

Level 2 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 **4 Trademark Sequences**.

- **2 Pre-Choreographed Trademark Sequences**
 - Select 2 of the 4 found in your Essentrics Academy Portal Level 2 coursework.
- **2 Trademark Sequences of your own design**
 - Matches the Trademark 1 & 2 portions of written evaluation

**Based on location and examiner availability*

Follow-up video call with your examiner

Practical Evaluation **Process**

Prepare

1. Choose 2 Pre-Choreographed Trademark Sequences to learn and teach for your practical exam.
2. Select 1 piece of music for each Pre-Choreographed Sequence. You may refer to the music suggestions in your Level 2 Study Guide or choose your own. You may adapt the number of repetitions within each Trademark Sequence to match the duration of your chosen song.
3. 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.
4. Once you have memorized 2 Pre-Choreographed Sequences, design 2 Trademark Sequences of your own and fill out the Trademark breakdown templates provided. Ensure that your sequences are balanced, and you have chosen suitable songs. Review the Study Guide for tips to help you design your Trademark Sequence.

Record

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

If recording, you may film your Trademark Sequences separately. Each Trademark Sequence needs to be filmed in its entirety (4-6 minutes) without stopping—however, all four sequences *do not* need to be filmed in one shoot or all in one day.

Recording reminders:

- 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 (if you have any; participants are not 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.
- Before submitting your exam, **review your video** to ensure that it has been successfully uploaded with working audio and visuals. If 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 2 Training Resource page for step-by-step instructions.

Follow-Up

Scheduled once you receive your Level 2 assessment, this 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**

Your examiner will evaluate your video submissions based on the following criteria:

CRITERIA	REQUIREMENTS
<p>Instructor's ability to create and teach a Trademark Sequence that rebalances the full body</p>	<p>Instructor demonstrates:</p> <ul style="list-style-type: none"> – Constant interplay between Agonist and Antagonist muscle groups – An understanding of the Top 3 through balanced work of the front, back, and sides of the torso – A mix of Short and Long Levers within each Trademark sequence, demonstrating an awareness of how bent and straight limbs work and load the body differently – Balanced movement of the spine in all directions: Forward & back flexion, lateral flexion & extension, rotation – An appropriate amount of repetitions – Sequences that are thoughtfully designed with smooth, purposeful execution of exercises and transitions to meet the intended objectives – Sequences that respect the correct length of time for an Essentrics Trademark (4-6 minutes long)
<p>Instructor's ability to provide a safe workout by demonstrating the primary Positional Techniques that ensure safe alignment and load path throughout movements</p>	<p>Instructor teaches and demonstrates:</p> <ul style="list-style-type: none"> – Neutral C: A pelvic tilt position with the hips, shoulders and ankles aligned – Neutral Elongation: Not sinking in low back, Pulling Up through the spine – Smooth transition from Neutral C to Neutral Elongation with correct cueing of the spine – Alignment & Turnout: Clean foot and knee alignment during all standing sequences with a safe Turnout angle – Movement with a safe and even distribution of body weight (load path) as they transfer from one side to the other
<p>Instructor's ability to teach with a correct speed of movement that is safe and purposeful</p>	<p>Instructor demonstrates:</p> <ul style="list-style-type: none"> – An understanding and awareness of how their speed of movement is an essential element towards achieving their intended exercise objectives

	<ul style="list-style-type: none"> - Ease and control over their body during all exercises and transitions - Consciously engages their muscles and does not overload muscle groups or joints - Awareness of how the neuromuscular reflexes are affected by speed: Gives appropriate time to find the End of the Stretch, apply PNF, and to release tension (Relaxation) - The awareness and ability to adapt to their students' fitness levels and needs
<p>Instructor's ability to teach fluid non-stop sequences with appropriate verbal cues and explanations</p>	<p>Instructor:</p> <ul style="list-style-type: none"> - Applies appropriate Imagery within each sequence, using words that support the exercise's objectives - Demonstrates the ability to teach a continuous flow of movements without stopping to explain the exercises - Guides students effectively from one exercise to the next with clear directional cues and to-the-point explanations - Provides consistent verbal cues: Uses correct Essentrics terminology for exercise names, positions, and movements
<p>Instructor's ability to teach and apply and demonstrate Essentrics techniques to achieve desired objectives.</p>	<p>Instructor:</p> <ul style="list-style-type: none"> - Applies Joint Movement Techniques through the entire sequence in order to rebalance the spine - Re-cues the main techniques within each sequence as necessary: Pulling Up, Pulling Out, Alignment, Neutral C and Neutral Elongation - Moves with a sense ease, control, and body awareness - Teaches finding the End of the Stretch - Offers directional cues to achieve correct positions - Uses appropriate Essentrics terminology - Applies awareness of how to apply Neuromuscular Techniques and gives appropriate time to find the End of the Stretch, apply PNF, and to release tension (Relaxation)

<p>Musicality</p>	<p>Instructor demonstrates:</p> <ul style="list-style-type: none"> – A connection to their music: Awareness of how their music supports the choreography and intensity of which to work – How to use music to drive home the desired objectives – The ability to use music as a Neuromuscular Technique to help build or release muscle tension – Movement to the tempo of the song: Not slower or faster than the song’s timing and rhythm – The ability to count music and work with the song’s phrasing – Appropriate song selections (genre/style) for Trademark Sequences – The ability to create an eclectic, enjoyable workout experience to their student demographic through music
<p>Instructor’s ability to identify objectives and anatomy within each sequence</p>	<p>Instructor identifies:</p> <ul style="list-style-type: none"> – At least one benefit for each sequence related to health & wellness, body shaping & aesthetics, or sports performance objectives pertaining to their student demographic – At least one objective or benefit for each sequence related to anatomy – Demonstrates a general understanding of muscle locations and primary function and the correct target anatomy for each sequence: Labels the primary muscles or gestures to the body part where students should feel the muscles being challenged or stretched
<p>Overall teaching skills</p>	<p>Instructor demonstrates:</p> <ul style="list-style-type: none"> – A friendly, warm, welcoming personality – A clear and audible tone of voice – A connection to their students (<i>where applicable</i>) – A strong presence with a confident class – Consistency between their energy and the demand of the sequence – An enjoyable, encouraging workout experience – The ability to educate and motivate their students throughout the workout <ul style="list-style-type: none"> • Guides students effectively through movement with clear directional cues and to-the-point explanations

	<ul style="list-style-type: none">• Uses correct Essentrics terminology of positions and movements• Provides consistent verbal cues. The amount of dialogue is not too little or too much
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