a fitness based sport that kids from all backgrounds and abilities can do. For the athlete and non-athlete alike, regardless if you are instructing eighth graders or kindergartners, sport stacking can be a great enhancement for your fitness routine. With over 70 fitness based activities, sport stacking helps to motivate kids to be active and fit. Teachers and parents also like sport stacking because it can be done at home.

Target Audience: Elementary and Middle School

TEACHING Proper WEIGHT TRAINING TECHNIQUES for HS Students

Instructor: Jake Elder

Session 2 : 11:00am

Douglas College, New Westminster

Join Jake Elder for this workshop on Proper Weight Training techniques and the development of programs for the HS athlete. So often HS athletes just want to “work out” and find themselves getting injured or using improper techniques. Discover how to get the most out of your workout for you and your students. And learn to develop simple exercises and ideas for program development for those that you are working with. Jake is the Strength and Conditioning coach at Douglas College. He is a Certified Strength and Conditioning specialist, as well as a former baseball player at the University of Minnesota.

Want a Stunning Career? Xeriscape It!

Instructor: Margo Fenton

Session 2 : 11:00am

Douglas College, New Westminster

Ever met someone who absolutely loves what they do? In fact, they love it so much they would do it for free? How did they get that? Are they more educated, more talented or just lucky? Chances are they know themselves extremely well and found or created opportunities to engage their passion daily. You can have that too.

Margo uses xeriscaping, a low resource, high yield type of landscaping as a metaphor to help you embrace and lead your career by seeing if you “plant the right stuff it will grow”. Through this interactive session, you will explore the cycle of change and common barriers that stop us. It is designed for you and your professional development. It will also give you a new perspective you can take back to your students and athletes to help them look at their education and career choices differently as well.

When I Say Go: Maximizing Physical Activity in Physical Education

Instructor: Guy Le Masurier, VIU

Session 2 : 11:00am

Douglas College, New Westminster

According to recent statistics, children and adolescents accumulate 4-6 hours of screen time (i.e., TV, computers, & video games) each day. In addition, purposeful physical activity (e.g., walking for transportation & chores) has been engineered out of people’s lives through the advent of labor-saving devices. Physical activity is critical for the healthy development of children (and adults). School is one place where we can provide all children with health-enhancing physical activity. Therefore, physical educators need skills and strategies to maximize physical activity during PE and classroom activities. The purpose of this session is to provide physical educators with skills and strategies to maximize physical activity in movement settings. Specific focus will be given to ‘instant activities’, grouping strategies and activities that maximize physical activity. This will be an energetic session with lots of activity. Bring your runners and your enthusiasm!

Guy Le Masurier, PhD is a professor of Sport, Health and Physical Education at Vancouver Island University where he teaches physical education pedagogy, research methods, nutrition for health and sport, and several activity-based courses. Guy received his doctoral degree in Exercise & Wellness from Arizona State University and worked as an assistant professor of Kinesiology at Penn State University before returning to Vancouver Island where he grew up. His research focuses on physical activity measurement and promotion among children and adolescents. In addition to teaching and supervising student teachers in elementary and middle school physical education, Guy has conducted and published numerous studies on youth physical activity. He is passionate about physical education pedagogy, and how it can be used to promote physical activity among children and adolescents. Dr. Le Masurier is a co-author of the award-winning Fitness for Life: Middle School (2007) and the recently released Fitness for Life: Elementary School (2010) curricula. In 2010, Guy was inducted as a Fellow to AAHPERD's Research Consortium. Guy enjoys kayaking, drumming, and most sports. Guy and his wife, Jodi, serve their community as volunteer firefighters.



SESSION #3 1:00pm-2:30pm

CRN 31412	Research Stream 3A (Fit 4 School)
CRN 31413	Assessment for Learning in PE: How to Motivate by avoiding Demotivating
CRN 31414	Boom, Boom, Pow! A Crash Course in Hip-Hop Dance
CRN 31415	Disguising Fitness
CRN 31416	Effective Communication: Getting the most of students & colleagues
CRN 31417	Full Day Kindergarten
CRN 31418	No More Looking for Refs: Ins and Outs of Basketball Officiating
CRN 31419	Nutrition Knowledge - Getting the most out of your body
CRN 31420	PHE Canada: Fundamental Movement Skills
CRN 31421	PSAP's Disc Sports
CRN 31422	Student Leadership Best Practices Roundtable Discussion
CRN 31423	Whole Brain Thinking: Thinking Outside the Box
CRN 31424	Yoga: Live the Innerlight

