

Course of Study Components

Modules

- 1) Modules 1-3
 - i) Teach 114 total Exercises for the healthy, general population
 - (a) 36 Cycle 1
 - (b) 20 Cycle 2
 - (c) 19 cycle 3
 - (d) 38 matwork
 - (e) 1 restoration
 - ii) Modifications for Pregnancy, seniors, and special concerns
- 2) Recertification Modules via correspondence -3 CEC's each
 - i) progress teaching ability by adding more exercises and layering on more information regarding existing postures including more anatomy
 - ii) Memorizing more Scripture and studying more of the Bible
 - iii) Special modules targeting special populations and conditions
 - iv) Misc modules for Business skills, nutrition, mind-body, meridians, etc...
 - v) Learn to choreograph and sequence original routines with Scriptures you like
- 3) Recertification Modules via workshops in person -3 CEC's each
 - i) "Gatekeepers and Workups" three-hour Workshops in person workshops to learn advanced postures (levels 4+)

Discipleship Training - Two courses satisfying Ethics of a Biblical Lifestyle requirement for Gold Certification

2 Teacher's Manuals

- ii) Mindset, mission, culture and goals of WholyFit
- iii) WholyFit Fitness System Format
- iv) Safety Guidelines
- v) Essentials of WholyFit Technique
- vi) Exercise Details
- vii) Teaching Methodology including teaching multi-level classes, cueing, pacing, breaking down choreography, and motivation
- viii) Scope of Practice
- ix) Legal considerations of Yoga and Pilates
- x) Mind-Body Considerations from a Christian Point of View
- xi) Benefits of Mind-Body Exercise compared to Traditional Exercise
- xii) Anatomy
- xiii) Physiology
- xiv) Kinesiology
- xv) Components of Mind-body fitness

Online Anatomy via Streaming Videos

Supervised hours in person or via Webcasting