

Principles of the ESSEINTRICS® Program

Level 1 Comprehensive Certification
Written Evaluation Package
Short Answer & Multiple Choice

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ESSEINTRICS® **ACADEMY**

LEVEL 1 WRITTEN EVALUATION REQUIREMENTS

The contents of this Evaluation Package provide you with everything you need for the short answer and multiple choice portions of your Level 1 exam. Combined, they contribute to 30% of your overall Level 1 grade. The remaining portion is attributed to the practical teaching portion. 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.....15%

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

2. MULTIPLE CHOICE EVALUATION.....15%

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

WRITTEN EVALUATION GUIDELINE

For each question, you will be asked to:

1. Illustrate the exercise and explain the movement
2. List the primary objective
3. List the techniques that are required to achieve your primary objective
4. List the secondary objectives
5. List the techniques that are required to achieve your secondary objectives
6. List the primary muscle groups targeted

Each question is marked out of a grade of 6.

NOTE: There are many potential correct answers to each question. As you know, each Essentrics exercise delivers many objectives through a variety of applied techniques that target many muscles. Once you choose your primary and secondary objectives, make sure that the techniques you choose relate directly to what *you* have written. Choose techniques that drive home the objectives you list in order to receive full marks and use this written portion as an opportunity to reflect and apply critical thinking to the program.

To “explain the movement,” use imagery and verbal cues you would use to teach the exercise to your students in class. The purpose of this requirement is to help you break down the movement. We are not asking for every single step and instruction, just the main ones. See the example provided for an idea of what we are looking for.

When you choose your techniques, we ask that you outline the specific category from which they are from:

- Positional Techniques
- Joint Movement Techniques
- Neuromuscular Techniques

You will have marks deducted if this is omitted.

EXAMPLE: Lifting Buckets of Water (not featured in PCW1)

Illustrate and explain the movement:

- Start with your legs slightly wider than your hips, bend both knees and tuck your tailbone under into a Neutral C. Round your upper back, relax your shoulders and lower your upper body towards the floor, letting your arms hang heavy.
- Spinal roll up: Slowly straighten your spine, one vertebra at a time, imagine you are lifting heavy buckets of water (*this imagery will help students achieve the desired muscle contraction*).
- As your hands arrive at shoulder height, do a full shoulder rotation to finish with your shoulders down, elbows bent by your side, palms up.
- Finish: Push something heavy towards the ceiling as you straighten your elbows, arriving in Neutral Elongation.



What is the primary objective of this exercise?

- Improving posture

What techniques are needed to achieve your primary objective? (Minimum 2) + technique category

- Neutral C & Neutral Elongation (Positional Techniques)
- Pulling Up (Joint Movement Technique)
- Resistance & Imagery (Neuromuscular Techniques)

What are your secondary objectives? (Minimum 2)

- Flexibility of the spine
- Flattening the stomach

What techniques are needed to achieve your secondary objectives? (Minimum 2) + technique category

- Movement of and within the Joint (Joint Movement)
- Resistance (Neuromuscular)
- Isotonic Contraction (Neuromuscular)
- Pulling Up (Joint Movement)

What primary muscle groups are being targeted? (Name 3)

- Trapezius
- Latissimus dorsi
- Erector spinae muscles

1. WRITTEN EVALUATION

1. Shoulder Blast

Illustrate & explain the movement:

What is the primary objective?

What techniques are needed to achieve your primary objective? (Minimum 2) + technique category

What are the secondary objectives? (Minimum 2)

What techniques are needed to achieve your secondary objectives? (Minimum 2) + technique category

Which primary muscle groups are being targeted? (Name 3)

2 Pliés

Illustrate & explain the movement:

What is the primary objective?

What techniques are needed to achieve your primary objective? (Minimum 2) + technique category

What are the secondary objectives? (Minimum 2)

What techniques are needed to achieve your secondary objectives? (Minimum 2) + technique category

Which primary muscle groups are being targeted? (Name 3)

3. Arm Pumps

Illustrate & explain the movement:

What is the primary objective?

What techniques are needed to achieve your primary objective? (Minimum 2) + technique category

What are the secondary objectives? (Minimum 2)

What techniques are needed to achieve your secondary objectives? (Minimum 2) + technique category

Which primary muscle groups are being targeted? (Name 3)

4. Windmills

Illustrate & explain the movement:

What is the primary objective?

What techniques are needed to achieve your primary objective? (Minimum 2) + technique category

What are the secondary objectives? (Minimum 2)

What techniques are needed to achieve your secondary objectives? (Minimum 2) + technique category

Which primary muscle groups are being targeted? (Name 3)

5. Side Leg Lifts

Illustrate & explain the movement:

What is the primary objective?

