

Indigenous Fitness Leadership Certification Program

Pilot Project Information and Application Form

Applications must be received by the SPRA office no later than February 28, 2018

The Saskatchewan Parks and Recreation Association (SPRA) is piloting an *Indigenous Fitness Leadership Certification Program*. This program supports the 89th Call to Action of the Truth and Reconciliation Commission, ensuring that barriers to participation in physical activity and fitness are reduced and fitness programs are inclusive of Indigenous Peoples. This Certification Program is for individuals who are:

- Interested in supporting the health and well-being of self and others.
- Interested in teaching fitness classes.
- Self-motivated to take action in healthy ways.
- Willing to make a commitment and follow through to reach a goal.

If you are committed to an active and healthy lifestyle and would like to learn how to support, motivate and energize people in your community, this Certification Program is for you!

Apply to participate in the *Indigenous Fitness Leadership Certification Program* - Pilot Project offered over three weekends: April 13-15, April 27-29 and May 11-13, 2018, for a total of 56 hours.

Applications will be accepted from individuals who want to earn their SPRA Indigenous Fitness Leadership Certification and SPRA Fitness Leader Certification. These certifications are specifically for Indigenous people, including those living or working on-reserve, who are interested in employment in the fitness industry. All course-related expenses, including travel, meals, accommodations and course materials will be covered by SPRA.

Benefits of becoming a Certified Fitness Leader:

- ✓ Provincially recognized and sanctioned Fitness Leadership Certifications – two certifications from this training opportunity
- ✓ Promotes active living opportunities
- ✓ National transferability
- ✓ Promotes professionalism in the fitness industry

For further information regarding this opportunity, contact:

Wendy McKellar

SPRA Consultant – Physical Activity and Fitness

Phone: 1-800-563-2555

Email: wmckellar@spra.sk.ca

Website: www.spra.sk.ca

Who is SPRA?

The Saskatchewan Parks and Recreation Association (SPRA) is a non-profit member-based organization whose purpose is to promote, develop and facilitate parks and recreation opportunities throughout the province. We are recognized as the provincial umbrella organization representing parks and recreation in Saskatchewan and manage the Recreation Section of the Saskatchewan Lotteries Trust Fund for Sport, Culture and Recreation. Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing. SPRA is committed to representing not only its members, but also the citizens of the province as a whole.

What is the Goal and the Objectives of the *Indigenous Fitness Leadership Certification Program*?

The goal of the *Indigenous Fitness Leadership Certification Program* is to educate Indigenous individuals to deliver culturally relevant, safe, community-based fitness programs within Indigenous communities. The objectives of the project are:

- Improve and maintain the health of individuals living in First Nation communities through safe physical activity and education delivered by qualified Fitness Leaders.
- Build the capacity of First Nation communities to deliver a variety of physical activity and exercise programs for Saskatchewan First Nations people.
- Development of materials, resources and a course outline that reflect First Nations learning methods and cultural concepts.
- Support future Fitness Leaders to obtain certification to lead and deliver an Indigenous Group Exercise Fitness Program.

Who is the *Indigenous Fitness Leadership Certification Program* intended for?

The Program is for emerging Fitness Leaders. The following qualifications will be considered in the selection of course participants:

- Be a minimum of 16 years of age.
- Have an interest in learning Exercise Theory and Group Fitness Modules.
- Be recommended by members in their community.
- Must self-declare identity.

Details of the Pilot Project:

- Requires commitment to 56 hours of education time that takes place over three weekends (April 13-15, April 27-29 and May 11 to 13) with sessions on Friday (4.5 hours), Saturday (8 hours) and Sunday (6 hours).
 - Location of courses will be in Saskatoon - at the Saskatoon Tribal Council's White Buffalo Youth Lodge, 602 20th Street West, Saskatoon.
 - All course-related expenses, including travel, meals, accommodations and course materials, will be provided for participants by SPRA.
 - Participants will be accepted from all areas of the province, with a priority given to individuals from rural communities.
 - Education and support provided for emerging Fitness Leaders to become nationally certified fitness instructors. This includes:
 - **SPRA Indigenous Fitness Leadership Training**
 - **SPRA Exercise Theory Course**
 - **SPRA Group Exercise Fundamentals and Total Body Conditioning Courses**
 - **Mentorship Hours**
 - **Final Practical Evaluation**
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Description of Pilot Project Learning Components:

There are six required components in attaining an *Indigenous Fitness Leadership Certification Program*.

