

ESSEINTRICS® ACADEMY

ESSEINTRICS ACADEMY | PRACTICAL EVALUATION PACKAGE LEVEL 3 FLEXIBILITY & THERAPEUTIC EXERCISES

EXAM BREAKDOWN

There are three components to your Level 3 Evaluation. A minimum total grade of 80% is required to obtain the Essentrics Level 3 certificate of completion.

1. WRITTEN EVALUATION.....20% of final grade
 - Submission of completed Multiple Choice exam
2. APPRENTICE HOURS.....Complete / incomplete
 - Submission of completed Apprentice Hours Form. Your 18 Apprentice hours may be completed by teaching any Essentrics Pre-Choreographed Workout.
Include Live Teacher Training attendance where applicable. Each Live Teacher Training workshop day deducts two hours from your total Apprentice Hour requirement.
3. 2-PART PRACTICAL EVALUATION.....80% of final grade
 - Live exam via Skype or in-person that evaluates the following:
 - Knowledge of Level 3 theory and application of anatomy
 - Ability to adapt exercises to the individual needs of clients
 - Demonstration of Essentrics Level 3 Flexibility & Therapeutic sequences
 - Recorded video sequence follow-up
 - As instructed by your examiner

GENERAL EXAM INFORMATION

Preparation

Prior to Part 1 of your practical evaluation session, you should have read, reviewed and completed the following:

1. All documents and video resources available on the Level 3 Training Resource page
2. Level 3 Instructors Manual: Flexibility & Therapeutic Exercises + training DVD
3. Multiple Choice evaluation: Instructor responsible for printing from the L3 Training Resource webpage
4. Apprentice hours form with signatures confirming 18 1-hr PCW classes taught, reflecting Live Teacher Trainings attended where applicable
5. Submission of your exam correction fee, completed multiple choice and Apprentice hours form online: Refer to the Exam Submission Guideline on your Training Resource webpage for all details and step-by-step instructions.

PRACTICAL EVALUATION INFORMATION

Scheduling your Live Evaluation

You will be contacted by the Teacher Training Department once your multiple choice, Apprentice hours form and payment have been received to schedule Part 1 of your Practical Evaluation. This portion of the exam is done via Skype or in-person *where available* with an Essentrics Examiner and will require a minimum of 60 minutes.

Two-part Evaluation: Skype or live in-person + video follow-up

1. Live in-person or Skype Evaluation session: The purpose of the Live Evaluation session is to test your understanding of the Level 3 course material, including knowledge of anatomy, understanding of Level 3 theory, and correct demonstration and teaching of the required exercises and sequences.
2. Recorded video submission: Following the Live Evaluation, you will be asked to submit select video sequences (as indicated by your examiner) using the feedback provided from the Live Evaluation.

Please refer to the Exam Submission Package on your Training Resource page for step-by-step instructions on sending us your video submission electronically.

You must receive an average score of **80%** (practical and written) to pass Level 3. Your examiner will inform you if you should be required to resubmit a portion of your exam. In this instance, they will guide you through what is required to pass and what timeline they think is best.

You will be evaluated on your understanding of the following:

- Application of anatomy while demonstrating various flexibility exercises.
- The primary muscles and bones of the body, and the structure and function of joints and connective tissue (ligaments, tendons and fascia). *Refer to the Level 3 Study Guide for detailed list.*
- The muscles' origin and insertion points (pointing to where the muscle is attached and indicating which bone the muscle is attached to).
- The definitions of connective tissue types in the body (ligaments, tendons, fascia), their purpose, and the relationship between connective tissue and movement, healing, and injuries.
- The function of reflexes within each exercise (the myotatic and Golgi tendon reflexes).
- Knowledge of joints (including joint damage / deterioration and the various causes), common chronic conditions (discussed in the Level 3 Manual), and how/why Essentrics can help provide relief.
- Ability to teach Essentrics rebalancing stretch sequences with fluidity (listed under *practical evaluation exercises* below).
- Level 3 Techniques and ability to apply them while teaching the required exercises (including why a specific technique is being used)

WHAT WILL BE ASKED DURING THE PRACTICAL EVALUATION?

