

AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – OVERVIEW

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<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – OVERVIEW

Roles and Responsibilities

An individual qualified under the APA’s Level 1 instructor qualification will:

- Abide by the Australian Parkour Association’s Instructor Code of Ethics
- Stay up to date with new developments as per instructor register
- Only teach under the supervision of a Level 2 or Level 3 instructor
- Assist Level 2 and Level 3 instructors with all relevant class duties.

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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – OVERVIEW

Pre-requisites

To be qualified as an APA Level 1 instructor the applicant must have:

- A minimum of 20 logged hours of instructor training attendance (Unless otherwise negotiated with the committee)
- Current APA membership for insurance purposes
- Working with children check/police check where applicable
- An ABN for paid work where applicable
- An endorsement from a Level 2 or Level 3 instructor
- Completed the Australian Sports Commission’s “Community Coaching General Principles” online certificate course.
- Must be 14 or over

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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – OVERVIEW

Scope of qualification

An APA Level 1 instructor is qualified to:

- Instruct only under the supervision of a Level 2 or Level 3 instructor

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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – OVERVIEW

Elements of testing

Initial qualification

- Physical – Mobilisation; Dynamic Stretches; Technical Competency; Stretching
- Practical – Teaching 1st Timers Techniques
- Theoretical – Knowledge of 1st Timers Topics
- Written – Reflection and Personal Introduction

Currency/updates (12 monthly from date of initial qualification)

- 40 logged hours of Level 1 teaching activity
- Endorsement by Level 2 instructor

<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – APPLICATION FORM

IMPORTANT INFORMATION

Personal						
Your name:					Date of Birth:	
Address:	Street/PO Box:					
	Suburb/City:		State:		Postcode:	
Email:						
Phone:				Mobile:		
Emergency contact name:				Emergency contact phone:		
Medical Clearance						
Please record any medical conditions or medication that may affect your ability to complete this qualification safely.						
Condition/s:						
Medication:						
I have discussed the above with a medical professional and by signing below declare that I am fit to undertake the qualification requirements.						
Name:		Signature:		Date:		

<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – APPLICATION FORM

Instructor Endorsement

Endorsement Details

Endorsing instructor name:			Instructor Level:		Instructing Community:	
APA member #:		Phone:			Email:	

Please attach signed and dated instructor endorsement to this document.

NB: An endorsement should take the form of a short letter of support. The instructor writing the endorsement should reflect on the applicant’s ability to perform the roles and requirements of the qualification, uphold the APA instructor Code of Ethics and promote the Vision, Mission and Values of the Australian Parkour Association. The endorsement should be based on the instructor’s personal experience of teaching and training with the applicant. In writing and signing the endorsement, the endorsing instructor takes responsibility for the applicant’s performance as an APA instructor and representative of the Australian Parkour Association.

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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – APPLICATION FORM

Checklist

ALL ITEMS MUST BE COMPLETED TO BE ELIGIBLE FOR CERTIFICATION	
Attach a photocopy of the following:	✓
Endorsement from one (1) Level 2 or Level 3 instructor	
Working with children check/police check, positive notice or blue card.	
Community Coaching General Principles Certificate of completion. (available online at https://learning.ausport.gov.au)	
Logbook/sheet of instructor training hours, signed by a Level 2 or Level 3 instructor	
Complete the following:	✓
Important information sheet	
Medical clearance form	
Instructor endorsement form	
Applicant declaration	

<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – APPLICATION FORM

Applicant Declaration

By signing below I declare that: I have read and understood all material related to my application for qualification as an Australian Parkour Association Level 1 Instructor, including the Roles and Responsibilities; Pre-requisites; Scope of qualification; and Elements of testing. I understand that, if qualified, I am bound to the scope of my qualification in all activities in which I represent the Australian Parkour Association. I undertake to uphold the Instructor Code of Ethics and promote through my actions the Vision, Mission and Values of the Australian Parkour Association.

Applicant name: (as you want it to appear on your certificate)	Signature:	Date:
Witnessed by:		
Witness name:	Signature:	Date:

- UPON COMPLETION OF ALL ASSESSMENT ELEMENTS, PLEASE ENSURE THIS APPLICATION FORM IS FILLED OUT IN FULL.
- ATTACH COPIES OF ALL REQUIRED DOCUMENTATION AND SUBMIT YOUR ENTIRE ASSESSMENT PACKAGE TO THE LEVEL 2 OR 3 INSTRUCTOR RESPONSIBLE FOR YOUR ASSESSMENT. (you may wish to make a copy for your records)
- HE OR SHE WILL SUBMIT A RESULTS RECORD FORM TO THE APA TRAINING DIRECTOR REQUESTING CERTIFICATION (FOR PASSING APPLICANTS)
- YOU WILL RECEIVE A PRELIMINARY NOTIFICATION OF SUCCESSFUL QUALIFICATION AND YOUR CERTIFICATE WILL BE MAILED TO YOU, OR TO YOUR ASSESSING INSTRUCTOR FOR PRESENTATION.
- CERTIFICATES ARE PRINTED MONTHLY, PLEASE BE PATIENT!