- 1. SPRA Indigenous Fitness Leadership Training:** This is the foundational component of the Certification Program, designed and delivered by Indigenous people. Participants will deepen their understandings of how a focus on physical health will influence holistic wellness.
 - 2. SPRA Exercise Theory Course:** This is the first step in obtaining Certification and is the prerequisite course. Learn the basic theory behind fitness classes, including leadership, health and fitness, anatomy, physiology, applied mechanics, principles of training and workout design. The curriculum meets the requirements and standards set by the National Fitness Leadership Alliance (NFLA). The NFLA exam must be written and a passing grade of 80% or higher is required.
 - 3. SPRA Group Exercise Module:**
Part one: SPRA Group Exercise Fundamentals Course: This course covers a variety of topics specific to leading group exercise classes. These include: leadership, legal responsibility and accountability, class components, music, movement and cueing, program design, safety, leadership and exercise analysis. This course includes the NFLA exam, with a passing grade of 80% or higher required. This course is followed with a specialty course.

Part two: Total Body Conditioning Specialty Course: This practical based course includes use of portable equipment combined with cardio classes such as Bootcamp, Circuit Training, HIIT and Muscle Sculpt.
* May include use of, but is not limited to the following: Free weights, body bars/barbells, stability balls, tubing/resist-a-bands, BOSU and medicine balls.
 - 4. Mentorship Hours:** After completion of both the SPRA Exercise Theory and Group Fitness courses, up to 10 hours of mentorship and support will be provided. This is designed to assist participants with course learning and to obtain feedback to ensure the transition to teaching is more successful.
 - 5. Final Practical Evaluation:** After completion of the mentorship hours, the participant will prepare a lesson plan for a fitness class and will teach the class, to demonstrate skills, competencies and the specific exercises, as well as understanding exercise safety. The Course Conductor will evaluate and either recommend certification or will ask the participant to focus further on particular portions of the fitness class.
 - 6. Registration:** Following completion of the above steps and obtaining CPR and First Aid Certification, the necessary documentation and an \$85 registration fee are to be submitted to SPRA. After these steps are completed, the participant will be a SPRA Certified Fitness Leader.
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FAQs

Do I have to attend all of the sessions for a total of 56 hours?

Yes. Acceptance into the Pilot Project for the *Indigenous Fitness Leadership Certification Program* indicates you agree to attend and fully participate in all of the sessions and activities that are included in the training.

What type of commitment is required for this Certification Program?

The Certification Program requires 56 hours of in-class learning time. It will require a moderate level of additional academic study to learn the course material and pass the written exam, as well as commitment to being physically active throughout the course. The applicant must attend all three weekends of training.

What else will I need to do to complete my participation in this Pilot Project?

Participants will complete a Pilot Project Program Evaluation, both in writing and through conversation. This will determine strengths and recommended improvement areas for future delivery of the *Indigenous Fitness Leadership Certification Program*.

What are the associated costs?

All course-related expenses, including travel, meals, accommodations and course materials, will be provided for participants by SPRA. There is no cost to the participants. This includes over \$800 for the course and associated materials, plus travel, meals and accommodations. If there are future offerings of this course, participants will be required to pay associated costs.

Participants accepted into the Pilot Project are required to submit a \$300 'secure my spot' deposit. Upon full attendance in all of the sessions, and successful completion of the required hours of training, the \$300 deposit will be reimbursed.

How to Apply:

Complete the *Indigenous Fitness Leadership Certification Program* Application Form including all of the details in the following:

- **Section one - Personal Application Form**
- **Section two - Community Members Support for the Applicant**
- **Section three - Concluding Verification**

1. Applications for the Pilot Project must be received by the SPRA office no later than February 28, 2018.
2. The Application Form can be found at www.spra.sk.ca/programs-services/inclusion-and-access/indigenous-fitness-leadership-certification/
3. Space is limited to 18 applicants. All applications will be reviewed and references will be contacted.
4. Successful applicants will be notified by March 7, 2018.
5. Successful applicants will have until March 16, 2018 to submit a \$300 'Secure my spot' deposit.