What techniques are needed to achieve your primary objective? (Minimum 2) + technique category

What are the secondary objectives? (Minimum 2)

What techniques are needed to achieve your secondary objectives? (Minimum 2) + technique category

Which primary muscle groups are being targeted? (Name 3)

6 Lever Stretch. Choose one of the following three options:

Lever Stretch with Side Lunge ____ Baby Stretch ____ Figure 4 Stretch ____

Illustrate & explain the movement:

What is the primary objective?

What techniques are needed to achieve your primary objective? (Minimum 2) + technique category

What are the secondary objectives? (Minimum 2)

What techniques are needed to achieve your secondary objectives? (Minimum 2) + technique category

Which primary muscle groups are being targeted? (Name 3)

2. MULTIPLE CHOICE EVALUATION

Circle one letter that best answers each question

1. Essentrics _____.
 - a. Increases the flexibility of your muscles through eccentric strength training
 - b. Is a strengthening program
 - c. Simultaneously stretches and strengthens your muscles
 - d. All of the above

2. The philosophy behind Essentrics is to _____ the entire body.
 - a. Stretch
 - b. Rebalance
 - c. Strengthen
 - d. Release

3. _____ helps explain how a foot injury can cause hip problems, or an arm injury can cause shoulder problems.
 - a. Body awareness
 - b. Muscle chains
 - c. Dynamic movement
 - d. Levers

4. To rebalance the full-body you must _____.
 - a. Work agonist & antagonist muscle groups
 - b. Stretch & strengthen all 650 muscles
 - c. Work the Short & Long Levers equally
 - d. All of the above

5. Strength without _____ inevitably leads to immobility, atrophy, and poor posture.
 - a. Flexibility
 - b. Power
 - c. Endurance
 - d. Massage

6. Essentrics uses _____.
- Static stretching
 - Active stretching
 - Passive stretching
 - Ballistic stretching
7. _____ is essential to be able to fully stretch and strengthen your muscles.
- Passive stretching
 - Relaxation
 - Ballistic movement
 - Weight training
8. This category of Essentrics Techniques is designed to ensure a safe load path and clean alignment of your joints:
- Joint Movement Techniques
 - Neuromuscular Techniques
 - Positional Techniques
 - All of the above
9. Poor alignment leads to muscular imbalance, atrophy of un-recruited muscles and inefficient results when training.
- True
 - False
10. _____ relieves pressure on your joints, protects them from impact and accelerates the healing process by permitting synovial fluid to enter joint capsule.
- Pulling Up
 - Deep Breathing
 - Resistance
 - Isolation
11. What do Neutral C, Neutral Elongation, Alignment and Turnout have in common?
- They are all Positional Techniques
 - They all ensure correct load path
 - They are all necessary to teach a safe class
 - All of the above

12. _____ are techniques that apply the basic philosophy of an eccentric movement: lengthening and strengthening.
- Neutral C and Neutral Elongation
 - Pulling Up and Pulling Out
 - Short Lever / Long Lever
 - Agonist / Antagonist
13. _____ releases tension, allows for a deeper stretch, and catches peripheral muscles in addition to the primary targeted ones.
- Isolation
 - Pulling Out
 - Movement Within a Stretch
 - Overextension
14. The primary purpose of all Joint Movement Techniques is to:
- Trigger a response in the nerves and muscles
 - Increase the full mobility of every joint and to maintain their full function
 - Position the body to ensure correct load path
 - Burn more calories
15. Pulling Up helps us achieve the following benefit(s):
- Good posture
 - Improved digestive health
 - Increased energy
 - All the above
16. Correct alignment starts with proper placement of the _____.
- Feet
 - Hips
 - Knees
 - Head
17. Correct alignment _____.
- Protects your joints
 - Recruits 100% of the targeted muscles
 - Increases energy
 - All of the above

18. Turnout, or Turning Out, is a technique that _____.
- a. Increases range of motion
 - b. Improves balance
 - c. Reverses atrophy and loosens scar tissue
 - d. All of the above
19. Everyone has the same Turnout angle.
- a. True
 - b. False
20. Which technique involves moving the limb in a rotational fashion while the joint remains stabilized and isolated?
- a. Rotation within a Joint
 - b. Movement of the Joint
 - c. Deep Breathing
 - d. PNF
21. _____ is one of the most valuable and effective tools to help your students properly execute various exercises without spending too much time explaining details.
- a. Imagery
 - b. PNF
 - c. Alignment
 - d. Myotatic reflex
22. The use of _____ as a technique has several beneficial objectives which include relaxing your muscles, assisting in blood flow and transporting oxygen and nutrients.
- a. Pulling Out
 - b. Resistance
 - c. Deep Breathing
 - d. Lever Stretches
23. Ballistic movement _____.
- a. Is a very safe flexibility technique
 - b. Does not increase flexibility because the speed contracts and shortens the muscle
 - c. Helps to relax the muscles
 - d. Is considered a Joint Movement Technique