<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – WRITTEN

Reflection and personal introduction

Why do you wish to teach Parkour?

Use the space below to give a brief outline of your connection to Parkour. This section will not be marked, but will help us to understand your motivations and approach to Parkour and teaching. Some inspiration questions: How did you get into Parkour? What attracted you to it? Why did you decide to start teaching? What are your personal goals as an instructor? What do you enjoy most about teaching? What do you find difficult about teaching? What motivates your own training? Who inspires you? What other relevant pursuits (training/career etc.) do you engage in?

<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – PHYSICAL
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – PHYSICAL

Instructions/Equipment

Examiner Instructions/Equipment

- The examiner is to record all testing information as accurately as possible.
- You may offer encouragement but not help to the applicant.

Equipment:

- | | |
|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Clipboard • Pens • First aid kit | <ul style="list-style-type: none"> • Mobile phone • Water bottle • Snacks/food |
|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|

Applicant Instructions/Equipment

- The applicant is to arrive at the examination venue/start point at least ½ hour before examination begins.
- The applicant may not bring pre-prepared notes for any of the activities.
- The medical clearance and applicant agreement forms must be completed in full prior to arrival at the venue/start point.
- The applicant must write his/her name at the bottom of each page of this booklet prior to arrival at the venue/start point.
- Once the examination has begun the applicant must follow all instructions given by the examiner.
- If the applicant fails the test at any point, he/she may choose to complete the test with an unrecorded result or stop testing immediately.

Equipment:

- | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| <ul style="list-style-type: none"> • This booklet • Water bottle • Snacks/food • Mobile phone | <ul style="list-style-type: none"> • Any personal medication required • Change of clothes/shoes (optional) • Hat/sunscreen if applicable • Towel (optional) | <ul style="list-style-type: none"> • Parkour spirit |
|-----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|

Applicant name:	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – PHYSICAL

Part 1: Mobilisation and Dynamic Stretching

Mobilisation			
<i>Demonstrate at least 2 exercises to mobilise each of these regions: 100% to pass</i>			
Region	Exercise 1	Exercise 2	Competent = ✓ Not competent = ✗
Neck			
Shoulders			
Wrists			
Elbows			
Spine			
Hips			
Knees			
Ankles			
Dynamic Stretch			
<i>Demonstrate an effective stretch for each of these regions. These must be different from the exercises used in the mobilisation section above: 100% to pass</i>			
Region	Exercise	Competent = ✓ Not competent = ✗	
Chest/Shoulders			
Latissimus Dorsi (Lats)			
Torso			
Quadriceps			
Hamstrings			
Hip Flexors			
Hip Adductors			
Calves			
PASS		FAIL	

Applicant name:

AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – PHYSICAL

Part 2: Technical Ability

NB: See testing notes for techniques at the end of this section for clarification on form, distances and variations.

Technique Demonstration Test
*Complete 6 repetitions of the following techniques. For all bilateral techniques demonstrate 3 on right side plus 3 on left side as denoted by (L) and (R).
 5/6 for each technique to pass.*

Techniques	Distance (where applicable)	Repetitions					
		Competent = ✓ Not competent = ✗					
		1	2	3	4	5	6
Quadrupedie	40 metres	Forwards x 20m			Reverse x 20m		
Equilibre (Balance Walk)	30 metres	Forwards x 10m	Turn 180 deg	Forwards x 10m	Turn 180 deg	Forwards x 10m	Dismount
Forefoot Running	60 metres	Forwards x 30m			Forwards x 30m		
Landing							
Roll		(L)	(L)	(L)	(R)	(R)	(R)
Climb up		(L)	(L)	(L)	(R)	(R)	(R)
Passemment	Speed Vault	(L)	(L)	(L)	(R)	(R)	(R)
	Lazy Vault	(L)	(L)	(L)	(R)	(R)	(R)
	Dash Vault	(L)	(L)	(L)	(R)	(R)	(R)

Applicant name:

Saut de Precision			(L)	(L)	(L)	(R)	(R)	(R)
Saut de Bras			(L)	(L)	(L)	(R)	(R)	(R)
Passe Muraille	Wall Run		(L)	(L)	(L)	(R)	(R)	(R)
	Pop vault		(L)	(L)	(L)	(R)	(R)	(R)
Saut de Chat			(L)	(L)	(L)	(R)	(R)	(R)
Demi tour (Turn Vault)			(L)	(L)	(L)	(R)	(R)	(R)
Franchissement	Underbar		(L)	(L)	(L)	(R)	(R)	(R)
	Reverse underbar		(L)	(L)	(L)	(R)	(R)	(R)
Tic Tac			(L)	(L)	(L)	(R)	(R)	(R)
Lache								
Climbing								
PASS					FAIL			

<i>Applicant name:</i>	
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TESTING NOTES FOR TECHNIQUES:

Techniques will be tested against the following notes on form, distances and variations. The assessor’s interpretation of these notes is final. Where distances use anatomical lengths, these refer to the applicant’s body.

