

# Principles of the ESSEINTRICS® Program

## Level 1 Aging Backwards® Certification Exam Submission Package

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ESSEINTRICS® **ACADEMY**

# LEVEL 1 EVALUATION BREAKDOWN & GRADING SCHEME

There are five components to your Level 1 Essentrics Aging Backwards Certification. A minimum total grade of 80% is required to obtain the Essentrics Level 1 Certificate of Completion and become a Certified Level 1 Essentrics® Instructor.

**1. WRITTEN EVALUATION ..... 10%**

Submission of the completed short-answer written exam detailing objectives, techniques, and muscle groups related to exercise sequences from PCW1.

**2. MULTIPLE CHOICE EVALUATION ..... 10%**

Submission of the completed multiple-choice questionnaire based on the theory from the Level 1 Manual (80 questions).

**3. AB MULTIPLE CHOICE EVALUATION ..... 10%**

Submission of the completed multiple-choice questionnaire based on the content of Miranda Esmonde-White's book Aging Backwards (50 questions).

**4. APPRENTICE TEACHING HOURS ..... complete**

Submission of the completed 30 Apprentice Teaching hours form with accurate reflection of Live Teacher Training attendance when applicable. *Each Live Training workshop day deducts 2 hours from your Apprentice teaching requirements for each corresponding Level.*

**5. PRACTICAL PCW1 EVALUATION ..... 70%**

A recorded submission or live demonstration\* of Pre-Choreographed Workout 1 taught non-stop in its entirety. *\*Upon location and availability of exam grader.*

*Please note: If any portion of your evaluation is incomplete, your exam will not be reviewed.*

## YOUR L1 EXAM SUBMISSION CHECKLIST:

1. Written Evaluation Package: Short answer & multiple choice evaluations
2. Completed Apprentice hours tracking form: 30 teaching hours
3. Practical evaluation: 1-hr PCW1 video
4. Correction fee: Online payment

Once you have completed all the components of your Level 1 evaluation, you are ready to send us your package! Make sure you have all portions from your Written and Practical Evaluation Packages complete. Please note your exam will not be reviewed if any piece is missing or submitted separately. Your exam and payment must be submitted at the same time. In the case that you have arranged a live in-person PCW1 practical evaluation, you will submit all written material online before your live class assessment.

## STEP 1: ONLINE CORRECTION FEE PAYMENT

The first step towards your Level 1 exam submission is submitting your correction fee online.

When you are ready to do so, please make your payment [here](#)

Otherwise type in the address: <https://store-us.essentrics.com/products/level-1-exam-correction-fee>

Make sure you have selected the proper currency tab on the right-hand side.

### ELECTRONIC SUBMISSION or MAIL SUBMISSION

You will be asked to select if you are sending your exam electronically or via mail.

We *highly* encourage and recommend sending all exam portions online (step-by-step instructions on how to do so in the following pages). If you are unable to send us your documents electronically, we will accept DVD, USB key or flash card submissions sent by mail to the Essentrics Head Office. Please note this will delay processing time and that we hold onto your PCW1 video for our records.

### RECORDED VIDEO SUBMISSION or LIVE IN-PERSON EXAM

You will also be given the option of submitting a recorded video exam or arranging a live in-person evaluation. Please email [examsubmissions@essentrics.com](mailto:examsubmissions@essentrics.com) for live exam inquiries and availability.

As soon as the payment is successfully received, you will be sent an email notification. Now you are ready to submit your exam!

## STEP 2: EXAM SUBMISSION

### SUBMITTING YOUR ESSETRICS EXAM ONLINE

#### Electronic exam submission made easy

#### WRITTEN EXAM: Uploading your written portions

Once you have completed the written short-answer and multiple choice components of your exam by hand, you will need to upload your documents to a computer by either scanning or taking photos of each page. Please make sure the orientation is consistent for each page, that you have captured the entire page, and that the lighting and quality make your exam easy to read. If your pages are too dark or illegible for any reason, you will be asked to resubmit.

Once you have your photo images saved onto an electronic device (a computer, iPad, iPhone, tablet, etc.) you're ready to upload the files and send them to us by following the steps below.

