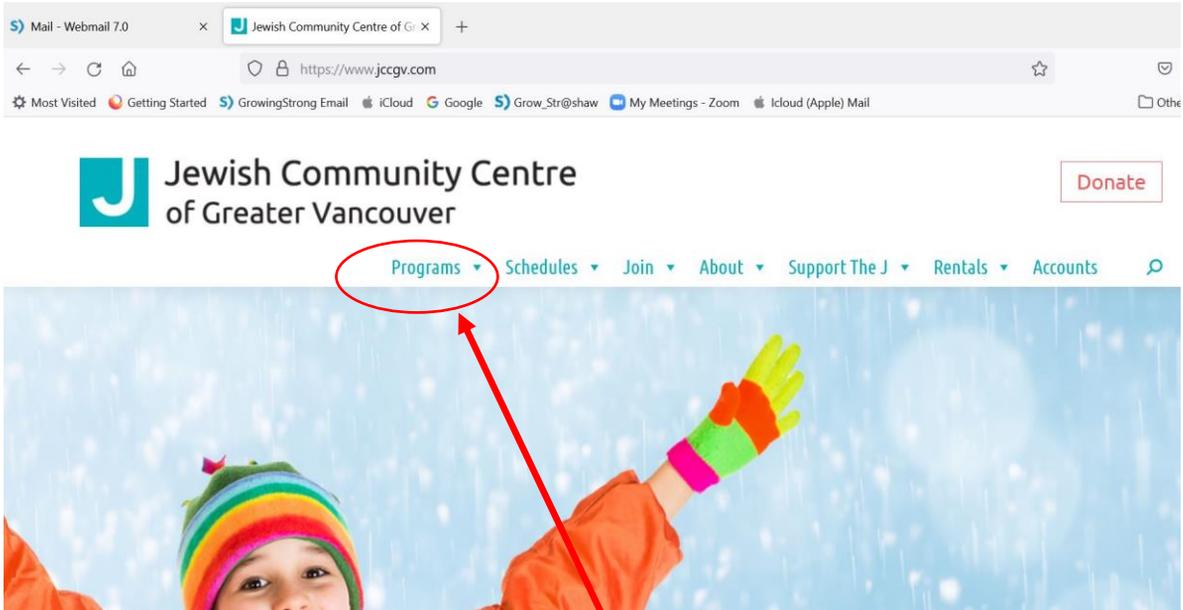
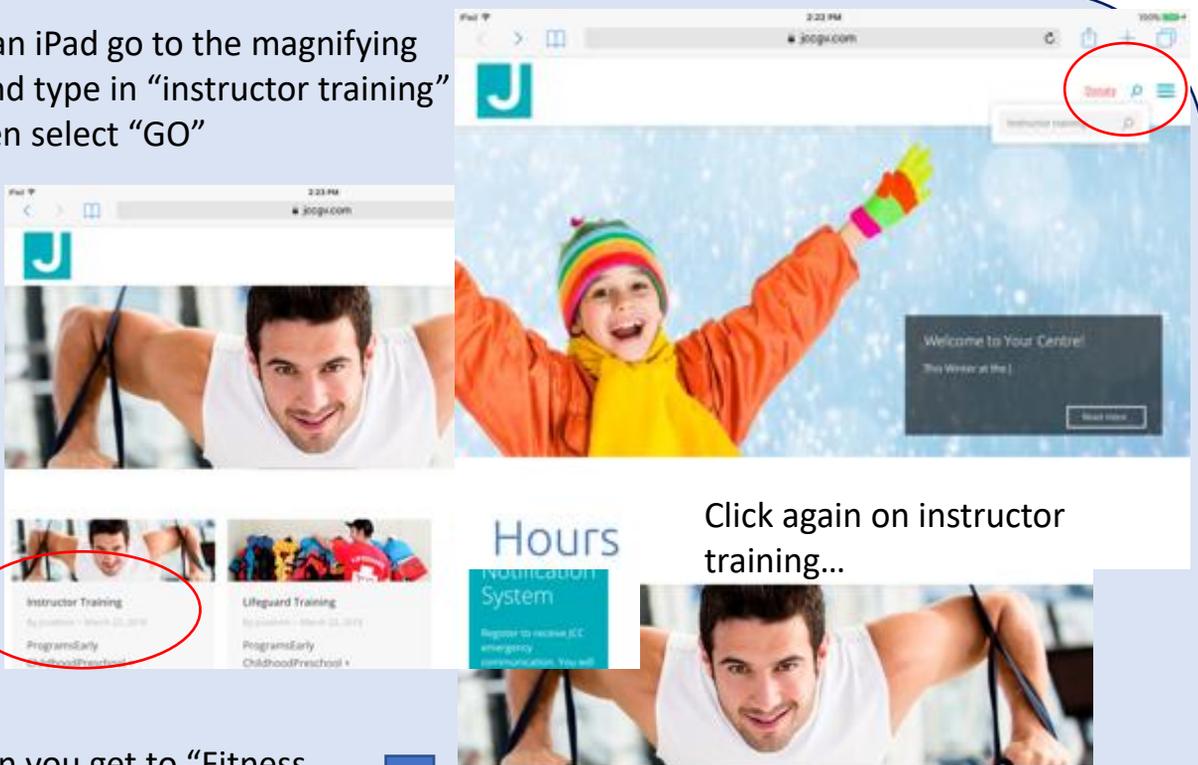


