

# 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. LIVE + VIDEO 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

### GENERAL EXAM INFORMATION

#### Preparation

Prior to the live 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.

### 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 your live practical evaluation. The first portion of the exam can be done via Skype or in-person where available with an Essentrics Examiner and will require a minimum of 60 minutes.

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### **Two-part Evaluation: Live/Skype + Video Submission:**

1. The purpose of the Live Evaluation 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. Following Live Evaluation, you will be asked to submit select video sequences (as indicated by your examiner) using the feedback provided from the Live Evaluation.

Follow the steps here to send your video submission electronically:

[https://www.essentrics.com/teacher\\_training/HOWTOUSEDROPBOX.pdf](https://www.essentrics.com/teacher_training/HOWTOUSEDROPBOX.pdf)

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.

Resubmission Fee: **\$50.00**

Resubmission Fee Includes

- Online one-on-one video call with your examiner where they will instruct you on what to work on to complete your level
- Correction fee for exam resubmission

### **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/ THERAPUTIC SEQUENCE DEMONSTRATION AND TECHNIQUE BREAKDOWN

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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?
- Explain the role of the reflexes within the body and why we should be constantly aware of them. Breakdown each one and how we use them to help with flexibility and therapeutics.

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 it is 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 anatomy including 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)

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- 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:

- BIG-FOUR AT THE BARRE
- PUSH AND PULL PIANO
- CALF SEQUENCE
- WINDMILL SEQUENCE
- FLUID SPINE WITH ARM VARIATIONS (FORMERLY CARIBBEAN SPINE TRADEMARK EXERCISE)
- AIRPLANE SEQUENCE
- ROW THE BOAT SEQUENCE
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### PAYMENT INFORMATION

Option 1: Practical Exam via Skype . . . \$100.00 + applicable taxes + \$12 shipping/handling\*

Option 2: Practical Exam in person . . . \$120.00 + applicable taxes + \$12 shipping/handling

\*North American orders - You will be charged in your respective currency.

\*Europe & International orders - You will be charged in American dollars and additional shipping charges could apply. We will contact you after your order is placed to finalize shipping charges. Customers outside of North America are liable for any additional customs duties, taxes or tariffs. The destination country imposes these charges in addition to any shipping and handling fees charged by us.

\*Please note that some credit card companies will charge you a foreign transaction fee since we are a Canadian company. Please call your credit card company to see if these charges will apply to your order.

**For Canadian residences, please include the sales tax of the province you reside in:**

PROVINCE	AB	BC	MB	NB	NL	NS	NT	NU	ON	PE	QC	SK	YT
TAX RATE	5%	12%	13%	15%	15%	15%	5%	5%	13%	15%	14.975%	11%	5%

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Name: \_\_\_\_\_ Date: \_\_\_\_\_  
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OR

You can submit the exam contents electronically to [training@essentrics.com](mailto:training@essentrics.com)