



Level 2 Accreditation Program April 2-3-4-5, 2020

This intensive, hands-on course will provide you with the knowledge, skills and confidence to collect an array of physique related information on your clients including height, weight, breadths, girths and skinfolds to an internationally agreed protocol. The course includes theory lectures and practical sessions. Following instruction, participants will practice the measurements on each other, and on day 3, participants will be assessed for intra-tester reliability and inter-tester reliability of measurements on volunteer subjects. Final certification will require submission of 20 profiles following completing the course.

The course is a must for dietitians, sports scientists, fitness trainers, conditioning coaches and anyone else interested in monitoring the physique traits of their clients. For more information on this and other Levels, please visit the ISAK website: www.isakonline.com.

COURSE LOCATION

Canadian Sport Institute Calgary
Winsport
88 Canada Olympic Rd SW
Calgary, AB, T3B 5R5

COURSE FEE

\$1100 CAN Accreditation Program (must show proof of active ISAK level 1 accreditation status)
\$300 CAN Reaccreditation Program (must show proof of active ISAK level 2 accreditation status)

COURSE SCHEDULE

TIME	THU (APR 2)	FRI (APR 3)	SAT (APR 4)	SUN (APR 5)
8:30AM		Start of Class		
	<ul style="list-style-type: none"> - ISAK History - IAAS Structure - Equipment & Calibration - Landmarking Part 1 - Measuring with Supervision 	<ul style="list-style-type: none"> - Ethics - Measuring with Supervision 	<ul style="list-style-type: none"> - Measuring with Supervision - Somatotype 	<ul style="list-style-type: none"> - Anthropometry & Health - Measuring with Supervision - Practice, Practice & Practice
11:30AM		Lunch Break (60min) Each participant is responsible for his/her meals.		
	<ul style="list-style-type: none"> - Landmarking Part 2 - Measuring with Supervision - Proportionality - Sport Anthropometry 	<ul style="list-style-type: none"> - Statistics - Measuring with Supervision 	<ul style="list-style-type: none"> - Body Composition - Measuring with Supervision - Practice, Practice & Practice 	<ul style="list-style-type: none"> - Practical Exam
5:30PM		End of Class		

COURSE MANUAL

Included with the course is the manual "International Standards for Anthropometric Assessment" (2019)

WHAT TO BRING FOR PRACTICE SESSIONS

- Compression Shorts
- Women will also need a sport bra

YOUR INSTRUCTOR

Erik Sesbreno MSc, RD, Dip. Sport Nutrition IOC

Erik is a full-time sport dietitian and applied scientist in high performance sports. After working 3 years at the Canadian Sport Institute Ontario, he is currently working with targeted athletes and coaches as nutrition lead at l'Institut National du Sport du Québec to develop and deliver world-class nutrition support in the daily training environment, assist with body composition management, conduct nutritional assessments to determine nutritional requirements and develop evidence-based nutrition plans focused on the needs of the sport and the athlete. He also conducts, collaborates in and evaluates research and innovation projects to further the discipline.

He is a certified bone densitometry technologist and an ISAK level 3 anthropometrist. He has developed proficiency at using Dual X-Ray Absorptiometry (DXA) and surface anthropometry for assessing and monitoring body composition changes in high performance athletes. He receives multiple requests to operate ISAK accreditation courses for professionals in high performance sports across various locations in North America such as the Canadian Sport Institute Pacific, University of Victoria, Canadian Sport Institute Calgary, Canadian Sport Centre Manitoba, Canadian Sport Institute Ontario, Toronto Maple Leafs, Ottawa University, l'Institut National du Sport du Quebec, Dalhousie University, Canadian Sport Centre Atlantic, Pittsburgh Pirates, University of Florida, Buffalo Sabers and University of Oregon NCAA Football.

REGISTRATION POLICY

Payment Options

Contact Erik Sesbreno at esesbr@gmail.com or at 514-291-4830 to register. After submitting your name, address and contact information, you will receive a Paypal registration invoice. You will have the option to pay through your Paypal or by credit card. A payment receipt will be emailed to you immediately.

Registration Cancellation

Written notice of cancellation is required. If written notice is received between March 9 15, 2020 to March 24, 2020, half of the fee will not be refunded. For cancellations received after March 24, 2020, there will be no refund except in approved exceptional circumstances.

Event Cancellation

I reserve the right to cancel the course should the number of registrations not reach minimum requirements. Deposits will be returned in full.