# To Register for “Basics of Physical Activity for Seniors” On a computer or iPad go to <https://www.jccgv.com/>



On a computer hover over the word “Programs” and in the drop down box under “Fitness and Wellness” the last item is “**Instructor Training**”. Click on that.

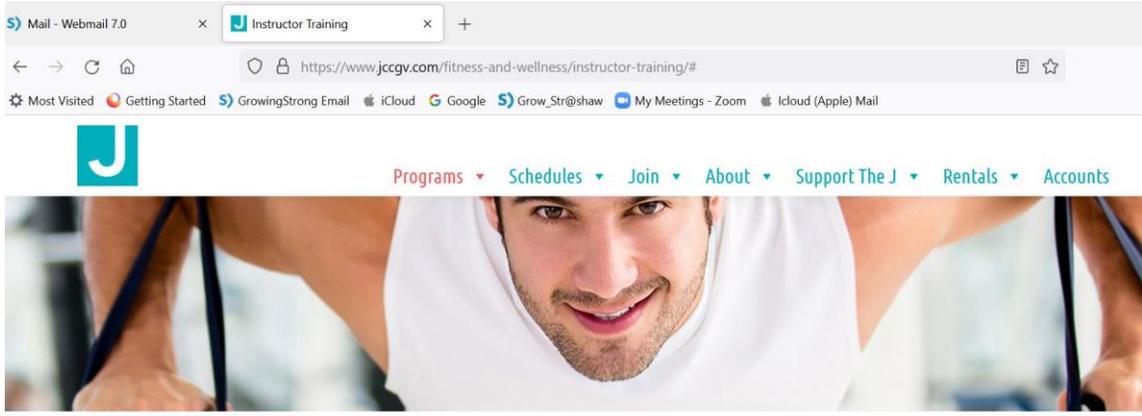
On an iPad go to the magnifying glass and type in “instructor training” and then select “GO”



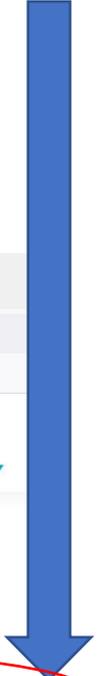
Click again on instructor training...

When you get to “Fitness Leadership Training” ...scroll down





Scroll Down



Fitness and Wellness  
Personal Training

# Fitness Leadership Training

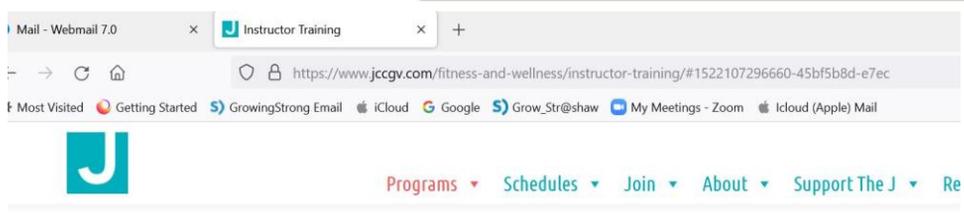
Need help registering?  
Call us:

Programs Schedules Join About Support The J Rentals Accounts

Choose the correct course.



- + BCRPA WORKSHOPS
- + BCRPA AQUAFIT
- + **BASICS OF PHYSICAL ACTIVITY FOR SENIORS - ONLINE**
- + BCRPA FITNESS THEORY - ONLINE
- + BCRPA WEIGHT TRAINING
- + BCRPA OSTEOFIT
- + BCRPA OLDER ADULT (FORMERLY THIRD AGE)



Scroll to the bottom of the course explanation



- + BCRPA WORKSHOPS
- + BCRPA AQUAFIT
- **BASICS OF PHYSICAL ACTIVITY FOR SENIORS - ONLINE**

**BASICS OF PHYSICAL ACTIVITY FOR SENIORS – ONLINE COURSE**

This course was developed specifically as one of the pre-requisites for Activity Coordinators who wish to facilitate safe physical activity programs in Assisted Living facilities, Residential Care facilities and Adult Day Centres. It is not intended for those who wish to register with British Columbia Recreation and Parks Association fitness instructor training program.