For further information, contact:

Wendy McKellar

SPRA Consultant – Physical Activity and Fitness

Phone: 1-800-563-2555

Email: wmckellar@spra.sk.ca

Website: www.spra.sk.ca

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Complete all three sections.

Section one - Personal Application Form

Full name: _____

Address of current residence, including postal code: _____

Telephone number: _____

Email: _____

Date of birth: _____

To assist in the selection process for this Pilot Project, please explain why you are interested in becoming a Fitness Leader:

What related skills and abilities do you currently have? Please be specific and list or explain your volunteer experiences, involvement or participation in sport, recreation, leisure, health and wellness and/or cultural activities.

If your Application is successful, and you complete the *Indigenous Fitness Leadership Certification Program*, how would you utilize your new skills to support the health and well-being of your community?

Self-identification:

Please check one of the following: ☐ First Nations ☐ Métis ☐ Inuit ☐ Non-Status

Status Number: _____ Band: _____

Section two – Community Members Support for the Applicant

From the Truth and Reconciliation, there are 94 Calls to Action, with five associated directly to sport and physical activity. Specifically, the 89th Call to Action focuses on ensuring that barriers to participation in physical activity and fitness are reduced, and fitness programs are inclusive of Indigenous Peoples.

According to the Public Health Agency of Canada, “Two thirds of Canadians are inactive, a serious threat to their health ...” (2002). In addition, “diabetes and obesity-related chronic disease have reached epidemic proportions among Indigenous peoples in Canada. The Public Health Agency of Canada has recently reported a diabetes prevalence rate of 17.2% among on-reserve First Nations people” (Rice et al, 2016). An increased participation in physical activity promotes well-being and can positively impact the risk of developing a number of diseases. Additionally, communities where residents are physically active tend to have better social connections and therefore, are healthier communities.

In order to support this application and to promote sustainability (the ability to maintain into the future), community contributions and partnerships are important. This could include:

- Facilities or location for future fitness classes to be held.
- Funding to support the purchase of equipment for fitness classes.
- Promotion of the fitness classes within the community.

Several successful activity programs include the following key components:

- **Locally focused** members, programs and resources.
- **Group cohesion and inclusion** that encompasses the community spirit.
- **Broad community engagement** that provides opportunities for people to continue to actively and meaningfully contribute to the community.
- Individual **programming** that allows people to increase fitness, enhance knowledge, skills, confidence and self-esteem.
- **A sustainability plan** for funding and to keep the interests of the fitness participants.

Please provide contact information for **two** community members who:

- Are willing to speak in support of your application.
- Know your abilities and skills.
- Work in a health and wellness or sport and recreation field.
- Have an interest in supporting others to be active in movement activities.

Community member number one:

Full name: _____

Telephone number: _____

Email: _____

How long have you known this community member? _____

In what capacity do you know this community member? _____

Identify the community-based role(s) of this community member (e.g. health and wellness or sport and recreation, Elder, administrator, educator).

Community member number two:

Full name: _____

Telephone number: _____

Email: _____

How long have you known this community member? _____

In what capacity do you know this community member? _____

Identify the community-based role(s) of this community member (e.g. health and wellness or sport and recreation, Elder, administrator, educator).

Section three – Concluding Verification

I certify that the statements made by me in this Application are true and complete to the best of my knowledge and belief and are made in good faith. I understand that if any of these statements are untrue, this Application may be excluded or any monetary commitment to the program rescinded. If and when required, I will provide proof of education, certification and licenses.

Signature: _____

Date: _____

In order to complete the application process, please ensure the following sections are complete:

- ☐ **Section one – Personal Application Form with all of the details**
- ☐ **Section two – Community Members Support for the Applicant**
- ☐ **Section three – Concluding Verification**

Applications must be received by the SPRA office no later than February 28, 2018

Submit applications by:

- Save this document and email to wmckellar@spra.sk.ca (recommended method)
- Mail to:
Saskatchewan Parks and Recreation Association
100-1445 Park Street
Regina SK S4N 4C5
- Fax 306-780-9257

If you are successful, notification will be made by **March 7, 2018**.