Research Stream 3A

Fit4School: The Physical, Academic, and Social Benefits of Daily Physical Activity at School

Presenters: Lucy Le Mare, Paul Neufeld, Elisa Vandeborn, Matthew Menzies, & Hailey Lepine (Simon Fraser University)

Session 3 : 1:00pm

Room 1620

Douglas College, New Westminster

The purpose of this symposium is to describe the rationale for and preliminary findings from a research study comparing the impact of daily aerobic vs. non-aerobic exercise on elementary school children's executive functioning (EF) and physical fitness as well as their academic and social performance in the classroom. Four papers addressing different aspects of the study will be presented. In the first paper we will provide an overview of the theory, design, and measures used in the Fit4School study. The second paper focuses on preliminary analyses examining differences in executive functioning between high and low fit children. The third paper addresses the association between our measure of EF and school performance (academic and social) and further, addresses differences between high and low fit participants on school performance measures. The fourth and final paper examines how participation in the Fit4School project impacted children's feelings about exercise and whether that impact varied as a function of intervention group, sex, or background fitness level.



ASSESSMENT for LEARNING in PE. How to Motivate, by avoiding De-Motivating

Instructor: Art Uhl

Session 3 : 1:00pm

Douglas College, New Westminster

At age 15 most kids graduate from PE. At this point they take over responsibility for their own fitness, ready or not. What have we been doing to prepare them? What do we need to do? How can we empower kids to take this responsibility? Assessment, Evaluation and Reporting is a good place to start.

Boom, Boom, Pow! A Crash Course in Hip Hop Dance!

Instructor: Jenny Branham

Session 3 : 1:00pm

Douglas College, New Westminster

*Suitable for all grade levels

Learn the basics of the most popular style of dance to teach your students. You will learn how to incorporate this style of dance into your dance unit with a relaxed atmosphere. We will go through an introduction on the basic warm-ups, movements and patterns of hip hop dance. You will then learn how to link these fundamental skills together into entertaining routines using popular music that your students will love! So come 'n' get your groove on and try something new!

Disguising Fitness

Dan Cooney/Bill McGregor

Session 3 : 1:00pm

Douglas College, New Westminster

Preliminary research revealed that actual time spent in MVPA during most physical education classes was inadequate. This established a need for an improved method of teaching physical education and led to the development of SPARK. The SPARK curriculum is specifically designed to maximize MVPA. Through innovative teaching strategies, effective management techniques, and age appropriate activities, SPARK has created a solid foundation for teaching students of all ability levels.

This session will focus specifically on the need to address the competing demands of physical fitness, physical activity, and motor skill development. Through hands-on interaction, participants will learn strategies that SPARK has developed for incorporating motor skill development and fitness principles into fun and cooperative activities. By using this approach, students are able to continue building skills and strength without compromising time spent in MVPA.

Learning Objectives:

- Demonstrate 3 new inclusionary strategies to ensure students of varied ability levels are all participating.
- Identify opportunities to integrate motor skill learning into activity
- Learn new activities that disguise fitness and allow for students to experience gains in strength through fun activity.



Effective Communication: Getting the most of students & colleagues

Instructor: Gordon Rogers

Session 3 : 1:00pm

Douglas College, New Westminster

Discover and understand the theory of conflict and how to manage it so you can deal more effectively with difficult people. This workshop will introduce the critical skills necessary to deal with parents, players and teacher colleagues. Discover ways to become a better listener and more collaborative, rather than dwelling on the past - areas on the cutting edge coaching athletes and teaching for all levels. Find out about the Anger Mountain and look at the drama triangle of Victim, Villain and Hero.

Full Day Kindergarten

Instructor: Action Schools! BC

Session 3 : 1:00pm

Douglas College, New Westminster

Looking for ideas to support Daily Physical Activity and Healthy Eating in your school? Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living. This workshop is specifically designed for Full Day K teachers providing lots of creative daily physical activity and healthy eating implementation ideas. Participants will receive a complimentary copy of the Action Schools! BC Classroom Action Resource - K to 7, Classroom Healthy Eating Action Resource, Planning Guide, and Action Pages! - a guide to healthy living resources in British Columbia. Come and learn implementation ideas and action tips to provide more opportunities for more children to make healthy choices more often.