1. USE OF EQUIPMENT
2. EXERCISE MODIFICATIONS
3. FLEXIBILITY SEQUENCE DEMONSTRATION

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1. USE OF EQUIPMENT

1. USE OF EQUIPMENT

- Explain how equipment is used to adapt exercises to the individual needs of clients. Include why some people need equipment, while others do not.
- Demonstrate what a client would look like while doing an exercise with and without the piece of equipment with an explanation and analysis of the anatomy involved. Include the purpose the equipment serves and its appropriate application within the exercise modification.
Example: Who needs a riser during which exercise, and what anatomy would be affected?

Prepare to answer the following questions in relation to the list of equipment below:

1. How does the piece of equipment affect the muscle's length, joint angle, and overall muscle tension?
2. How is it used to effectively engage the correct anatomy and release tight muscles?
3. Which techniques does the equipment help the client perform?

EQUIPMENT:

- RISER
- NECK SUPPORT CUSHION
- THERA-BAND / STRAP
- BARRE / CHAIR
- MAT

2. EXERCISE MODIFICATIONS

- Identify and demonstrate the common mistakes in the exercises listed below that would be caused by lack of flexibility. Indicate which muscles would be inhibiting the client from executing the exercise properly. A practical explanation of muscle origins, attachments, functions, the joints they cross, and the muscle chains involved will also be required in this portion of the evaluation.
- Ability to analyze the client's body, determine appropriate exercise modifications, and demonstrate them together with effective use of equipment and techniques (joint movement, positional, and neuromuscular) will be graded.
- Clear instruction that helps clients execute the exercise effectively will be required, alongside proper use of imagery and clarity when cuing.

DEMONSTRATION AND EXPLANATION OF EACH OF THE FOLLOWING TOPICS:

- CEILING REACHES
- ROW THE BOAT SEQUENCE
- SIDE LUNGE
- HAMSTRING, IT BAND, AND GROIN STRETCH (ON THE BACK)
- CALF SEQUENCE (BIG FOUR STANDING STRETCH)
- GROIN STRETCH (SEATED)

3. FLEXIBILITY SEQUENCE DEMONSTRATION

- Prepare the following exercise sequences and demonstrate the common mistakes and appropriate modifications. Select music that is appropriate for the sequence, allowing time to effectively work with the techniques. Correct sequencing, ability to cue target anatomy, indication of objectives, use of imagery, application of techniques, and overall teaching skills will be graded.

Refer to the Level 3 Study Guide for more information about preparing your sequences

DEMONSTRATION OF THE FOLLOWING SEQUENCES:

A maximum of 6 minutes will be allotted to each segment

- BIG-FOUR AT THE BARRE
- PRETZEL SEQUENCE
- CALF SEQUENCE
- WINDMILL SEQUENCE + LULLABY AND ROCK THE BABY
- CARIBBEAN SPINE
- AIRPLANE SEQUENCE
- ROW THE BOAT SEQUENCE

How to prepare for the Practical Evaluation:

1. USE OF EQUIPMENT:

- Riser
- Neck Support Cushion
- Thera-Band/ Strap
- Barre/ Chair
- Mat

Consider how each piece of equipment can be used to modify various Essentrics exercises:

- How does the piece of equipment affect the muscle length, joint angle, and overall muscle tension?
 - *Think in terms of geometry of the musculoskeletal system in relation to the attachment points of the muscles.*
- Which techniques does each piece of equipment help us to perform?
- How does the piece of equipment change the alignment of the skeleton to relieve tension from the muscle?
 - *Remember, once the muscle is relaxed, then we can begin to stretch the muscle.*

2. MODIFICATIONS:

- Ceiling Reaches
- Row the Boat
- Side Lunge
- Hamstring, IT Band, and Groin Stretch (on the back)
- Calf Sequence (Big Four standing stretch)
- Groin Stretch (seated)

Review the Flexibility and Therapeutic Exercises and Positions in the Level 3 manual and analyze how someone with tight, weak or imbalanced muscles might struggle to execute the exercise correctly and safely. For each exercise/position, analyze the anatomy involved that would restrict a movement from being properly executed and determine which muscles might be weak or tight.