#### PRACTICAL EXAM: Uploading your PCW1 video

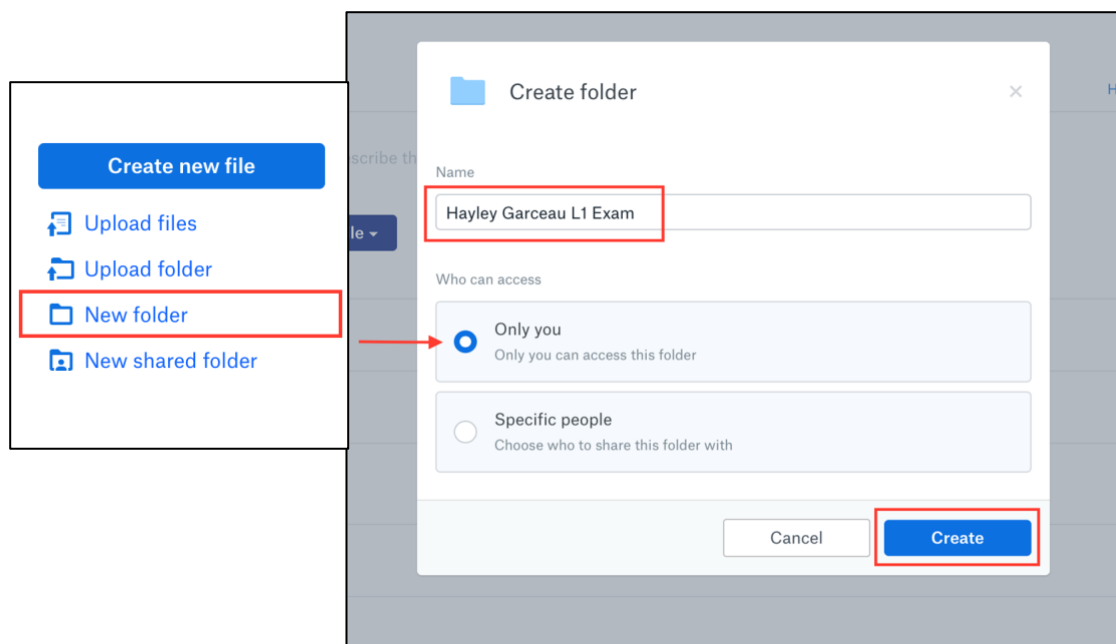
Please refer to the Practical Evaluation Package for reminders and instructions regarding your PCW1 video evaluation, including the recording guideline and checklist to ease the submission process.

