

Study Guidelines for the CPFA written exam

***Please keep in mind that all of the following information is in relation to beginner and intermediate spins ONLY, not advanced spins, holds or inversions

Basic Anatomy and Physiology

- know the origin/insertion landmarks and kinesiology of the following muscles:
 - latissimus dorsi
 - deltoids (medial, anterior, posterior)
 - trapezius
 - pectoralis major
 - abdominals (internal/external obliques, rectus abdominus, transversus abdominus)
 - quadriceps
 - hamstring group
 - gastrocnemius
 - gluteus maximus
 - biceps
 - triceps
- know which muscles are used when doing pole spins, lifts and inversions

2 basic pole grips and their inherent strengths/potential issues

- baseball grip
- split/bracket grip

Trouble shooting potential issues/dangerous scenarios related to pole as an activity

- how to deal with pre-existing injuries
- how to correct body alignment to prevent injuries
- how the physics of spinning changes based on posture, body weight, strength

Know the components to creating a physical training session and how each of those components related to pole

- warm up
- strength training
- skill instruction
- choreography
- cool down
- stretch
- ParQ or other health questionnaire

Grip Aids

- inherent benefits/issues
- different types, what they do
- when to use them