



World Instructor Training Schools Petition for Continuing Education Credits (CECs) Form

Carefully read the requirements below and submit only if the course you wish to petition meets the guidelines deemed applicable by W.I.T.S. It is your responsibility to obtain and provide the information requested on this form. If you are unable to provide the information as requested, do not petition your program as it will be denied. Any form submitted incomplete or with missing items will automatically be denied. Any fields left blank will count as an incomplete form and be automatically denied. Any information that cannot be verified will result in a denied petition.

1. **Completed W.I.T.S. Petition Form**
2. **Complete Course Description/Summary**
3. **Course Syllabus**
4. **Complete listing of course contact hours including times and topics covered**
5. **Complete listing of Course Learning Objectives**
6. **List of course instructor(s) with qualifications (see below for acceptable qualifications)**
7. **Course Certificate of completion or attendance (must be enclosed with completed form)**
8. **\$25.00USD Non-Refundable processing fee per course (Check, Money Order, Visa, MasterCard, Discover only)**

Courses not accepted for petition:

- × Activity and workout sessions.
- × Internship and teaching hours.
- × Prep hours spent preparing for an exam or to teach a course and any time spent taking an exam.
- × Courses that involve any field other than that of health and fitness.

Name: [REDACTED]

Certificate Number: [REDACTED]

Address: [REDACTED]

City: [REDACTED]

State: [REDACTED]

Zip/Postal Code: [REDACTED]

Email: [REDACTED]

Total enclosed: **Call for Credit Card Info** (non refundable)

Course Information:

Name of Course: **Urban Poling Instructor Course for Rock Steady Boxing Coaches**

Date Course Completed: **18 September 2021**

Total Course Hours: **6 hours**

Course Provider: **Urban Poling Inc.**

Provider Phone: **(604) 9900-7711**

Provider email: info@urbanpoling.com

Provider Website: www.urbanpoling.com

Course Instructor Information:

Instructors Name: [REDACTED]

Instructors Credentials

- Academic Degrees:

- **Bachelor's Degree – Occupational Therapy from the University of Western Ontario (1987)**
- **Master's Degree – Gerontology from Simon Frasier University (2004)**
- Personal Trainer Certification
 - Certifying Body _____ Certification Number _____
- Registered Yoga Training (RYT) – yoga based programs only
- Pilates Method Alliance (PMA) – Pilates based programs only

Course Summary

Urban Poling, also called Nordic Walking or Pole Walking, was originally developed as a way to train for cross country skiing without snow. Since then, it has become a sport on its own and is especially valuable for older adults. Pole Waling provides balance support, reduces knee and hip stress, increases the heart rate exponentially more than regular walking and helps activate up to 95% of the muscles. It is especially helpful for people with Parkinson's disease to help them improve their gait, move more fluidly, reduce fall risk, move faster, improve their posture and get exceptional exercise. I will be teaching Pole Walking classes and lead Pole Walking walks in the Parkinson's community of Knoxville.

Course Learning Objectives/Outcomes:

1. Learn & Practice the ACTIVATOR® Poles and technique as well as the Urban Poles and the basic Urban Poling (aka Nordic walking) technique
2. Learn & Practice sitting and standing exercises performed with poles for balance, strength, ROM and gait retraining.
3. Understand the guidelines on using the poles with specific conditions.
4. Learn how to design group exercise classes for those with chronic conditions, retirement to LTC homes.

Assessment Method (quiz, portfolio, etc.): Quiz

Length of Assessment or Time Allotted for Completion: 1 Hour

Allow 2-4 weeks for processing. Submission of a completed Petition Form is not a guarantee for approval.

Completed Petition with all required documentation should be emailed to:
cparsons@witseducation.com