

Level 1 Practical Evaluation Package Components, Process, and Guidelines

Practical Evaluation **Components**

The Practical Evaluation is 80% of your total grade and includes:

Recorded video submission or live demonstration* of Pre-Choreographed Workout 1 (PCW1) or Pre-Choreographed Workout 1 Aging Backwards® (PCW1 AB) taught non-stop in its entirety.

**Based on location and examiner availability*

Follow-up video call with your examiner

Practical Evaluation **Process**

Prepare

Complete your 30 Teaching Hours and invite at least one person to participate in the filming of your 1-hour routine (PCW1 or PCW1 AB). See Level 1 Teaching Guidelines section below for details on how to complete your Teaching Hours.

Record

You can submit a recording or arrange an in-person practical evaluation. Email examsubmissions@essentrics.com for live exam inquiries and availability.

If you are submitting a recording:

- Select recording device: camera, smartphone, tablet, computer camera, camcorder
- Use accepted video formats: .avi, .mpg, .mpeg, .mov, .vob, .dv, .wmf, .mod, .m4v, .mp4
- Before recording, check the visuals:
 - Make sure your full body is clearly visible in the frame – from your head to your toes to the tips of your fingers during all angles of reaches
 - Make sure participants are visible (minimum of 1 participant required)
 - Check the lighting
 - Make sure the orientation of your recording is horizontal, not vertical
 - Do not wear baggy clothes that may hide your movements
- Before recording, check the audio:
 - Make sure everything you say is audible and clear

- Keep your music at a medium level so that both the music and your voice are audible.
- As you begin your recording, take up to 2 minutes to introduce yourself:
 - Give your examiner any pertinent background information about yourself, primarily in relation to Essentrics (e.g., motivation for becoming certified, background in movement, history with Essentrics, etc.)
- Record the entire 1-hour routine in one go. Do not pause, stop, or edit between sequences or when moving from standing to floor work.
- 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.

Submit

Refer to the Exam Submission Package on your Level 1 Training Resource page for step-by-step instructions.

Follow-Up

Scheduled once you receive your Level 1 assessment, the follow-up video call connects you directly with your examiner and allows for a deeper understanding and immediate application of their feedback.

Practical Evaluation Guidelines

Most of your Level 1 evaluation will be based on the demonstration of your PCW1 / PCW1 AB class. The purpose is to assess your ability to teach 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 Teaching Hours; they will help you focus during class and prepare for your certification.

1. Ability to demonstrate each sequence clearly and correctly
 - Proper Alignment during Neutral C, Neutral Elongation & 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
 - Smooth transitions between sequences
3. Ability to follow the choreography 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 cueing of secondary body parts
5. Ability to demonstrate and apply the primary techniques of Essentrics

- Pulling Up & Pulling Out
 - Movement Within a Stretch
 - Multi-Directional Stretch
 - Eccentric Contractions
 - Resistance
 - End of the Stretch
 - PNF
 - 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 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)

Teaching Guidelines

Essentrics® Apprentice Classes

The best way to understand the theory behind Essentrics is to put it into practice. Once you have learned the full PCW1 or PCW1 AB routine, you are ready to start your required 30 Teaching Hours. Do not wait for perfection! You will learn as you go.

As you teach, you will begin to understand why a deliberate sequencing of exercises and techniques is vital in achieving the objectives. All the guidelines below apply to in-person and virtual classes. For terms and tips specific to teaching online, refer to the Guide for Teaching Live Virtual Apprentice Classes.

What to Teach

You will teach the 1-hr PCW1 or PCW1 AB routine in its entirety.

What to Call Your Classes

Your class must be called “Essentrics® Apprentice Class” until you have successfully completed Level 1. It is important for you as an instructor, and for the technique as a brand, to have the word *apprentice* in your class title; your participants will be aware of and appreciate the certification process. “Essentrics” is a registered trademark and must be accompanied by the ® symbol.

Teaching Hours Form

Using the Teaching Hours form provided, have one participant sign after each 1-hour in-person class. One signature per class is all you need. Your 30 classes do not need to be taught to 30 different people; the same volunteer(s) for each session will do.

Place a checkmark in the appropriate column: In-Person (20 classes or more) or Virtual (10 maximum). Virtual classes are capped at 10 to help you sustain and improve your ability to correct and teach to your full potential.

Who to Teach

Individuals who are physically capable of doing the full 1-hour workout non-stop, as shown in your PCW, without requiring excessive modifications. It is in your best interest to teach people you know. Invite your family, friends, colleagues, or existing clientele (if you are already a fitness instructor) to take part in your classes. Keep your group size manageable; remember, you only need one participant for your class to count!

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. 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 / PCW1 AB routine in its entirety.

Who Not to Teach

Individuals who require excessive modifications and/or cannot keep up with the provided choreography. It is your responsibility as an Essentrics Apprentice Instructor to *wait* to teach individuals who are beginning to exercise after an extended sedentary period, recovering from injuries, in chronic pain, etc. Refer them to www.essentrics.com for the right workout or book to keep them motivated as you progress with your training.

Through Levels 2, 3, and 4, 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.

Where to Teach

In-Person: teach anywhere you feel is appropriate-- at home, at your friend's home, an outdoor setting, workplace, fitness facility, studio, community center, church hall, etc. Set yourself up for success!

Teaching Equipment

Optional but recommended:

- Portable Bluetooth speaker
- Strap
- Mat
 - Thin mats for standing exercises: 3 mm

- Thicker mats for floor work: 8 mm
- Riser
 - Size 30.5 cm x 20 cm x 5cm (12 in. x 8 in. x 2 in.)

Beyond these simple items, all you need is your body!

Protecting Yourself with Insurance and Waivers

Start exploring liability insurances. Protecting yourself by having your students sign a waiver form is also highly recommended. 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: Are Apprentice Classes Paid or Unpaid?

If you are a first-time fitness instructor, wait to pass Level 1 before charging your participants. At this stage, you are the student, and your participants are there to help you practice the choreography and develop your teaching skills.

If you are already a certified fitness instructor and have a paying fitness job, it is still recommended to offer free Essentrics classes, or at a reduced price from your existing classes, as you are still an Apprentice Essentrics Instructor regardless of your other titles.

Take your time with “free” students while you build confidence as an instructor and within the technique. Recruit family, friends, colleagues, or peers, or volunteer your services! Your Level 1 exam will provide you with an incredible learning opportunity via the personalized feedback and mentoring you will receive from your examiner. They will help you move forward and teach with the utmost safety – which will serve you well in the long run.