

Principles of the ESSEINTRICS® Program

Level 1 Comprehensive Certification
Practical Evaluation Package
Apprentice Teaching & PCW1 Evaluation Guideline

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ESSEINTRICS® **ACADEMY**

LEVEL 1 PRACTICAL EVALUATION REQUIREMENTS

The contents of this Evaluation Package provide you with everything you need for the practical teaching portions of your Level 1 exam. The practical teaching portion contributes to 70% of your overall Level 1 grade. The remaining portion is attributed to the written evaluation. 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. 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.*

2. 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.*

In this document you will learn everything you need about your apprentice teaching, how to record your video, and what we are looking for in your class.

LEVEL 1 APPRENTICE TEACHING GUIDELINE

COMPREHENSIVE CERTIFICATION TRACK

The best way to understand the theory behind Essentrics is to put it into practice. As you teach Pre-Choreographed Workout 1 for your required 30 Apprentice teaching hours, you will begin to understand why a deliberate sequencing of exercises and techniques is vital in achieving the objectives.

Once you have learned the full routine you are ready to start your Apprentice teaching hours. Don't wait for perfection! You will learn as you go.

Here's everything you need to know about how to proceed:

Pre-Choreographed Workout 1: APPRENTICE CLASSES

What to teach

During Level 1, you will teach the 1-hr Comprehensive Pre-Choreographed Workout 1 (PCW1) routine in its entirety.

Who to teach

Individuals who do not require advanced modifications or tailored attention to follow Pre-Choreographed Workout 1 as it stands on your video. It is in your best interest to teach classes to people you know for your Apprentice hours and wait to take on anything more formal until you have gotten feedback from your Level 1 video and worked with a Head Office Mentor (your exam grader). Invite your family, friends, colleagues or existing clientele to take part in your classes. You might want to consider setting up weekly sessions with the same individuals or groups—having them commit to a time and day will help you stay on track with your classes. Your 4 levels of training will provide you with the tools and expertise to work with a wide variety of clientele, but at this early stage you must stick to a general group who can get through the 1-hr standing and floor PCW1 routine in its entirety.

Apprentice teaching hours signature form

Make sure one participant signs your Apprentice Teaching form after each one-hour live PCW1 class. Detach the form provided on the last page of this Evaluation Package and use it for this purpose. One signature per class is all you need and please remember that your 30 classes do not need to be taught to 30 different people. The same volunteer(s) for each session will do.

Who not to teach

Even more important than who to teach is who *not* to teach. If PCW1 requires too many modifications to safely teach an individual, or if they cannot keep up with the provided choreography, it is your responsibility as an Essentrics Apprentice Instructor to *wait* to teach them. These are potentially individuals who are beginning to exercise after an extended sedentary period, those who are recovering from injuries, are in chronic pain, etc. We recommend referring them to our website for the right workout or book to keep them motivated as you progress with your training. With each level, you will learn how to teach and adapt our exercises and techniques for any clientele and objective as you gain more theory, functional anatomy knowledge and experience within the program. Each assessment experience provides you with an incredible learning opportunity from the personalized feedback and mentoring you receive from our exam graders; they will help you move forward and teach with the utmost safety – which will serve you as an instructor.

Where to teach

Absolutely anywhere you feel is appropriate and permissible for your class, keeping in mind that all 30 hours must be taught in a live “in-person” setting. You may teach at home, at your friend’s home, an outdoor setting, workplace, fitness facility, studio, community center, church hall, etc. Set yourself up for success!

What to call your class

During your Level 1 training your class must be called “Essentrics® Apprentice Class.” The word “Apprentice” must be in your class title along with “Essentrics” until you have successfully completed Level 1. It’s important for you as an instructor, and for the technique as a brand, to have the word *apprentice* in your class title; that way your participants are aware of, and can appreciate, the certification process. Please note that Essentrics is a registered trademark and must be accompanied by the ® logo.

Teaching equipment

We recommend purchasing a portable speaker if you do not already own one. A mat, strap and riser are all optional recommended equipment pieces. More specific dimensions and recommendations on those items can be found in your PCW1 Handbook. Beyond those simple items all you need is your body! (*how great is that!*)

Protecting yourself with insurance and waivers

You may want to start exploring liability insurances and we highly recommend protecting yourself by having your students sign a waiver form. Please keep in mind there are many variables to consider with insurance, including the state or province in which you live and the location where you will be teaching.

Spotlight question: Is Apprentice teaching paid or unpaid?