No More Looking for Refs: Ins and Outs of Basketball Officiating!

Instructor: Bill Denney

Session 3 : 1:00pm

Douglas College, New Westminster

Are you always scrounging around to find basketball officials for your school games? This classroom session will help teach you and help you understand some of the basics of basketball officiating. Led by Jim Cervo (BC Basketball Officials Association) you will go over some of the finer points that occur in primary and secondary school basketball games. Topics will include some basic rules, conduct and safety, officials rotations and movements, and teaching points in identifying foul calls. Feel a little more confident in when you have to step in with your whistle and officiate a school basketball game, and find out what you need to produce other qualified officials in your school

NUTRITION KNOWLEDGE - GETTING THE MOST OUT OF YOUR BODY

Instructor: Ashley Charlebois

Session 3 : 1:00pm

Douglas College, New Westminster

Proper eating habits and physical activity equals healthy teens and athletes. Teachers and coaches can be indispensable in teaching students how to make healthy food choices and athletes how to fuel for performance. For the classroom: this workshop will provide easy to use and practical tools to make eating for energy fun! For the field, gym or track: Optimal sports nutrition can provide a significant competitive edge for athletes. Coaches, are you helping your athletes fuel for performance? Catch up the latest sports nutrition guidelines and some tips and tricks to making helping your athletes fuel for optimal performance and recovery. Don't forget the parents! A few tools to getting parents on the healthy eating bandwagon.

PHE Canada: Fundamental Movement Skills

Instructor: Don Hutchinson

Session 3 : 1:00pm

Douglas College, New Westminster

The development of fundamental movement skills and motor skills is critical to establishing the foundation for participation in many sports and physical activities. A child who has not had the opportunity to develop these basic motor skills experiences difficulties or barriers when participating in sport experiences or later school-based programs that involve more difficult skills.

The Fundamental Movement Skills (FMS) series created by PHE Canada with financial assistance from Sport Canada, aids in teaching fundamental movement and sport skills in an effective, fun and interactive manner through the use of both print handbooks and an online video collection. The series designed to enable the development of physical literacy as a solid foundation for supporting long-term sport and physical activity participation.

Target Audience: Elementary and Middle School

P.S.A.P'S Disc Sports

Instructor: Shana Alexander

Session 3 : 1:00pm

Douglas College, New Westminster

Looking for new ideas to liven up your Daily Physical Activity or PE lesson plans? This session will guide participants through the Premier's Sport Awards Program (p.s.a.p.) Disc Sports Manual and provide an opportunity to experience activities first hand. The game of Ultimate will be the main focus for learning basic disc skills such as throwing and catching and defensive and offensive strategies. Designed to support teachers in providing quality sport skill development, p.s.a.p. Teaching the Basics Manuals, posters and crests support the needs of generalist teachers, ensuring both teachers and students have positive physical activity experiences. Manuals will be available at a workshop discount.

Student Leadership Best Practices Roundtable Discussion

Facilitated by Kyle Baillie (Director of Campus Life & Athletics at Douglas College)

Session 3 : 1:00pm

Douglas College, New Westminster

This roundtable discussion will examine the best practices of student leadership in current schools. Come prepared to share your best successes stories, as well as some of your obstacles and failures. And finish the day with ready to implement ideas to take student leadership back to your school.

WHOLE BRAIN THINKING: Thinking Outside the Box

Instructor: Jon-Lee Kootnekoff

Session 3 : 1:00pm

Douglas College, New Westminster

This workshop will dive into the world of right brain, and left brain thinking. There will be practical exercises to explain the conscious, subconscious and super subconscious. Using the S.M.A.R.T formula, this workshop will provide practical exercises to help with goal setting, and will help to determine your mission statement and life values, ensuring what you are doing is making a significant difference.