24. What is PNF?
- Proprioceptive Neurological Facilitation
 - Propriometric Neuroactive Facilitation
 - Proprioception Neurological Facility
 - Proprioceptive Neuromuscular Facilitation
25. What is a simplified explanation of PNF?
- Contract – Release – Stretch
 - Contract – Release – Relax – Stretch
 - Contract – Rotate – Stretch
 - Stretch – Relax – Stretch
26. PNF requires special equipment.
- True
 - False
27. The relationship between muscles that explains for the fact that when a muscle contracts and shortens its opposing muscle relaxes and lengthens is _____.
- Myosin / Actin
 - Concentric / Eccentric
 - Agonist / Antagonist
 - None of the above
28. _____ is a Neuromuscular Technique that triggers our muscles to relax in order to release tension and safely increase flexibility.
- PNF
 - Turnout
 - Two-Directional Stretch
 - Long Lever
29. Which one of the following is not a Neuromuscular Technique?
- Relaxation
 - PNF
 - End of the Stretch
 - Rotation of a Joint

30. A(n) _____ contraction occurs when a muscle shortens, bringing its attachment points closer together.
- Eccentric
 - Concentric
 - Isometric
 - Involuntary
31. A movement in which resistance or weight remains the same as your muscles change length is known as what kind of muscle contraction?
- Isometric
 - Resistance
 - Isotonic
 - PNF
32. In Essentricks we only use eccentric strengthening.
- True
 - False
33. An _____ contraction is one in which no change in muscle length occurs. In Essentricks, an example can be found in _____.
- Isometric, the kicking leg during kicks
 - Isometric, the standing leg during kicks
 - Isotonic, the standing leg during kicks
 - Isotonic, the kicking leg during kicks
34. What defines an eccentric contraction?
- Muscle fibres lengthening as they contract
 - Muscle fibres shortening as they contract
 - Stretching a muscle
 - No change in the length of the muscle fibre
35. Reflex intelligence _____.
- Is voluntary
 - Is an objective
 - Is your body's natural safety mechanism to avoid muscle and tendon injury
 - Moves the bones

36. The Golgi tendon reflex _____.
- a. Relaxes muscles
 - b. Is triggered by a muscle contraction
 - c. Is involuntary
 - d. All of the above
37. What does the myotatic reflex do?
- a. Inhibits movements when you are strengthening
 - b. Inhibits the muscle from lengthening when you are stretching
 - c. Inhibits movements when you try to contract
 - d. Inhibits movements when your muscles are cold
38. Your myotatic reflex, or stretch reflex, _____.
- a. Triggers a muscle contraction
 - b. Is a response to stretching
 - c. Protects muscles from being torn
 - d. All of the above
39. Doing the splits triggers the myotatic reflex.
- a. True
 - b. False
40. Catching a ball triggers the Golgi tendon reflex.
- a. True
 - b. False
41. Lack of movement leads to _____.
- a. Hardening of the body's lubricating oil
 - b. Cell atrophy
 - c. Stiffness in surrounding areas
 - d. All of the above
42. _____ is a form of connective tissue that can be considered like a protective web, enveloping all muscles, nerves, bones and blood vessels.
- a. Fascia
 - b. Blood
 - c. Synovial fluid
 - d. Tendons

43. Mitochondria are considered the _____ of a cell.
- Vacuum
 - Calorie burning units
 - Fat storage units
 - Waste units
44. Our mitochondria are effected when we stop using our muscles.
- True
 - False
45. The cardiovascular system consists of _____.
- The cardiac muscle (heart) and veins
 - The aortas and ventricles of the heart
 - The cardiac muscle (heart), blood vessels and lungs
 - The cardiac muscle (heart), blood, and the blood vessels
46. Essentrics helps increase our circulation and eases the workload of the heart by involving the full musculature of the body.
- True
 - False
47. A muscle is made up of tens of thousands of muscle cells called _____.
- Myofilaments
 - Sarcomeres
 - Myosin
 - Actin
48. _____ are controlled by the conscious brain.
- Skeletal muscles
 - Involuntary muscles
 - Smooth muscles
 - Cardiac muscles
49. A joint is only as flexible as its _____.
- Strongest muscle
 - Smallest muscle
 - Tightest muscle
 - Loosest muscle