1. What is the common mistake associated with the exercise or position?
2. Which muscle(s) could be tight, weak or atrophied that would cause this common mistake?
3. How would you modify the positions within the exercise to help someone with muscular imbalances execute it correctly and safely?
 - *Changing the position of the limbs to relieve stress from the joints and tension from the muscles will make the exercise safer and easier to execute. Examples: bending the knees, lowering the arms, reducing the turnout of the feet.*
4. For each exercise or position, which techniques could be used to help execute the exercise safely and effectively for someone who is in pain, or has limited mobility?
 - *Refer to **Table of Techniques**—always teach techniques from each category.*
 - How does bringing the attachment points a muscle closer together relieve tension from the muscle?*

Demonstrating Level 3 Sequences

3. **EXERCISES & SEQUENCES:**

- Big Four at The Barre
- Pretzel Sequence
- Calf Sequence
- Windmill Sequence + Lullaby and Rock the Baby
- Caribbean Spine
- Airplane Sequence
- Row the Boat Sequence

Demonstrate and teach each sequence to rebalance all joints involved within each exercise. You can choose a sequence from Pre-Choreographed Workouts or you could construct some sequences yourself, drawing upon your diversity of experience with them—more on that, below. Each exercise within the sequence should be repeated 2-3 times and be progressive in nature, slightly increasing the range of motion as you repeat each exercise. Aim to incorporate teaching at least two techniques from each category of Essentrics Techniques (Neuromuscular, Positional, and Joint Movement).

By now, you have taught Pre-Choreographed Workouts that include multiple versions of exercise sequences. If you choose, this is an opportunity to feel inspired and begin crafting your own sequences designed to release tension and increase flexibility. You might start by modifying sequences from Pre-Choreographed Workouts, Essentrics Workouts, or the Level 3 Training material to design the structure of your sequence. The next step is adding techniques and variations to achieve your objectives while maintaining the overall balance.

Example: Demonstrating Big Four at the Barre

Put together a series of exercises that stretch and rebalance the Big Four using a barre or chair. Be sure to equally target the short and long muscles on the outside, inside, back and front of the legs (Big Four). Choose music that allows you to work with techniques and achieve the objective of relieving tension and increasing flexibility. Your sequence should be progressive, meaning you gradually increase the range of motion of each exercise. For the purpose of the demonstration, you will only need to demonstrate the exercises on one leg. Your sequence should be between 5-7 minutes.

Consider the analogy of making soup: the base or broth is your exercise sequence, we then add the spices (techniques) to help enhance the flavor (objectives).

Here are some tips to consider when you are creating your sequences:

- 1- What are the main objectives I am trying to achieve within each sequence?
- 2- Which techniques will I use to obtain my desired objective?
- 3- Prioritize quality over quantity of repetitions and variations.
Using my knowledge of anatomy, is my sequence balanced or am I overusing certain muscles?

When teaching the Level 3 Flexibility & Therapeutic exercises and sequences, prepare the following:

- Consider common mistakes: how might someone do an exercise incorrectly or un-safely? The first two to four instructions you cue should address the common mistakes and/or how to do the exercise as *safely* as possible.
- Remember that the objective of this level is flexibility, rehabilitation, and healing. The techniques, cues, and imagery you teach within the exercises should help you to accomplish these objectives.
- Show modifications and examples of how not to do the exercises *while you are teaching*.
- Be able to effectively articulate and cue proper techniques, form, safety, awareness, and where your clients should feel the exercise.
- Use music as a tool to control the speed and tempo of the exercise and help release tension from the muscles.

