

BODY INTELLECT
QUALITY EXERCISE
Bound to Bounce

COURSE DESCRIPTION

[Bound to Bounce Online](#) 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.

This course was designed with a holistic mindset, taking sound posture, mindful movement patterns and body awareness into account.

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.

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.

[Bound to Bounce](#) is where freedom of movement meets control and awareness.

This course is affiliated with the National Pilates certification program and is worth 12 NPCP CEC points



ONLINE PLATFORM

The online campus of [Bound to Bounce](#) is a one stop information center for students enrolling for this course. Content rich and user friendly, this platform will host an ever- evolving library of classes, research and relevant topics for the Bound to Bounce instructor even after completing the course.

COURSE MATERIAL INCLUDED

- Module 1 – 9 in video format presented by Liané Brink
- Theory Manual Pdf (42 pages)
- Practical Manual Pdf (70 pages)
- Movement library of a minimum of 30 class videos for practical and observation hours
- Theory Quiz after completing every module
- Live interactive contact sessions with discussions and practical revision after every module via Zoom with presenter
- There is a choice of two times scheduled per module for the zoom sessions to accommodate international students
- Online Q&A and support on the [Bound to Bounce](#) platform

COURSE MATERIAL NOT INCLUDED IN COURSE


















































- A GOOD QUALITY REBOUNDER (ALL WORK IN COURSE DONE ON A SPRING BASED REBOUNDER)
- An exercise mat (Yoga or Pilates)
- SUGGESTED READING LIST OF BOOKS
- WEBSITE FOR MUSIC MIXES TO BE USED IN [Bound to Bounce](#) CLASSES



EVALUATION AND HOURS

- THEORY QUIZ (20 QUESTIONS) AFTER EVERY MODULE
- 45 PRACTICAL HOURS TO BE LOGGED
- 45 TEACHING HOURS TO BE LOGGED
- 15 OBSERVATION HOURS TO BE LOGGED
- FINAL THEORY QUIZ 200 POINTS (75% PASS RATE)
- PRACTICAL EVALUATION – 75% PASS RATE (30 MINUTE TEACHING VIDEO CLIP UPLOADED TO B2B PLATFORM)
CRITERIA: DEMONSTRATION, TEACHING, VOICE, ENERGY, APPEARANCE, MUSICALITY, APPLICATION OF COURSE CONTENT, SAFETY, EXPLANATION AND PROFESSIONALISM

BOUND TO BOUNCE ONLINE COURSE OUTLINE

	CONTENT		INTENSITY		CONTENT		INTENSITY
MODULE 1	<ol style="list-style-type: none"> 1. INTRO 2. ORIGINS 3. TREADMILL VERSUS TRAMPOLINE 4. CONTROLOGY 5. THE MAKING OF B2B 			MODULE 7	<ol style="list-style-type: none"> 1. B2B TEACHING METHODOLOGY 2. MUSIC 3. ALL ABOUT THAT SPACE (B) 4. ALL ABOUT THAT SPACE DISCUSSION (B) 	  	 
MODULE 2	<ol style="list-style-type: none"> 1. THE BASELINE: STANCES AND FOOTPRINTS 2. ALL ABOUT THAT GRACE (A) 3. ALL ABOUT THAT GRACE (A) DISCUSSION 	  	  	MODULE 8	<ol style="list-style-type: none"> 1. SAFETY 2. CONTRAINDICATIONS 3. REBOUNDER CARE 4. ALL ABOUT THAT SPACE (C) 5. ALL ABOUT THAT SPACE (C) DISCUSSION 	  	 
MODULE 3	<ol style="list-style-type: none"> 1. B2B TEACHING METHODOLOGY: BREATH 2. ALL ABOUT THAT GRACE (B) 3. ALL ABOUT THAT GRACE(B) DISCUSSION 	  	  	MODULE 9	<ol style="list-style-type: none"> 1. BOUNCING FOR HEALTH 2. RETRAINING BALANCE 3. ALL ABOUT THAT SPACE FULL CLASS 	  	  
MODULE 4	<ol style="list-style-type: none"> 1. SCIENCE OF THE HUMAN BODY: BODY SYSTEMS & REBOUNDING 2. ALL ABOUT THAT GRACE (C) 3. ALL ABOUT THAT GRACE (C) DISCUSSION 	  	 		<p>LIVE CONTACT SESSIONS AND CLASSES AFTER EVERY MODULE = 9 HOURS ONLINE LIVE VIA ZOOM</p> <ol style="list-style-type: none"> 1. TIME FRAME TO COMPLETE COURSE, LOG HOURS AND EXAMS = 6 MONTHS 		
MODULE 5	<ol style="list-style-type: none"> 2. ANATOMY OF MOVEMENT 3. POSTURE 4. FOOT DEVIATIONS 5. ALL ABOUT THAT GRACE FULL CLASS 	  	  		<p>NB: Every module is divided into 'bite sized' sections that first need to be completed before continuing to the next sections. The short online quiz after every module will help the student to test their knowledge on the subject before moving to the next module.</p>		
MODULE 6	<ol style="list-style-type: none"> 1. B2B GROUP CLASS STRUCTURE AND BREAKDOWN 2. ALL ABOUT THAT SPACE (A) 3. ALL ABOUT THAT SPACE (A) DISCUSSION 	  	  		 <p style="text-align: right;">Bound to Bounce</p>		