

BODY INTELLECT

QUALITY EXERCISE

Bound to Bounce™

COURSE DESCRIPTION

Bound to Bounce INTENSIVE 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 individual or fitness class. Not only will the rebounder offer 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. The benefits of rebounding exercise are endless and will be integrated in the live and self-paced coaching during this course.

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 hosts an ever- evolving library of classes, researched topics, relevant to the Bound to Bounce instructor even after completing the certification 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 their study group, courses or exciting new content to look forward to. We also love to share beautiful bounce moments in picture format - from furry friends on rebounders to action shots of exam videos!



COURSE MATERIAL INCLUDED

- Two days INTENSIVE training Live In Studio – 10 hours
- Module 1 – 9 in video format presented by Liané Brink
- Printed Theory Manual (42 pages)
- Printed Practical Manual (70 pages)
- Online Best Resources section with a library of 100 class videos for practical and observation hours
- Online Theory Quiz after completing every module
- Online Q&A and support on the [Bound to Bounce](#) Community platform






















































COURSE MATERIAL NOT INCLUDED IN COURSE

- A GOOD QUALITY REBOUNDER (SPRING OR BUNGEE BASED)
- 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 (FOR OWN PROGRESS)
- 45 PRACTICAL HOURS TO BE LOGGED
- 45 TEACHING HOURS TO BE LOGGED
- 15 OBSERVATION HOURS TO BE LOGGED
- FINAL ONLINE 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"> 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 & REBOUNTING 2. ALL ABOUT THAT GRACE (C) 3. ALL ABOUT THAT GRACE (C) DISCUSSION 	  	 	<p>B2B INTENSIVE OVER 2 DAYS – specific dates TBA 10 HOURS ONLINE LIVE VIA ZOOM SUGGESTED TIME FRAME TO COMPLETE INTENSIVE, COURSE, LOG HOURS AND EXAMS = 6 MONTHS</p>		 	
MODULE 5	<ol style="list-style-type: none"> 1. ANATOMY OF MOVEMENT 2. POSTURE 3. FOOT DEVIATIONS 4. 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 	  	  	<div style="text-align: center;">  <p>BODY INTELLECT QUALITY EXERCISE</p> <p>Bound to Bounce™</p> </div>			