PRACTICAL EVALUATION ASSESSMENT
LEVEL 3 ESSEINTRICS THERAPEUTIC & FLEXIBILITY EXERCISES

Name:

Date:

	EXCELLENT 4	VERY GOOD 3	ACCEPTABLE 2	INSUFFICIENT 1	NOTES
USE OF EQUIPMENT	Equipment was used appropriately to modify exercises. Clear understanding of how equipment modifies the mechanics of the musculoskeletal system. ✓	Equipment was used appropriately to modify exercises in most cases. Good understanding of how equipment modifies the mechanics of the musculoskeletal system.	Equipment was used somewhat appropriately to modify exercises. Limited understanding of how equipment modifies the mechanics of the musculoskeletal system.	Equipment was not used appropriately to modify exercises. Little understanding of how equipment modifies the mechanics of the musculoskeletal system.	/4
KNOWLEDGE AND APPLICATION OF ANATOMY	Clear understanding and application of anatomy. Thorough description of insertion points and function of muscles. ✓	Good understanding and application of anatomy. Good description of insertion points and function of muscles.	Limited understanding and application of anatomy. Limited description of insertion points and function of some muscles.	Little understanding and application of anatomy. Did not describe insertion points and function of muscles.	/4

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<p>EXERCISE MODIFICATIONS</p>	<p>Every exercise was modified appropriately to suit the needs of reference client.</p> <p>Excellent use of equipment and positional techniques to effectively release tension.</p> <p>✓</p>	<p>Most exercises were modified appropriately to suit the needs of reference client.</p> <p>Good use of equipment and PT's were used extensively to effectively relieve tension.</p>	<p>Some exercises were modified appropriately to suit the needs of reference client.</p> <p>Equipment and PT's sometimes used to effectively relieve tension.</p>	<p>Few modifications were modified to suit the needs of reference client.</p> <p>Equipment and PT's were not used effectively to effectively relieve tension.</p>	<p>/4</p>
<p>KNOWLEDGE AND APPLICATION OF NEUROMUSCULAR TECHNIQUES</p>	<p>Thorough understanding and application of all NM techniques.</p> <p>Consistent and appropriate use of NM techniques with effective imagery and cueing.</p> <p>✓</p>	<p>Good understanding and application of most NM techniques.</p> <p>Frequent use of NM techniques with effective imagery and cueing.</p>	<p>Fair understanding and application of some NM techniques.</p> <p>Occasional use of NM techniques with effective imagery and cueing.</p>	<p>Did not demonstrate understanding and application of NM techniques.</p> <p>No use of NM techniques with minimal effective imagery and cueing.</p>	<p>/4</p>
<p>KNOWLEDGE AND APPLICATION OF POSITIONAL TECHNIQUES</p>	<p>Demonstrates a thorough understanding of positional techniques throughout each exercise.</p> <p>Appropriate cueing and imagery consistently used to teach Essentrics positions safely and effectively.</p> <p>✓</p>	<p>Demonstrates a good understanding of PT's throughout most exercises.</p> <p>Appropriate cueing and imagery mostly used to teach Essentrics positions safely and effectively.</p>	<p>Demonstrates a fair understanding of PT's throughout some exercises.</p> <p>Appropriate cueing and imagery sometimes used to teach Essentrics positions safely and effectively.</p>	<p>Did not demonstrate an understanding of PT's throughout the exercises.</p> <p>Did not use appropriate cueing and imagery to teach Essentrics positions safely and effectively.</p>	<p>/4</p>