\* End of course exam  
Course Content:  
\* Introduction to Health, Wellness, Fitness and Exercise  
\* Bones and Muscles: Physiology and Planes of Motion  
\* Bones and Muscles: Anatomy and Actions  
\* The Transportation of Oxygen and Energy  
\* How to Lead Physical Activity Sessions Safely  
Instructor: Melanie Galloway, 2011 BCRPA Educator of the Year

ONLINE COURSE - registration ongoing  
Cost: \$100 +GST | # 8293 [Register](#)

FIRST: REGISTER

Contact instructor after submitting registration: [melanie@jccgv.bc.ca](mailto:melanie@jccgv.bc.ca)

After that is done then email me!!!

+ [BCRPA FITNESS THEORY - ONLINE](#)

Correct course?? Then Add to Cart...

Login

### View Program Details



Advanced Search

JCC of Greater Vancouver ▶ 5782 ▶ Fitness & Wellness ▶ **Basics of Physical Activity for Seniors**

I have the program code

Select

**Basics of Physical Activity for Seniors On...** - 8293

Tell a Friend

Add to Cart

- Basics of Physica...

**Reg. Dates:** 8/12/2021 - 8/30/2022

**Program Dates:** 9/1/2021 - 8/31/2022

**Member Fees:** \$100.00

**Days of Week:** Su, M, Tu, W, Th, F, Sa

**Non Member Fees:** \$100.00

**Times:** 8:00 AM - 5:00 PM

**# of Classes:** 365

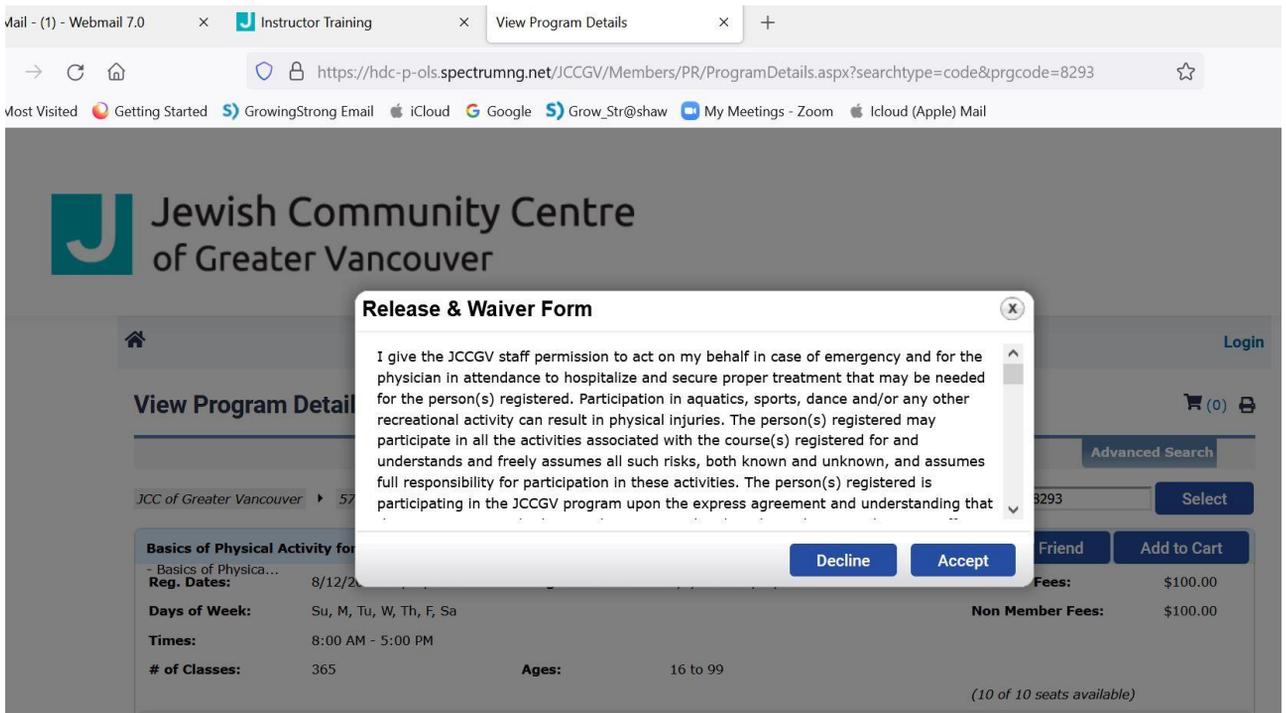
**Ages:** 16 to 99

(10 of 10 seats available)

This course was developed specifically as one of the pre-requisites for Activity Coordinators who wish to facilitate safe physical activity programs in Assisted Living facilities, Residential Care facilities and Adult Day Centres. It is NOT intended for those who wish to register with

... - [View More](#)

Class Date	From	To	Resource	Instructor
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You will need to “Accept” the release and waiver.

AND

If you have not ever taken a program at JCC you will need to “Become a Guest”....