YOGA – Live the Inner Light

Instructor: Caroline Chretien

Session 3 : 1:00pm

Douglas College, New Westminster

When we observe the youth in their playful state, we can see that, naturally, they know Yoga. As children in play, they do shoulder stands & back bends. As babies lying on their backs, they hug their legs, holding their feet, creating flexibility to roam with. On their stomach, they will instinctively come into a nurturing child's pose. Significantly, on a non- physical level, they are fresh & full of life. They are in a perfect state just as they are. They experience and accept themselves fully- This is Yoga. It is to realize and live in oneness. The challenges of life today make it increasingly more difficult for youth to maintain a healthy relationship with themselves on all levels: physical, mental, emotional & spiritual. In this workshop, gain insight about Yoga, its benefits, & the breath. Learn how to bring Yoga into a class setting, ignite it in the spirit of our Youth, and perhaps even into your life as a teacher & mentor... What a way to be an inspiration!



SATURDAY WORKSHOPS & TRAINING 9:00am-12:00pm

CRN 31455	Bringing “Atomic Volleyball” to your school
CRN 31456	Coaching in BC Schools: Facilitator Session
CRN 31457	Golf - Green Acres Golf Course, Richmond
CRN 31458	Sport Aid Teacher Certification
CRN 31459	The “Run, Jump, Throw” program with BC Athletics

BRINGING ATOMIC VOLLEYBALL to your SCHOOL

Instructor: Volleyball BC

Saturday 9:00am

Gym #2

Douglas College, New Westminster

Atomic is geared to 9-12 year old youth looking for an instruction combined with an opportunity to practice their skills in game situations. All sessions will be co-ed and targeted towards the skill level of the majority of participants. Beginners can look forward to basic skill instruction, while more advanced players will have an opportunity to focus on developing positive habits.

Teachers will learn how run individual sessions, and teach basic volleyball skills.

Previous volleyball experience is not required, the Atomic Manual will provide all of the information needed to teach young athletes basic volleyball skills. Each skill is broken down into separate sessions with Key Points and Common Errors listed. Accompanying drills for each session are also provided.

Coaching in BC Schools: Facilitator Session

Instructor: BC School Sports

Saturday 9:00am

Room 1811

Douglas College, New Westminster

In this bonus session, you’ll learn how to present the “Coaching” workshop to other high school coaches. You’ll help spread the word about how coaching creates more meaningful experiences!

Sport Aid Teacher Certification

Instructor: Seb Hartell, Coordinator, SportMed Safety, SportMedBC

Saturday 9:00am

Room 1808

Douglas College, New Westminster



SportMedBC 's SportsAid Program is the national standard for Sports First-Aid training across the country. SportMedBC courses teach skills that enable students to make clear and effective decisions regarding sport and/or fitness related injuries. Our sports first-aid courses teach coaches and team leaders how to implement injury prevention strategies, and to develop their skills to deal confidently with emergency situations and injuries. The athletic taping course provides the theory and practical knowledge to the student in order to perform preventive and supportive taping techniques.

The presentation will focus on providing teachers with an overview of the sports Aid Program along with curriculum suggestions and teaching tip for instructing lessons in anatomy, injury prevention and recognition and management of common and life threatening injuries. Upon completion of this workshop, teachers will receive SMCBC accreditation that will enable them to deliver the Sports First-Aid course in their own school-based programs. Secondary school teachers must have either completed the SportMedBC sports first-aid and taping courses or completed an accredited Sport Medicine/Athletic Training course.

Run Jump Throw Presentation

Presented by BC Athletics

Saturday 9:00am

Gym #1

Douglas College, New Westminster

Run Jump Throw (RJT) is a FUNdamentals program teaching the skills of running, jumping and throwing and the technical skills progressions for track and field events. It is designed for participants of ages 6 to 12, has progressions for older athletes, and can be adapted to special needs. RJT will provide teachers with the tools to facilitate lessons ensuring students learn the fundamental running, jumping and throwing movement skills that help to acquire a strong foundation for success in all other sports and physical activities.

The RJT Presentation is 4 hours in length and is designed to give Teachers a look into the Modules of a full RJT course. While this presentation offers no NCCP Certification Training, it is an introduction to the teachings and theories of the program. Topics covered will include 'Why RJT' and 'General Athletic Development' - which describe the details of developing physical literacy through running, jumping and throwing in age appropriate progressions, maximizing the impact on a child's 'windows' of development. A large amount of the session will be spent on practical application of RJT games, and skill teaching techniques to give the Teacher participants an opportunity to see it all in action, and participate in the activities themselves.

