

# 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 internationally.



Bound to Bounce by Body Intellect is also accredited with REPSSA and is worth 16 CPD points in South Africa.



### **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. The Bound to Bounce Community page forms a social network where presenters and students can interact and stay up to date with new research and important information regarding the course.

### **COURSE MATERIAL INCLUDED**

- Module 1 – 9 in video format presented by Liané Brink
- Downloadable Theory Manual Pdf (42 pages)
- Downloadable Practical Manual Pdf (70 pages)
- Best Resources section with a library of a minimum of 50 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
- 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
- AFTER SUCCESSFUL COMPLETION OF ALL COURSE REQUIREMENTS, A CERTIFICATE OF COMPLETION WITH THE RELEVANT ACCREDITATION INFORMATION WILL BE SENT TO THE [Bound to Bounce](#) INSTRUCTOR.



# BOUND TO BOUNCE ONLINE COURSE OUTLINE

	CONTENT		INTENSITY		CONTENT		INTENSITY
MODULE 1	<ol style="list-style-type: none"> <li>1. INTRO</li> <li>2. ORIGINS</li> <li>3. TREADMILL VERSUS TRAMPOLINE</li> <li>4. CONTROLOGY</li> <li>5. THE MAKING OF B2B</li> </ol>			MODULE 7	<ol style="list-style-type: none"> <li>1. B2B TEACHING METHODOLOGY</li> <li>2. MUSIC</li> <li>3. ALL ABOUT THAT SPACE (B)</li> <li>4. ALL ABOUT THAT SPACE DISCUSSION (B)</li> </ol>	  	 
MODULE 2	<ol style="list-style-type: none"> <li>1. THE BASELINE: STANCES AND FOOTPRINTS</li> <li>2. ALL ABOUT THAT GRACE (A)</li> <li>3. ALL ABOUT THAT GRACE (A) DISCUSSION</li> </ol>		 	MODULE 8	<ol style="list-style-type: none"> <li>1. SAFETY</li> <li>2. CONTRAINDICATIONS</li> <li>3. REBOUNDER CARE</li> <li>4. ALL ABOUT THAT SPACE (C)</li> <li>5. ALL ABOUT THAT SPACE (C) DISCUSSION</li> </ol>	  	 
MODULE 3	<ol style="list-style-type: none"> <li>1. B2B TEACHING METHODOLOGY: BREATH</li> <li>2. ALL ABOUT THAT GRACE (B)</li> <li>3. ALL ABOUT THAT GRACE(B) DISCUSSION</li> </ol>		 	MODULE 9	<ol style="list-style-type: none"> <li>1. BOUNCING FOR HEALTH</li> <li>2. RETRAINING BALANCE</li> <li>3. ALL ABOUT THAT SPACE FULL CLASS</li> </ol>	 	 
MODULE 4	<ol style="list-style-type: none"> <li>1. SCIENCE OF THE HUMAN BODY: BODY SYSTEMS &amp; REBOUNDING</li> <li>2. ALL ABOUT THAT GRACE (C)</li> <li>3. ALL ABOUT THAT GRACE (C) DISCUSSION</li> </ol>	 	 		<p>LIVE CONTACT SESSIONS AFTER EVERY MODULE = 9 HOURS ONLINE LIVE VIA ZOOM</p> <ol style="list-style-type: none"> <li>1. TIME FRAME TO COMPLETE COURSE, LOG HOURS AND EXAMS = 6 MONTHS</li> </ol>		
MODULE 5	<ol style="list-style-type: none"> <li>2. ANATOMY OF MOVEMENT</li> <li>3. POSTURE</li> <li>4. FOOT DEVIATIONS</li> <li>5. ALL ABOUT THAT GRACE FULL CLASS</li> </ol>	 	 		<p><b>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.</b></p>		
MODULE 6	<ol style="list-style-type: none"> <li>1. B2B GROUP CLASS STRUCTURE AND BREAKDOWN</li> <li>2. ALL ABOUT THAT SPACE (A)</li> <li>3. ALL ABOUT THAT SPACE (A) DISCUSSION</li> </ol>	 	 		<p style="text-align: center;">  <b>BODY INTELLECT</b>              QUALITY EXERCISE              Bound to Bounce™         </p>		