**The following video formats are accepted:** .avi, .mpg, .mpeg, .mov, .vob, .dv, .wmf, .mod, .m4v, .mp4

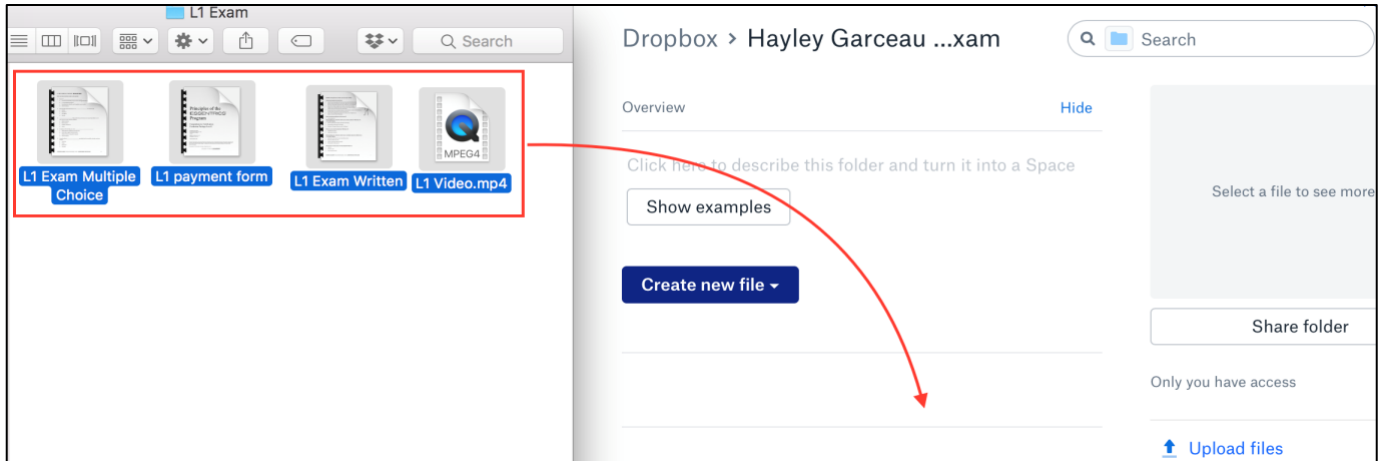
## HOW TO USE DROPBOX

Our preferred online tool that makes electronic sharing easy

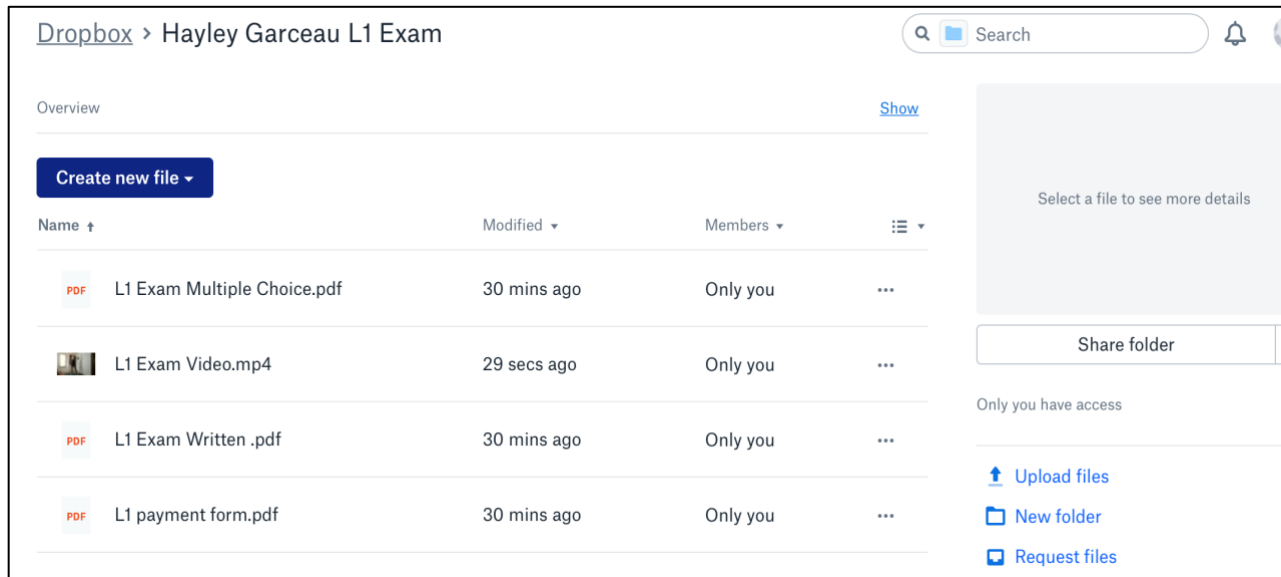
1. Sign in / sign up: <https://www.dropbox.com/home>
2. Start by creating a new folder. You can keep the folder on the "Only you" setting for now.



3. The next step is uploading your exam files into this folder. Select your exam files and video(s) from your device and drag them into your this new folder. You can select one at a time, or to speed things up, select all your files (*your choice!*). You will see a message appear in green when dragging the documents. “Drop your files to download” really means release your mouse!



