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COURSE DESCRIPTION		<p>Bound to Bounce is an educational course for movement professionals and teachers who would like to expand their field of expertise to becoming a qualified Bound to Bounce instructor using the rebounder as the primary piece of equipment.</p> <p>This course was designed with a holistic mindset, taking sound posture, mindful movement patterns and body awareness into account.</p> <p>As Body Intellect’s studio philosophy embodies the pursuit of quality exercise for the last 20 years, this course also personifies excellence, insight and understanding of movement that goes beyond the ‘bounce’ part of rebounding. Naturally the principles of Pilates are applied to the concept of Bound to Bounce and the choreography of the workouts resonates balance, control, variety and flow.</p> <p>While rebounding is taught in different ways and in diverse venues, the mind body studio system is an ideal platform to introduce this unique group fitness class. Not only will the rebounder offer Pilates and Yoga clients an excellent cardiovascular option, but it will also become a priceless piece of equipment to use in a therapeutic environment with individual clients and smaller groups.</p> <p>Bound to Bounce is where freedom of movement meets control and awareness.</p>
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*Please refer to website for Bound to bounce course dates ***

	Saturday			Sunday			
TIME	DAY 1		INTENSITY	TIME	DAY 2	INTENSITY	
8:00	INTRODUCTION TO REBOUNDING			8:00	BOUND TO BOUNCE PRACTICAL CLASS 2		
9:00	THE BASELINE PRACTICAL SESSION AND DISCUSSION			9:00	BOUND TO BOUNCE GROUP CLASS STRUCTURE		
10:00	TEACHING METHODOLOGY CUING			10:00	TEACHING METHODOLOGY MUSIC		
11:00	LUNCH BREAK			11:00	LUNCH BREAK		
12:00	PHYSIOLOGY THE BODY SYSTEMS AND REBOUNDING			12:00	SAFETY AND TAKING CARE OF YOUR REBOUNDER		
13:00	APPLIED ANATOMY OF MOVEMENT ON THE REBOUNDER			13:00	SPECIAL POPULATIONS BOUNCING FOR HEALTH		
14:00	BOUND TO BOUNCE PRACTICAL CLASS 1			14:00	EVALUATION DISCUSSION AND Q&A REBOUNDER ORDERS		 FINISH

COURSE FEES:	
Bound to Bounce Course	R4485,00
Bound to Bounce Course plus one Rebounder	R6735,00

STUDY MATERIAL INCLUDED IN COURSE	STUDY MATERIAL NOT INCLUDED IN COURSE
30 PAGE ILLUSTRATED Bound to Bounce THEORY MANUAL	BODY INTELLECT YOU TUBE CHANNEL WITH Bound to Bounce CLASSES FOR PRACTICAL AND OBSERVATION HOURS
60 PAGE PRACTICAL MOVEMENT MANUAL WITH PHOTOGRAPHS (Contains two class workouts)	SUGGESTED READING LIST OF BOOKS
LINK TO ONLINE VIDEO WITH CHOREOGRAPHY OF Bound to Bounce WORKOUTS COVERED IN THE COURSE	CLASSES AT BODY INTELLECT TO ATTEND FOR PRACTICAL HOURS TO BE BOOKED IN ADVANCE
	WEBSITE FOR MUSIC MIXES TO BE USED IN Bound to Bounce CLASSES

EVALUATION	PRACTICAL HOURS	TEACHING HOURS	OBSERVATION HOURS
LOG HOURS	45	45	15
HOURS, ONLINE QUIZ AND SUBMISSION OF TEACHING VIDEO TO BE COMPLETED WITHIN 6 MONTHS AFTER THE COURSE DATE			
THEORY	ONLINE QUIZ 200 POINTS ON CONTENT OF THEORY AND MOVEMENT MANUAL	PASS RATE: 75%	
PRACTICAL EVALUATION	30 MINUTE TEACHING VIDEO CLIP VIA WE TANSFER <u>CRITERIA:</u> DEMONSTRATION TEACHING VOICE ENERGY OVERALL IMAGE MUSICALITY APPLICATION OF COURSE CONTENT SAFETY EXPLANATION PROFFESIONALISM	PASS RATE: 75%	