



## HoopChi Teacher Training Course

### **Mission**

To create a supportive, engaging learning environment through which students can thrive as teachers and practitioners of HoopChi, an exciting approach to fitness.

### **Who Should Take the HoopChi Teacher Training Course?**

The course is for individuals who wish to become teachers of HoopChi™. It will be of interest to anyone looking to start a new career path or to broaden their existing one, including fitness instructors who wish to expand their expertise.

Thus, the course is for persons new to fitness instruction and those who already teach or train others regarding hooping, hoop dance, other types of dance, and various other approaches to exercise and fitness. This includes both group fitness instructors and personal trainers.

### **What Constitutes the Course?**

This two-day course teaches the HoopChi™ Series. There will be four hours of instruction per day. A more advanced two-day training is also available for the HoopChi™ - Masters training, a course that involves advanced and accelerated movements that convert HoopChi™ into a dance, and trains teachers of HoopChi to teach students to become HoopChi teachers, at a fee to be determined.

### **Day I: HoopChi™ Basic Techniques.**

- Review warm-up and cool-down stretches, class structure and tips for how to break down HoopChi™ movements
- Practice each movement
- Conduct mock-teaching exercises and trouble-shoot the movements
- Receive constructive feedback and teaching tips

### **Day II: Review and Practice**

- Review, practice and refine movements
- Continue mock-teaching, class planning and refinements
- Receive constructive feedback and teaching tips
- Discuss logistics, music, equipment, and other teaching resources
- Complete satisfaction survey

Before completing the course, each student will demonstrate his/her HoopChi™ teaching ability.

### **What Approaches Does the Training Utilize?**

- One-on-one and group, standing and seated learning
- Practice teaching sessions
- Individual/group learning and feedback
- Stretch breaks (snacks and water provided)

Note: Remote Skype lessons also available on a limited basis, schedule permitting

### **What Certification Will the Trained Instructors Acquire?**

- Individuals completing the HoopChi™ Teacher Training Course will be certified as Official HoopChi™ Instructors authorized to teach this trademarked fitness program.
- Teaching HoopChi™ or using the name HoopChi™ is only authorized for individuals who have completed this course, which is exclusively offered by LucasHooping and no other entity.
- You will receive a HoopChi™ Teacher Certificate confirming that you have completed the course.
- Upon completion, you will be granted permission to teach the HoopChi™ series and to use the trademarked name HoopChi™ when doing so.

### **Please note that taking the HoopChi™ Teacher Training Course and obtaining the HoopChi™ Teacher Certificate do not include the following:**

- This HoopChi Teacher Training course and certificate do not grant the participants in the training permission to train other persons to become HoopChi™ teachers. LucasHooping HoopChi™ course, participants agree in advance that they will not train other persons to become HoopChi™ teachers.
- The HoopChi™ course and certificate do not certify participants as Group Fitness Instructor nor as a Personal Trainer. This is a totally separate process required by most or all states for persons engaging in various forms of fitness training. Participants must complete that process on their own, though it is not a prerequisite for taking the HoopChi™ Teacher Training Course or for obtaining the HoopChi™ Teacher Certificate.

### **What Skills Will the Trainees Acquire?**

1. Be able to clearly demonstrate and explain HoopChi™ movements
2. Have a basic understanding of the benefits of HoopChi™
3. Understand how each HoopChi™ movement fits together as a story
4. Be able to teach an array of warm-up and cool-down stretches
5. Be able to teach different types of students
6. Understand how to troubleshoot moves
7. Use metaphors and visual images to describe movements

### **What Opportunities Will the Trainees Acquire?**

1. Have permission to use the HoopChi™ name
2. Have resources for choosing music and equipment
3. Receive 1 year membership in the HoopChi™ Teacher/Social Network Online Forum
4. Receive a 1-year link on LucasHooping with your contact info (annual renewal fee, TBD)
5. Receive referrals when LucasHooping receives inquiries from prospective students in your area
6. Receive HoopChi™ product and event wholesale pricing
7. Receive complimentary informal advice from LucasHooping, time permitting
8. Have the opportunity for further coaching from LucasHooping, at a fee to be determined
9. Have the opportunity to take the HoopChi™ - Masters training, a course that involves accelerated movements that convert HoopChi™ into a dance, and trains graduates of the HoopChi teacher training course to teach students to become HoopChi teachers, at a fee TBD.

### **What Concrete Products Will the Trainees Acquire?**

1. A LucasHooping HoopChi™ Teacher Certificate
2. A handbook of detailed instructions for each move
3. HoopChi™ DVD Tutorials for levels I-III
4. A resource list for certification/insurance, music, equipment, etc.