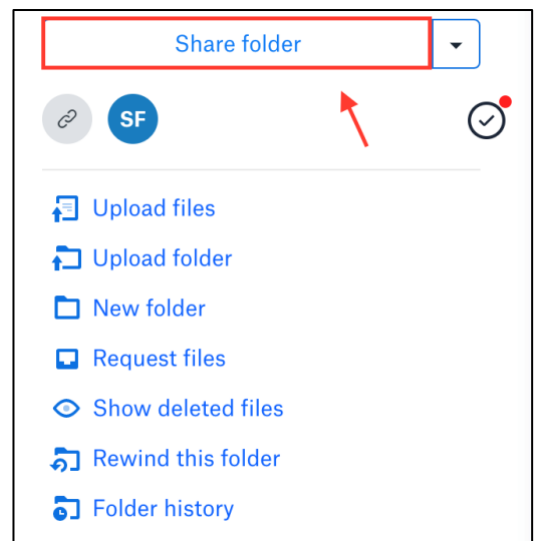
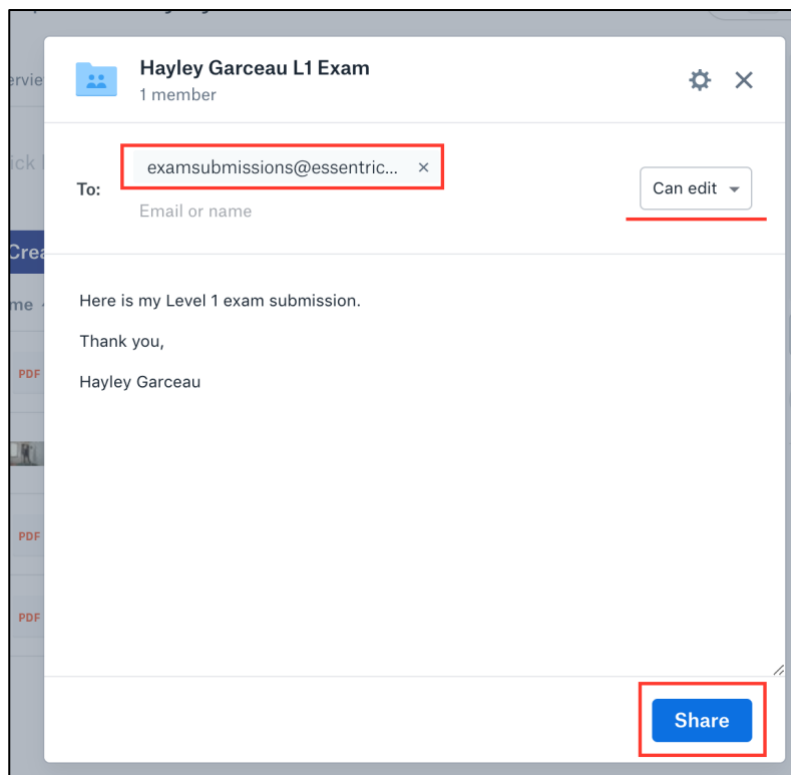
Now your folder should look like this with all your exam pieces:



4. The final step is sending this folder to Essentrics Head Office.

To share your Dropbox folder with the Training Department for correction:

- Click **Share Folder**
- Send to: [examsubmissions@essentrics.com](mailto:examsubmissions@essentrics.com)
- IMPORTANT STEP: Leave the “Can edit” menu option *ON* so we can merge and save your files.
- Optional note: Feel free to include a note, which can be very simple as provided in the example below. If there is something you feel should be brought to our attention concerning any pieces of your exam, include it in this message. Include any exam arrangement that has been made prior to your electronic submission.
- Once you have completed these steps, click **Share**



BRAVO!

You will receive an email from the Head Office to inform you that we have received your exam. As soon as your exam has been graded, your examiner will call you with your results.

**\*\*Please allow a 3 week processing period from the time it has been received.**

The examination process is an invaluable experience that is designed to provide you with encouraging & constructive feedback, as well as the tools and confidence to keep moving forward as an instructor. We will email you the feedback report from your video and mail your Level 1 certificate upon successful completion.

**Resubmission:**

In the case that you need to resubmit a portion of your exam, your examiner will guide you through what is required to pass and what timeline they think is best. The resubmission process and fee of \$50 includes an online one-on-one video call with your examiner where they will instruct you on what to work on and help you achieve success and confidence to complete your Level 1 certification and beyond.