

Hosting an SPRA Fitness Module

Are you planning on hosting an SPRA Fitness Leadership Certification Module? If so, below is a list of responsibilities for the host organization, Course Conductor, and administrator, as well as the fee structure guidelines to assist you in the planning process.

Responsibility of the Host Organization

- Choose which module you will be hosting:
 - Exercise Theory
 - Group Fundamental Exercise with one of the following designations
 - Designation - Total Body Conditioning
 - Designation - Step and Choreography
 - Designation - Group Cycling
 - Aquatic Exercise
 - Exercise for Older Adults
- Pick a date to host the module and secure a facility
- Arrange for an accredited SPRA Course Conductor to facilitate the module in your community –
 - contact SPRA for assistance
- Complete a contract with the SPRA Course Conductor
- Determine cost per participant which should include:
 - Facility Rental Costs
 - SPRA Course Conductor Fees (Payable to Course Conductor)
 - Cost of Manuals for the module (Payable to SPRA)
 - SPRA Course Fee (Payable to SPRA at \$25.00/person)
- Advertise the SPRA Fitness Leadership Module in your Community

Responsibility of SPRA Certified Course Conductors

- Facilitate the fitness module including the weekend course, proctoring the FLC exam, and completing the Practical Observations for the Group, Aqua and Older Adult modules
- Provide the participants with their results and feedback from the module
- Submit originals of the FLC Exam answer sheet to SPRA
- Submit copies of the Exercise Theory Individual Record Forms to SPRA
- Indicate on the provided class list of participants who attended the module. Return a copy of this list to SPRA
- Submit all administration forms and module results to SPRA within 2 weeks of completing the module. If an individual requests an extended period of time to complete the written examination or practical observation component of the modules, please notify SPRA immediately.

Responsibility of the SPRA Fitness Division

- Promote the SPRA Fitness Leadership Module on the SPRA website
- Send manuals and necessary documents and forms to the host organization
- Send invoice for course fees and manuals to the host organization
- Process all administrative forms including exams, practical observation forms, etc.

SPRA Fitness Leadership Program Fees

Manuals	Fee Includes Taxes	Payable To:
Exercise Theory Manual	\$52.50	SPRA
SPRA Exercise Theory Study Guide (Optional)	36.75	SPRA
Group Fundamentals Exercise Manual	\$52.50	SPRA
Aquatic Exercise Manual	\$52.50	SPRA
Older Adult Exercise Manual	\$68.25	SPRA
Course Fees	Fee Includes Taxes	Payable To:
SPRA Course Fee	\$26.25	SPRA
Individual Challenge for FLC Exercise Theory Exam (By Home Study or after taking an applicable Online Exercise Theory Course)	\$78.75	SPRA

Course Delivery Fees	Fee Before Taxes	Payable To:
<p>Course Conductors Fee:</p> <ul style="list-style-type: none"> • Exercise Theory @ 24 hours • Group Exercise Fundamentals @ 12 hours <ul style="list-style-type: none"> ○ Total Body Conditioning @ 8 hours ○ Step and Choreography @ 8 hours ○ Group Cycle @ 8 hours • Aquatic Exercise @ 20 hours • Exercise for Older Adults @20 hours 	\$60.00/hour	Course Conductor
Course Conductors will charge proctor fees for the Written exams for each certifying module – these fees are payable to the Course Conductor	\$25.00	Course Conductor
Course Conductors will charge proctor fees for the Practical Observation for each certifying module – these fees are payable to the Course Conductor	\$50.00	Course Conductor
Mileage	Current SPRA rate	Course Conductor
Accommodations (local hotel/motel accommodations to a maximum of \$150.00/night)	\$150.00/night maximum (receipt required)	Course Conductor
Miscellaneous Photocopying (if required to a maximum of \$50.00)	\$100.00 maximum (receipt required)	Course Conductor

Note: Host organizations are encouraged to collect all fees and charge back one flat (inclusive) fee to participants at the time of registration for any courses. The experience with host organizations has shown that this practice is most efficient and effective for participants and the SPRA administration staff. Fees to include: course fees, manuals, host organization costs including facility rental and other hosting costs.



SPRA Fitness Leadership Certification Program Module Request and Agreement Form

Please complete the request/agreement form and send one copy to SPRA, a copy to the SPRA Course Conductor(s) and keep a copy for your records. This information will be used to track courses as well as for advertising/posting on the SPRA website.

- Note that a Partnership Agreement with SPRA may also be required.

Contact Information

Host Organization: _____

Contact Person: _____ Mailing Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: _____ Email: _____

Module Information for Posting on the SPRA Website

Type of Module (Please Check One):

Exercise Theory ☐ Aqua Exercise ☐
Group Fundamentals Exercise ☐ Exercise for Older Adults ☐

Module Date: _____ Exam Date: _____

Location: _____

Cost of Module (per participant): _____

Contact Person(s) to Register: _____

Contact Number(s) to Register: _____

Contact Email Address(es) to Register: _____

SPRA Course Conductor(s): _____

Additional Information: _____

Please fax this form to (306) 780-9257 attention SPRA Fitness. If you have any questions, please call us at 1-800-563-2555 or email fitness@spra.sk.ca.

Internal Use Only:

Invoice, manuals, exams, etc. sent on: _____

Manuals returned on: _____ Exams returned on: _____