25th Annual QDPE Physical Education Pro D Conference – Registration

(in conjunction with Physical Education British Columbia (PE-BC) and BC School Sports)

Check-in desk will be open at 7:45am on Friday, October 21st

Douglas College, 700 Royal Avenue, New Westminster – Main Concourse

Check workshop descriptions for venue location and go directly to site listed for your first session!

QDPE Conference (includes Thursday opening night & one-year PE-BC Membership)	\$115 + HST = \$128.80	CRN 31395
QDPE Conference for non-BCTF members (includes Thursday opening night)	\$150 + HST = \$168.00	CRN 31396
QDPE Conference for College/University students and/or Student Teachers (includes Thursday opening night)	\$50 + HST = \$ 56.00	CRN 31397
Opening night – Thursday only (Keynote panel)	\$20 + HST = \$22.40	CRN 31480

Pre-registration ONLY. Payment MUST accompany registration. You will not be registered if payment does not accompany registration. Deadline for registration is Friday, October 15th, 2011

(Confirmed numbers needed to order refreshments and determine workshop availability).

How to Register

1. Online at www.douglascollege.ca/qdpe
2. Fax your registration (with your Visa/MasterCard info) to the Douglas College Registrars Office at 604-527-5696. (Receipt will then be sent to you in the mail)
3. Call the Registration Office (during regular office hours 9:30am – 4:00pm) at 604-527-5472 with your registration and credit card payment info, along with your three workshop choices.
4. Email registration (AND PAYMENT INFO) to cowang@douglas.bc.ca OR munrod@douglas.bc.ca
5. Make cheques payable to Douglas College and forward along with registration form to:
Douglas College – Continuing Education Registration, Room 2700
700 Royal Avenue
New Westminster, BC V3L 5B2
6. Register in person with the Douglas College Registrars Office, room 2700 (NW) or room A1450 (DL)

Parking

Underground at Douglas College or two hour meter parking on the street. (Underground parking is 50 cents per hour in association with the conference). Parking will be difficult after 8:00am. For more information call 604-527-5492 or 604-527-5041.

Benefits of PE-BC Membership include:

- Members will have access to an online journal and also receive a newsletter three times per year
- Professional Development – annual PE Conferences held every year where your colleagues gather from across BC for new & informative sessions
- Funding – grants are available to members to host professional development activities
- Promotion – PE-BC is your voice for Physical Education in BC
- Networking – consisting of physical education specialists, coordinators and consultants
- PE-BC is dedicated to promoting quality physical education and your support helps us achieve this goal

Registration Form - QDPE Pro-D Teachers Conference

PLEASE PRINT and complete fully. (ALL FIELDS REQUIRED for PSA Conferences)

Name:	
Phone (home):	Phone (work):
Address (home):	
City:	Postal Code:
Email:	
School:	School District # :
Date of Birth: (dd/mm/yyyy) - required for registration :	

THURSDAY, OCTOBER 20th (Please check if interested in attending)

- I plan to attend the evening Wine & Cheese event (6:00pm - 9:30pm, Douglas College Room 4920)

FRIDAY, OCTOBER 21st	1st choice	2nd choice
Session 1 (8:30am-10:00am)	CRN #	CRN #
Keynote Speaker & Conference Welcome (10:10am - 10:50am)		
Session 2 (11:00am-12:30pm)	CRN #	CRN #
Session 3 (1:00pm-2:30pm)	CRN #	CRN #

You will only be phoned if your first and second choices are full.

- CRN 31378 \$128.80 QDPE Conference Only (includes HST & one-year PE-BC Membership)
 - CRN 31379 \$168.00 Conference plus one-year PE-BC Membership for Non-BCTF Members
 - CRN 31380 \$ 56.00 Student Teachers/University Students (Student No. required)
- (Above Conference fees include 12% HST)

Total amount of payment:	Paid by:	<input type="checkbox"/> Cheque	<input type="checkbox"/> VISA	<input type="checkbox"/> MasterCard
\$	Card #:	Expiry date:		

SATURDAY, OCTOBER 22nd (Please check if interested in attending, sessions approx. 9am - 1pm)

- Golf, Green Acres Golf Course, Richmond (Green fees of approx. \$50 due at the course)
- Run, Jump, Throw with BC Athletics (Location: Douglas College gymnasium)
- Atomic Volleyball Program (Location: Douglas College gymnasium)
- Sport Aid Teacher Certification
- BC School Sports Athletic Directors Workshop