

EXERCISE THEORY COURSE AND SUBSIDY APPLICATION

Agency Hosting Course: _____

Agency Address: _____

City: _____ Postal Code: _____

Contact Person: _____ Phone Number: _____

Email: _____

Course Dates & Times: _____

Location of Course: _____

Contracted AFLCA Trainer(s): _____

Registration Fee: \$ _____ (per person including GST).
This must include the manual fee for each person.

The above information will be used for administration and to return course confirmations.

AFLCA Trainer must complete the following information:

The following course topic areas **must** be included in your Exercise Theory course. Please list the number of hour(s) that you spend on each area. This information is to be completed by, or in association with you, the AFLCA Trainer.

_____ **A Focus on Leadership**

- Leadership
- Leadership Communication
- Understanding the Health Behaviour of Your Participant
- Designing, Planning and Delivering

_____ **Health and Fitness**

- The Difference Between Physical Activity, Exercise, and Fitness
- The Wellness Concept
- Basic Principles of Physical Fitness
- The Components of Class Design

_____ **Anatomy and Applied Movement Mechanics**

- Basics of Anatomy
- Exercise Analysis

_____ **Basics of Physiology**

- The Cardiovascular System
- Energy Production

_____ **Principles of Training and Conditioning**

- Basic Training Principles
- Monitoring Exercise Intensity
- Health Screening

_____ **Nutrition**

- Understanding Nutrition
- Weight Management

_____ Other (Please Specify): _____

_____ **TOTAL HOURS-MIN.24)**

Application Deadlines! Course applications must be received a minimum of 6 weeks prior to course start date. Any courses requesting subsidy must apply quarterly - applications not meeting the quarterly deadlines may not be considered for subsidy.

Training Quarter

April 1 - June 30
July 1 - September 30
October 1 - December 31
January 1 - March 31

Application Deadline

February 1
April 1
July 1
November 1



AFLCA Trainer's Signature: _____

Date: _____

If you are applying for subsidy, please complete the back of this form.

AFLCA
Faculty of Physical Education
and Recreation
University of Alberta
Edmonton, Alberta
T6G 2H9
TEL: 780-492-4435
FAX: 780-455-2264

AFLCA SUBSIDIZED EXPENSES

Trainer Honorarium \$ _____
The AFLCA will provide subsidy for a maximum of 24 Hours (Exercise Theory & Specialties), 8 Hours (Recertification), and 44 Hours (Dual Courses)

Trainer Travel \$ _____
The AFLCA will provide subsidy for out-of-town Trainer travel ONLY. (City centre to city centre at .30 cents per km)

Trainer Meals \$ _____
The AFLCA will provide a maximum of

- \$ 6 for breakfast
- \$ 7 for lunch
- \$12 for dinner

Manual Fees \$ _____
Exercise Theory manuals - \$40.00 + GST each

Facility Rental \$ _____
The AFLCA will review subsidy to a maximum of \$500 for the Fitness Theory course.

TOTAL SUBSIDIZED EXPENSES \$ _____

**Total Subsidized Expenses) Number of Participants =
Subsidized Cost Per Participant** \$. /Participant

REVENUE

Registration Fees

_____ Participants X \$ _____ Registration Fee \$ _____
(minimum 8 participants in rural area) (GST Included)
(minimum 10 participants in urban area)

Other \$ _____
If dollars will be secured from another source please indicate the sponsor and the amount.
(Eg. Municipal or Provincial Leadership Grants or Continuing Education Grants)

TOTAL REVENUE \$ _____

SURPLUS/DEFICIT (Total Revenue - Total Expenses) \$ _____

Only expenses with receipts will be considered for subsidy.