



June 6, 2016

Dear Sir/Madam:

ProFit Consultants “Professionals in Fitness” is staging a course for physical education teachers, physical therapists, fitness center instructors and coaches, group exercise instructors, and anyone who would like to better understand and appreciate the foundation science and interconnectedness of fitness, exercise, and wellness entitled the **Basic Fitness Coaches’ Course**. The course will go for 8-12 weekends beginning 18 or 19 June 2016 (Saturdays OR Sundays), from 8:00am to 12:00nn Saturdays and from 1:00 to 5:00pm at the University Hotel, UP Diliman and the Benedictine International School, Capitol Hills Drive, Matandang Balara, Quezon City. We invite you to attend.

The course will cover topics, such as:

Basic Anatomy	Motivation and Adherence
Exercise Physiology	Professional Ethics & Legal Issues
Kinesiology	Exercise Programming for the Apparently Healthy
Basic Nutrition	(option) Choreography
Health Screening	(option) Musicality
Injury Prevention	(option) Cueing Techniques
Fitness Testing & Evaluation	

The course moderator is Ms. **Shirley del Prado-Quejada**, the guiding light behind ProFit Consultants “Professionals in Fitness”. She is one of the pioneers of the Philippine fitness industry co-founding the Association of Fitness Professionals of the Philippines (AFPP) and past President of Fitness Network Philippines; she chaired the National Fitness Conventions from 1991 and facilitated the Basic Fitness Instructors Courses, Advanced Fitness Courses, Fitness Management Courses, ACE Exam Reviews and presented in the local continuing education seminars for more than 20 years. She co-authored the Philippine National Guidelines for Physical Activity - a project of the Department of Health under the World Health Organization. Dubbed as the "Trainer of trainers", Shirley has trained over 3,000 fitness professionals nationwide and around Asia – and in the year 2000 was awarded the Fitness Professional of the Year by Hong Kong’s Asiafit. She will now impart this fitness knowledge attained through years and years of practice via this **Basic Fitness Coaches’ Course**.

The objective of the **Basic Fitness Coaches’ Course** is to impart the basics, implications, and relationships of each fitness aspect through discussion, practice, and application. The course concludes with written, oral, and practical tests to establish the confidence of each student in the subject matter.

Remote Registration (*via email*) begins on Monday, 6June2016. **Onsite Registration** is scheduled on Saturday 3:00 to 5:00pm and Sunday 10:00am to 12:00nn (*11-12June2016*) at the University Hotel, UP Diliman.

Interested? Get in touch with us via text, or call: +63 (916) 368 4591; or e-mail us at: fitnessfilipinas@gmail.com. We hope to hear from you soon!

Make Wellness a Lifestyle!

NAPOLEON PG QUEJADA, JR
Director, Business Development

COURSE OUTLINE

If your personal goal is to create a better version of yourself, to upgrade your knowledge, to fill-in the information gaps left behind by traditional learning. If your professional plan is to broaden your horizons, shift your income sources, create better-paying opportunities. If you feel your team needs a knowledge-upgrade in the understanding and appreciation of foundation science. If you know it's there but just can't put your finger on the connections between science-fitness-wellness-exercise and the mind-body-spirit. The Basic Fitness Coaches' Course can help you realize these goals and enhance your plan. We can improve your team's knowledge, thence impacting your services and your bottom line; we can help you make those realizations and connect those dots.

"Any fool can know. The point is to understand." – Albert Einstein

Course: Basic Fitness Coaches' Course

Prerequisite: None

For: This course is open to all Physical Education Teachers, Physical Therapists, Gym Instructors, Group Exercise Instructors, or anyone who would like to better understand and appreciate the foundation science and interconnectedness of fitness, exercise, & wellness

Course Content:

Basic Anatomy	Motivation and Adherence
Exercise Physiology	Professional Ethics & Legal Issues
Kinesiology	Exercise Programming for the Apparently Healthy
Basic Nutrition	(option) Choreography
Health Screening	(option) Musicality
Injury Prevention	(option) Cueing Techniques
Fitness Testing & Evaluation	

"The greatest enemy of knowledge is not ignorance; it is the illusion of knowledge." – Stephen Hawking

Course Parameters: The objective of the course is to understand the basics, implications, and relationships of each fitness aspect through discussion, practice, and application

One (1) half-day every weekend for 8 to 12 sessions (Saturdays or Sundays)

The **Basic Fitness Coaches' Course** will conclude with written, oral, & practical tests to establish the confidence of each student in the subject matter

Each student who attends the full course is eligible for a Certificate of Participation

A Certificate of Completion, however, is awarded to each student who demonstrates mastery of the course

"No thief, however skillful, can rob one of knowledge, and that is why knowledge is the best and safest treasure to acquire." - L. Frank Baum, The Lost Princess of Oz

Complete one registration form per person (Make additional copies of this form if necessary)

Mobile: (inquiry only) +63 916 368 4591

E-mail: fitnessfilipinas@gmail.com

1. Student Information

First Name (Ms/Mrs/Mr) _____ Last Name _____
Position _____
Affiliation _____
Postal _____
Address _____
Tel/Mobile (landline) _____ (mobile) _____
Email _____

2. Course Rates

FCC COURSE FEE			
	Cash	Installment	
Regular Rate	<input type="radio"/> PHP8,000.00	<input type="radio"/> PHP4,500.00	Due upon registration
		<input type="radio"/> PHP2,250.00	Due on the 4 th session
		<input type="radio"/> PHP2,250.00	Due on the 6 th session
Add: Options	<input type="radio"/> PHP10,000.00	<input type="radio"/> PHP5,500.00	Due upon registration
Includes Choreography, Musicality, & Cueing Techniques		<input type="radio"/> PHP2,750.00	Due on the 4 th session
		<input type="radio"/> PHP2,750.00	Due on the 6 th session

*Please indicate your preference by ✓ in the appropriate circle.

3. Total Fee: PHP _____

Method of Payment

Payment MUST accompany this registration form (deposited into any of the following accounts for pre-registration)

- Cash
- Check

Bank Name: Banco de Oro (BDO, any branch)
Payee Name: Shirley Therese D. Quejada
Account No: CA 854 800 2283

Bank Name: Bank of the Philippine Islands (BPI, any branch)
Payee Name: Shirley Therese D. Quejada
Account No: SA 446 612 4925

(Banking fees should not be deducted from the remitted amount)

Exercise Liability and Recording Waiver

As a delegate to the **Fitness Coaches' Course** I intend to and will engage in physical activities and classes at the **Benedictine International School** (Facilities) from **EVENT DATE**. I assume and accept full responsibility for all and any personal injuries I may suffer whilst in or about the Facilities or as a result of the physical activities and classes, and waive any claims I may have in respect thereof against **THE ORGANIZER/S**, and the Facilities (the Participating Parties) and will indemnify the Participating Parties, their owners, employees, agents and assignees against all damages, cost and expenses in connection therewith. By signing below, I accept the terms and conditions outlined above. I also, by signing below, represent that I am in good physical condition and that I have no impairment or ailment that would prevent or make it medically unwise for me to engage in physical activities.

Additionally, I am aware that the organizer of the **Fitness Coaches' Course** may photograph, film, videotape or audiotape some or the entire event, and it is possible that I will be filmed, taped, or recorded. Furthermore, I accept that the organizer of the **Fitness Coaches' Course** may employ any film, tape or recording of the undersigned for commercial or non-commercial purposes without payment of any kind to myself and without further notice to me, or permission from me.

Signature: _____ Date: _____

Official Use Only

Ref Nmbr: _____