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<p>KNOWLEDGE AND APPLICATION OF JOINT MOVEMENT TECHNIQUES</p>	<p>Intuitively incorporates Joint Movement Techniques to trigger neuromuscular reflexes on a regular basis.</p> <p>Demonstrates extensive knowledge and understanding of JMT's by appropriately using them within each exercise.</p>	<p>Often incorporates JMT's to trigger neuromuscular reflexes.</p> <p>Demonstrates broad knowledge and understanding of JMT's by appropriately using them within most exercises.</p>	<p>Occasionally incorporates JMT's to trigger neuromuscular reflexes.</p> <p>Demonstrates some knowledge and understanding of JMT's by appropriately using them within some exercises.</p>	<p>Did not incorporate JMT's to trigger neuromuscular reflexes.</p> <p>Did not demonstrate knowledge and understanding of JMT's and rarely used them within exercises.</p>	<p>/4</p>
<p>ANALYTICAL SKILLS</p>	<p>Excellent ability to identify problem area(s) on reference client and find effective solution(s).</p> <p>Consistently resourceful in finding ways to help reference client relieve tension.</p>	<p>Good ability to identify problem area(s) on reference client and find effective solution(s).</p> <p>Usually resourceful in finding ways to help reference client relieve tension.</p>	<p>Fair ability to identify problem area(s) on reference client and find appropriate solution(s).</p> <p>Somewhat resourceful in finding ways to help reference client relieve tension.</p>	<p>Did not effectively identify problem area(s) on reference client or offer any solution(s).</p> <p>Not very resourceful in finding ways to help reference client relieve tension.</p>	<p>/4</p>
<p>MUSICALITY</p>	<p>Excellent choice of music, very effective for moving through each exercise.</p> <p>Demonstrates strong ability in identifying with the change in music intensity to release tension.</p>	<p>Good choice of music, effective for moving through each exercise.</p> <p>Demonstrates good ability in identifying with intensity of music to effectively release tension.</p>	<p>Fair choice of music, somewhat effective for moving through each exercise.</p> <p>Demonstrates average ability in identifying with intensity of music to release tension.</p>	<p>Did not choose music that was effective for moving through each exercise.</p> <p>Did not identify with intensity in the music to effectively release tension.</p>	<p>/4</p>

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<p>ABILITY TO CUE</p>	<p>Excellent balance of cues (imagery & anatomical) to achieve objectives specific to reference client. Prioritized cues effectively with a clear and concise tone. Effectively explains <i>how</i> the exercise should be executed.</p> <p>✓</p>	<p>Very good balance of cues (imagery & anatomical) to achieve objectives specific to reference client. Usually prioritized cues effectively with a clear and concise tone. Explains <i>how</i> the exercise should be executed well.</p>	<p>Somewhat balanced cues (imagery & anatomical) to achieve objectives specific to reference client. Sometimes prioritized cues with a clear and concise tone. Occasionally explains <i>how</i> exercises should be executed.</p>	<p>Did not use a balance of cues (imagery & anatomical) to achieve objectives specific to reference client. Did not prioritize cues with a clear and concise tone. Did not explain <i>how</i> exercises should be executed.</p>	<p>/4</p>
<p>ABILITY TO DEMONSTRATE THE EXERCISES</p>	<p>Exercises demonstrated with ease and fluidity. Excellent speed and tempo, allowing for correct execution of techniques.</p> <p>✓</p>	<p>Exercises usually demonstrated with ease and fluidity. Very good speed and tempo, allowing for correct execution of techniques.</p>	<p>Exercises sometimes demonstrated with ease and fluidity. Speed and tempo sometimes allowed for correct execution of techniques.</p>	<p>Exercises were not demonstrated with ease and fluidity. Speed and tempo did not allow for correct execution of techniques.</p>	<p>/4</p>
<p>SEQUENCING OF EXERCISES</p>	<p>Demonstrated variations of exercises (when appropriate). Created an impressive balanced sequence that efficiently progressed in intensity.</p> <p>✓</p>	<p>Demonstrated most variations of exercises (when appropriate). Created a well-balanced sequence that progressed in intensity.</p>	<p>Demonstrated some variations of exercises (when appropriate). Created an adequately balanced sequence that somewhat progressed in intensity.</p>	<p>Demonstrated few variations of exercises (when appropriate). Did not create a balanced sequence that progressed in intensity.</p>	<p>/4</p>

RESULTS:

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	Grade Weight	RESULTS:
Apprentice Hours	18 hours	complete
Written Evaluation	20%	
Practical Evaluation	80%	
FINAL GRADE:		

Comments:

GRADED BY:

Date: