ESSENTRICS® ACADEMY

ESSENTRICS CERTIFICATION
LEVEL 2: PRACTICAL EVALUATION PACKAGE

EXAM BREAKDOWN:

THERE ARE THREE COMPONENTS TO YOUR LEVEL 2 EVALUATION. A MINIMUM TOTAL GRADE OF 80% IS REQUIRED TO OBTAIN THE ESSENTRICS LEVEL 2 CERTIFICATE OF COMPLETION.

1.WRITTEN EVALUATION 20%

a) Complete and submit the 2 blank charts found in your written evaluation documents that correspond to the Pre-Choreographed Trademark sequences. These charts will reflect instructor's knowledge of the breakdown behind a Trademark sequence.

b) Complete and submit two charts for your designed Trademark sequence using the blank charts provided.

Total Charts to submit: 4

2. APPRENTICE TEACHING HOURS .....COMPLETE

Submission of the completed 18 Apprentice Teaching hours form.
Your Apprentice hours may be completed by teaching any of our Pre-Choreographed Workouts.

** With an accurate reflection of Live Teacher Training attendance where applicable.*
Each Live Training workshop day deducts two hours from your total Apprentice Hours requirement.

3. PRACTICAL TRADEMARK EVALUATION..... 80%

Recorded video submission of 4 Trademark sequences.
Demonstration of **2** Pre-Choreographed Trademark sequences from your L2 material +
2 Trademark sequences of your own design.
Total sequences: 4

Please note: A live Level 2 exam in lieu of submitting a recorded version may apply.
*** If any portion of your evaluation is incomplete, your exam will* not be reviewed**

PRACTICAL EVALUATION INFORMATION:

PREPARATION

1. Review the **4** Pre-choreographed Trademark videos
2. Choose **2**-Pre-Choreographed Trademark sequences to learn and teach for your practical exam. Pay close attention to:
    a. Alignment of the knees
    b. Orientation of the spine
    c. Position of the arms
3. Select a piece of music for each Pre-Choreographed sequence. You may refer to the music suggestions in your L2 Study Guide, or you may choose your own pieces of music. **You may adapt the number of repetitions within each Trademark sequence to match the duration of your chosen song.*
4. Begin to practice demonstrating and teaching your Trademark sequences with your music, ensuring that each movement follows the musical phrasing and that you are respecting a tempo that will achieve your desired objectives.
5. Once you have memorized 2 Pre-Choreographed sequences, design 2 Trademark sequences of your own and fill out the Trademark breakdown charts provided. Ensure that your sequences are perfectly balanced and are complemented with an appropriate song. **Review the Study Guide for tips to help you design your Trademark sequence.*
6. Film your **4** Trademark sequences (see filming requirements below)

FILMING YOUR SEQUENCES: VIDEO REQUIREMENTS

You may film your Trademark sequences separately (press record / stop in between each demonstration). Your Trademarks do not need to be filmed in one consecutive video shoot.

- Record your workout with any of the following devices:
  camera, camcorder, iPhone, iPad, smartphone, tablet or computer camera
- Before recording, check 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
    - Check the lighting
    - Make sure the orientation of your recording is horizontal, not vertical
    - We request you do not wear baggy clothes that may hide your movements
- Before recording, check the audio:
    - Make sure we can clearly hear everything you say
    - Keep your music at a medium level so that we can hear the music and your voice
- Note: You do not have to be accompanied by students when filming
- We will accept a DVD, USB key or flash card.
    - If you are submitting your exam on a USB key please make sure your file is saved as one of the following formats: .avi, .mpg, .mpeg, .mov, .vob, .dv, .wmf, .mod, .m4v, .mp4

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

If there are any edits in your video, or you have neglected any of the above requirements you will be asked to re-film your exam

PRACTICAL EVALUATION INFORMATION:

WHILE EVALUATING YOUR VIDEO WE WILL BE LOOKING FOR THE FOLLOWING:

1. Ability to follow the choreography within the Trademark sequences provided with correct sequencing, speed and repetitions.
2. Ability to design a Trademark sequence and demonstrate a clear understanding of how to rebalance the full body using a series of Short and Long Levers, appropriate amounts of repetitions, and application of techniques.
3. Ability to demonstrate, apply and teach the primary techniques of Essentrics
    - Pulling Up & Pulling Out
    - End of the Stretch – with awareness of the myotatic reflex
    - Imagery
    - Resistance and Eccentric Elongation
    - PNF – not rushing the steps
    - Movement Within the Stretch
4. Correct speed of exercises and smooth transitions
5. Ability to offer corrections and modifications
    - With special attention paid to:
    - Foot and knee alignment
    - Orientation of the spine
6. Musicality
    - Awareness of how the music sets the pace and intensity for each Trademark sequence
    - Ability to follow a beat and move with the correct tempo and phrasing of the song
7. Class presence
    - Clear audible tone of voice
    - Friendly, confident presence

NAME: _____

DATE: _____

PRACTICAL EXAM EVALUATION

EVALUATION	CRITERIA	FEEDBACK
Instructor's ability to create balanced Trademark sequences	A Level 2 Essentrics® instructor has a clear understanding of how to create an Essentrics® Trademark sequence that rebalances the full body. **Top 3** o Front of torso o Back of torso o Right side of torso o Left side of torso o Transition (rotation) o Short Lever o Long Lever **Each sequence should:** o Be 5-6-minutes long o Rebalance the agonist and antagonist muscle groups o Contain the appropriate amount of repetitions o Contain a mix of Short and Long Levers o Be logically designed to meet the objectives o Contain fluid movements and transitions that are thoughtfully strung together	/10
Instructor's ability to clearly demonstrate each exercise	A Level 2 instructor will be able to explain and demonstrate the following: o Neutral C and Neutral Elongation (body weight distributed evenly through the plumb line) with an ability to transition smoothly between the two positions o Correct feet positioning ensuring safe alignment of the ankles, knees and hips o Correct Turnout with awareness of targeted anatomy and muscles to engage o Control and ease of execution of each exercise and transition when moving from one exercise to the next o An even, controlled distribution of body weight as movements are shifted side to side, transferring the weight from one leg to the other o Ability to go to The End of the Stretch and finish each movement before starting the next	/10

PRACTICAL EXAM EVALUATION

EVALUATION	CRITERIA	FEEDBACK
Instructor's ability to verbally explain and teach how to perform each exercise	A Level 2 instructor will be able to explain and offer correct cues throughout each Trademark sequence on the following: o Objectives of each exercise (demonstrating a working knowledge on the purpose of each exercise, useful to motivate students) o Alignment and positions of the spine o Essentrics terminology o Corrections and modifications **While demonstrating:** o An ability to teach a continuous flow of movements without stopping to explain any of the above o A clear and audible tone of voice	**/10**
Instructor's ability to teach and apply Essentrics techniques to achieve desired objectives, positions and intensity	A Level 2 instructor will be able to: o Use appropriate Imagery within each sequence, using words that describe and compliment the objective of the exercise o Teach the technique of going to the End of the Stretch o Finish one movement before starting another o Teach Resistance and control within each exercise o Teach Eccentric Elongation – contracting the muscle as it is being lengthened o Teach and cue Relaxation during a release or transition o Offer directional cues to achieve correct positions	**/10**
Instructor's ability to apply smooth transitions within each Trademark sequence	A Level 2 instructor will be able to demonstrate: o A seamless flow of movement during the transition from one exercise to the next o Constant interplay between Agonist and Antagonist muscle groups	**/10**
Instructor's ability to follow an appropriate speed or tempo for each sequence according to their objectives	A Level 2 instructor will be able to demonstrate: o Correct speed and timing to help release tension and deepen the stretch o An awareness of how speed affects the neuromuscular system ▪ That moving too fast will cause muscles to contract, making it a challenge to apply and demonstrate appropriate techniques ▪ That moving too slowly can overload muscle groups o Control over their own body, consciously engaging their muscles	**/10**

PRACTICAL EXAM EVALUATION

EVALUATION	CRITERIA	FEEDBACK
Instructor's understanding and basic use of anatomy	A Level 2 instructor will be able to demonstrate: o A working knowledge of anatomy, understanding muscles' locations and primary function o Which muscles are being used in an exercise (by simply pointing or touching and labelling in simple terms) o Where their students should be feeling the stretch	/10
Instructor's musicality and application of music	A Level 2 instructor will be able to: o Demonstrate how music affects the choreography of each sequence o Find music that is flowing and connects with the neuromuscular system o Use music that contains crescendos & phrasing for different levels of intensity and movement o Use music to their advantage when applying appropriate techniques. i.e. Resistance and Relaxation o Count the beats of the music and follow the phrases fluidly	/10
	TOTAL	

ESSENTRICS® ACADEMY

LEVEL 2: ESSENTRICS® TRADEMARK EXERCISES

ESSENTRICS® APPRENTICE TEACHING HOURS FORM: This form verifies that _____ (instructor name) has taught the required teaching hours to complete their Level 2 Essentrics® Certification. The following people have participated in a 1-hour Essentrics® Pre-Choreographed Workout class taught by the aforementioned Certified Level 1 Essentrics® instructor.

Name of participant		**Phone or Email**	**Signature**	**Date**
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