

Preparation Guidelines for Practical Exam

Submit videos via YouTube unlisted if not doing a live or virtual exam.

\$75 fee must be paid in advance for assessment.

Please contact info@canadianpolefitnessassociation.com to receive an invoice to pay this fee.

Please allow a min of 14 business days from submission date for assessments to be completed and returned.

Your videos must consist of the following:

1) a proper warm up and conditioning segment

2) proficiency demonstration: Please demonstrate the following skills on both sides. Do not submit cut versions of a video. The proficiency portion must be filmed all at once.

Walk

1/2 spin

360 spin

Cross Ankle Spin/Fireman

Front Hook

Chair

Reverse Hook

Diamond

Heel Attitude

Reverse Attitude

Cradle

Climb

Seat

BHook / Stargazer

Reverse Grab

Power Spiral

Basic Invert (to slide)

Helicopter (to tuck)

3) teach three skills and transitions from each section (from levels 1-3 noted in the chapter on Class Structure) of the course with at least one inverted skill (helicopter or basic inversion) including spotting with a live person. These should be taught separately and as if the client has never done them before. Don't forget to cue proper muscle engagement and points of contact. Make sure you use a mat with inversions or this will result in an auto fail.

4) demonstrate a mini routine (less than 1 minute in length) that combines beginner skills and shows your ability to connect moves smoothly

5) proper cool down and stretch