

# SHOW AND SHARE

Oral Communication and Knowledge Exchange



## THE CHALLENGE

Record yourself providing a step-by-step real-time commentary for one of two activities: 1) a cooking demo, that both describes the ingredients and the preparation, and the cooking process, or 2) a high intensity exercise session performed in real time.

You are not required to be the cook or the performer of the exercise session (you can be if preferred), but must provide the real-time commentary throughout.

## INSTRUCTIONS

- Record yourself providing commentary for a live cooking demo (healthy meal for station) OR real-time high intensity exercise session that could be performed at your station.
- If choosing the cooking demo, you must discuss:
  - The ingredients, including amounts
  - Details of how to combine the ingredients
  - Cooking instructions for the station
  - The nutritional value
- If choosing the exercise session, you must discuss:
  - The session objective(s)
  - Instructions for each exercise (4 at minimum)
  - Target reps, sets, RPE, tempo, work, rest, if applicable
  - Key observations noted while the individual performs
- Commentary can be formatted as a voice-over narration, picture-in-picture description or live step-by-step instructions. Must capture the entire demo.
- If you are not the cook/performer, permission must be provided for video to be used for this purpose.

## GRADING CRITERIA

- ✓ Healthy station meal or high intensity exercise session
- ✓ Audio or video commentary
- ✓ Demo criteria are met
- ✓ Video quality (able to see all relevant items)
- ✓ Audio quality (able to hear/understand commentary)
- ✓ Permission to use video

## SUBMISSION GUIDELINES

Submissions should be formatted as a video file (.mp4, .mov, .mkv etc.) or shared as a video link (hosted on Dropbox, YouTube etc.) Submission details will be shared with the launch of the Fit To Thrive member portal.