

## Attending Your Workshop

The NCSF Workshop is two days of high-energy instruction, where you will participate in interactive lectures and engage in a variety of activities under the guidance of expert NCSF Instructors. The workshop is used to reinforce key course concepts through multi-media presentations and case study applications. Additionally, you will perform essential practical training and assessment techniques in both individual and group activities. Within your course materials package, the NCSF has provided you with your selected-workshop date, time, and location.

**Items to bring to the workshop:** Comfortable warm clothing for both the classroom and physical activity participation, photo ID, NCSF course materials, pen, highlighter, and a calculator (An extra layer of clothing is recommended for air conditioned areas).

### **Day One**

8:45 - 9:00	Registration	3:30 - 3:45	Break
9:00 - 9:15	Greeting and Introductions		
9:15 - 9:45	Lesson 1: Components of Health and Physical Fitness	3:45 - 5:00	Lesson 7: Training and Prescription for Flexibility and Function
9:45 - 11:00	Lesson 2: Health Screening and Evaluation		Practical 11 – Field Flexibility Assessments Practical 12 – Flexibility Training Technique
	Practical 1 - Informed Consent		
	Practical 2 –Case Study: Review of HSQ & Lifestyle Questionnaire		
11:00 - 11:10	Break		
11:10 - 1:00	Lesson 3: Cardiovascular Exercise Physiology, Assessment & Prescription		Practical 13 – Reading a Food Label
	Practical 4 – RMR Calculation using METs	11:00 - 11:10	Break
	Practical 5 – Energy Expenditure (kcal) using METs	11:00 - 1:00	Lesson 10: Weight Management and Body Composition
	Practical 6 – Calculating Aerobic Training Intensities		Practical 14 – Girth Estimation of Body Fat Practical 15 – Skinfold Estimation of Body Fat
1:00 - 2:00	LUNCH		Practical 16 – Calculation of Target Body Weight
2:00 - 2:30	Lesson 4: Biomechanics: Term Review and Application		Practical 17 – Determining Resting Metabolic Rate and Caloric Need
2:30 - 3:30	Lesson 5: Warm Up: Physiological Aspects and Performance		Practical 18 – Review of 24-hour Recall Practical 19 – Caloric Intake Modification Recommendations
	Practical 7 – Functional Warm-up Activities: Posterior and Core Musculature	1:00 - 2:00	Lunch
	Practical 8 – Functional Warm-up Activities: Anterior and Core Musculature		
	Practical 9 – Functional Warm-up Activities: Rotator Cuff Musculature	2:00 – 5:00	Practical 20 – Resistance Training
	Practical 10 – Functional Training		

### **Day Two**

9:00 - 10:15	Lesson 8: Resistance Training: Anaerobic Physiology and Prescription
10:15 - 11:00	Lesson 9: Nutritional Overview
	Practical 13 – Reading a Food Label
11:00 - 11:10	Break
11:00 - 1:00	Lesson 10: Weight Management and Body Composition
	Practical 14 – Girth Estimation of Body Fat Practical 15 – Skinfold Estimation of Body Fat
	Practical 16 – Calculation of Target Body Weight
	Practical 17 – Determining Resting Metabolic Rate and Caloric Need
	Practical 18 – Review of 24-hour Recall Practical 19 – Caloric Intake Modification Recommendations