We recommend that you wait to pass Level 1 before charging your students, as you are still very much in the early learning stage of the certification. For first-time fitness instructors, not only do you have to learn new choreography, but you also have to develop your teaching skills and learn how to teach Essentrics and take charge of a room. Your Level 1 exam will provide you with the incredible learning opportunity from the personalized feedback and mentoring you will receive from your exam grader. They will help you move forward and teach with the utmost safety – which will serve you as an instructor in the long run. Once you become a Certified Level 1 Instructor is when we advise that you consider charging. If you are already a certified fitness instructor and have a paying fitness job, we still recommend offering free Essentrics classes, or at a reduced price from your existing classes, as you are still an Apprentice Essentrics Instructor regardless of your other impressive titles! Take your time with “free” students while you build that confidence as an instructor and within the technique. Recruit family, friends, colleagues, or peers. Volunteer your services! That being said, there is no firm rule as to when to start asking for money, everyone develops at their own rate with many variables to consider.

PCW1 EVALUATION GUIDELINE

The majority of your Level 1 evaluation will be based upon the demonstration of your PCW1 class. The purpose of this is to assess your ability to teach and flow through a one-hour non-stop choreographed workout with a basic application of techniques and understanding of objectives while leading a safe, enjoyable class. Here are the top ten points to keep in mind as you progress through your Apprentice hours; they will help you focus in class and prepare for your certification.

TOP 10 TEACHING POINTERS

While evaluating your video we will be looking for the following:

1. Ability to clearly and correctly demonstrate each exercise sequence
 - Special attention paid to proper alignment during Neutral C, Neutral Elongation and Turnout
 - Appropriate use of imagery and verbal cues
2. Ability to teach a fluid, non-stop workout
 - Steady flow of movement from one exercise to the next – never holding a position
 - Smoothness of transitions between exercise sequences
3. Ability to follow the choreography in PCW1 with correct sequencing and repetitions
4. Ability to explain the objectives and benefits of the exercises with a basic understanding and application of anatomy
 - What the exercise is for and what primary part of the body is targeted
 - Awareness of the full-body through verbal cuing of secondary body parts
5. Ability to demonstrate and apply the primary techniques of Essentrics
 - Pulling Up & Pulling Out
 - End of the Stretch
 - Multi-directional Stretch
 - Resistance and Eccentric Elongation
 - PNF
 - Movement Within the Stretch
 - Relaxation
6. Correct speed of exercises
7. Ability to offer corrections and modifications with special attention paid to:
 - Foot and knee alignment in Pliés and Lunges
 - Pulling Up to avoid undue stress to the lumbar spine
8. Musicality
 - Awareness of how the music sets the pace and intensity for each exercise sequence
 - Ability to follow a beat and move with the correct tempo of the song
9. Class presence
 - Clear audible tone of voice
 - Friendly, confident interaction with participants
10. Understanding and optional use of floor equipment (risers & straps)

PCW1 VIDEO RECORDING GUIDELINES

Upon completing your 30 Apprentice hours, you are required to film yourself teaching the 1-hour PCW1 routine in its entirety from start to finish as the practical evaluation portion of your Level 1 exam.

Please use this checklist when you are ready to do so.

Recording Checklist & Reminders:

- Record your class with any recording device such as a handheld camera, camcorder, iPhone, iPad, smartphone, tablet or computer camera
- Before recording, test the visuals:
 - Make sure we can clearly see your full body in the frame – from your head to your toes to the tips of your fingers during all angles of reaches
 - Make sure we can see your participant(s) – minimum one
 - Check the lighting
 - Make sure the orientation of your recording is horizontal, not vertical
 - We request you do not wear clothing that would hide or inhibit your movements
- Before recording, test the audio:
 - Make sure we can clearly hear everything you say
 - Keep your music at a medium level so that we can hear your music and your voice

Exam Submission:

Please refer to the Exam Submission Package on your Level 1 Training Resource webpage for step-by-step, easy to follow instructions regarding your online exam submission and correction fee payment.

Important step: Before submitting your exam, review your video to ensure that it has been successfully uploaded with working audio and visuals!

ESSETRICS® APPRENTICE TEACHING HOURS FORM: PRE-CHOREOGRAPHED WORKOUT 1 COMPREHENSIVE TRAINING

This form verifies that _____ (instructor name) has taught the required Apprentice teaching hours to complete their Level 1 Essentrics Comprehensive Certification. The following people are witnesses to the above Essentrics Apprentice Instructor teaching the full 1-hour Pre-Choreographed Workout 1 class.

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