50. A typical spine follows a natural _____ which _____ every person.
- C curve; is the same for
 - C curve; varies for
 - Double S curve; varies for
 - Double S curve, is the same for
51. _____ provide(s) a frictionless surface between bones, cushioning and preventing wear on articular surfaces.
- Cartilage
 - Ligaments
 - Synovial fluid
 - Blood
52. _____ can inhibit the movements of our limbs and make us feel glued and stiff.
- Scar tissue
 - Concentric training
 - Atrophy
 - All of the above
53. Ligaments and tendons are forms of connective tissue.
- True
 - False
54. The rate of healing is _____ in tendons and ligaments compared to muscles because of their _____.
- Slower, range of movement
 - Faster, high blood flow
 - Slower, low blood flow
 - Faster, range of movement
55. A strain is overstretching or tearing of a _____.
- Muscle
 - Tendon
 - Muscle or tendon
 - Ligament

56. A sprain is _____.
- a. Overstretching or tearing of a ligament
 - b. Overstretching or tearing of a muscle
 - c. Overstretching or tearing of a tendon
 - d. All of the above
57. A primary function of our ligaments is to _____.
- a. Move our joints
 - b. Lubricate our joints
 - c. Stabilize our joints
 - d. Stretch our joints
58. When a ligament or tendon is stretched beyond its 6% capacity, it will never fully rebound or return to its original constitution.
- a. True
 - b. False
59. There are roughly _____ skeletal muscles in our body.
- a. 560
 - b. 650
 - c. 360
 - d. 206
60. All skeletal muscles cross at least one joint. If they did not cross a joint they would not be able to move our body parts.
- a. True
 - b. False
61. You have _____ joints in your body.
- a. 320
 - b. 360
 - c. 650
 - d. 206
62. Every movement, big or small, involves an agonist and antagonist muscle group.
- a. True
 - b. False

63. What is the Sliding Filament Theory?
- a. An explanation of how protein filaments slide past each other during muscle contraction
 - b. An explanation of how tendon filaments slide along the bones
 - c. An explanation of how blood slides into a muscle filament
 - d. A theory that explains blood circulation
64. The Sliding Filament Theory helps explain and account for _____.
- a. Cellular movement
 - b. Large full-body movement
 - c. Concentric and Eccentric Strengthening
 - d. All of the above
65. The muscles of your Top Three include:
- a. The front of your torso
 - b. The back of your torso
 - c. The sides of your torso, including shoulders, arms and fingers
 - d. All of the above
66. The muscles of your Big Four include:
- a. The front of your legs
 - b. The back of your legs
 - c. The inside and outside of your legs
 - d. All of the above
67. Which of the following is not a section of the spine?
- a. Cervical
 - b. Thoracic
 - c. Femur
 - d. Lumbar
68. Which one of the following applies to the skeletal system?
- a. Protects organs and soft tissues
 - b. Provides support to the body
 - c. Produces a lever system for body movements
 - d. All of the above

69. The major building blocks of muscles are two thread-like protein strands called:
- Lactic & acid
 - Myosin & actin
 - Mitochondria & insulin
 - The Krebs cycle
70. What does a tendon connect?
- A bone to a bone
 - A muscle to a muscle
 - A muscle to a bone
 - A ligament to a muscle
71. What does a ligament connect?
- A muscle to a bone
 - A bone to a bone
 - A tendon to a bone
 - A muscle to a tendon
72. How much flexibility does a tendon have?
- 4% to 6%
 - 6% to 8%
 - 8% to 10%
 - 0%
73. What does Best Resting refer to?
- The muscles' starting point when you start training
 - A good night's sleep for maximum performance
 - The muscle's best state, after training
 - The body's state after exercising for 30 minutes
74. A muscle has the ability to shorten _____ from its Best Resting. This is a concentric contraction.
- 4-6%
 - 25%
 - 75%
 - Individually varies too much to say

75. A muscle has the ability to increase its length _____ from its Best Resting position.
- 4-6%
 - 25%
 - 75%
 - Individually varies too much to say
76. Everyone has the same flexibility potential.
- True
 - False
77. A person's potential flexibility depends on their _____.
- Genetic musculoskeletal makeup
 - Age and degree of atrophy
 - Type of frequent activities
 - All of the above
78. In the musculoskeletal system, our _____ is a primary indicator of our potential flexibility. This ratio is established by our _____.
- Ratio of tendon to muscle; genetic makeup
 - Ratio of ligament to muscle; genetic makeup
 - Ratio of tendon to muscle; lifestyle
 - Ratio of ligament to muscle; lifestyle
79. When an individual has long muscles and proportionately shorter tendons, they will naturally be more _____.
- Flexible
 - Strong
 - Athletic
 - Energetic
80. When an individual has longer tendons and proportionately shorter muscles, the potential for increasing their flexibility will be _____.
- Increased
 - Limited
 - Unaffected
 - Greater