TECHNIQUE	TESTING NOTES
Roll	<ul style="list-style-type: none"> • From standing position • Hard surface
Climb up	<ul style="list-style-type: none"> • No overgrip • Must start with arms at full extension • Must be higher than or equal to shoulder height – heel to shoulder
Passemment	<ul style="list-style-type: none"> • Waist height or higher • Rail, box or wall • Lazy and dash – as demonstrated in APA tutorials
Precision	<ul style="list-style-type: none"> • Horizontal distance: Body length or greater • Balanced landing
Equilibre	<ul style="list-style-type: none"> • Rail at waist height or above • The applicant is allowed a maximum of 1 (one) slip/fall. Any more than this constitutes a fail • A slip or fall is defined as any part of the body touching the ground or the hips dropping below the rail • The applicant must re-mount the rail at the point they slipped or fell and resume the test from that point • Testing begins once the applicant has mounted the rail and taken one step
Passe muraille	<ul style="list-style-type: none"> • Wall run: Must be higher than or equal to maximal reach – toes to fingertips at full stretch • Wall pop: Must be higher than or equal to shoulder height – heel to shoulder • Technique is complete when applicant’s chest and at least one foot is higher than the wall
Saut de bras	<ul style="list-style-type: none"> • Height of wall: Between waist and head height (from initial launch surface) • Horizontal Distance: Body length or greater
Saut de chat	<ul style="list-style-type: none"> • Waist height or higher; rail, box or wall
Demi tour	<ul style="list-style-type: none"> • Waist height or higher • Rail

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Franchissement	<ul style="list-style-type: none"> • Gap must be no greater than arms length – shoulder to fingertips
Tic tac	<ul style="list-style-type: none"> • Applicant must show basic technique
Lache	<ul style="list-style-type: none"> • Horizontal distance: shoulder height – heel to shoulder • Level lache (no drop or rise)
Quadrupedie	<ul style="list-style-type: none"> • Back parallel to ground • Controlled movement
Landing	<ul style="list-style-type: none"> • Above knee height
Climbing	<ul style="list-style-type: none"> • Must demonstrate consistent technique for a period of 30 seconds or longer • Vertical or overhung surface • Rock; Wall; Scaffolding
Forefoot Running	<ul style="list-style-type: none"> • Jogging pace

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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – PHYSICAL

Part 3: Stretching

Demonstrate one appropriate non-dynamic stretch for each of these regions. Your aim is to promote flexibility in the region with minimal risk of injury. Stretches must be suitable for a wide audience.

Region	Appropriate	Inappropriate	Notes		
Neck					
Shoulders					
Biceps					
Triceps					
Forearms					
Chest					
Lower Back					
Abdominals					
Hip flexor					
Quadriceps					
Glutes					
Hamstrings					
Calves					
Shins					
Total:			<i>11/14 to pass</i>	Total:	
PASS			FAIL		

Applicant name:

AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – THEORETICAL

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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – THEORETICAL

Instructions/Equipment

Examiner Instructions/Equipment

- The examiner is to record all testing information as accurately as possible.
- You may offer encouragement but not help to the applicant.
- For each topic, take detailed notes on the content and delivery provided by the applicant.
- Major safety errors will result in automatic fail

Equipment:

- Clipboard
- Pens

- Mobile phone
- Water bottle



TIME LIMIT: 45 mins

Applicant Instructions/Equipment

- The applicant is to arrive at the examination venue/start point at least 15mins before examination begins.
- The applicant may not bring pre-prepared notes for any of the activities.
- The medical clearance and applicant agreement forms must be completed in full prior to arrival at the venue/start point.
- The applicant must write his/her name at the bottom of each page of this booklet prior to arrival at the venue/start point.
- Once the examination has begun the applicant must follow all instructions given by the examiner.
- All topics to be explained verbally. Do NOT write your answers in this booklet! Blank spaces are for your examiner to take notes.
- Each section has a pass mark. If you fail one section, you fail the exam.
- Major safety errors will result in automatic fail.

Equipment:

- This booklet
- Water bottle

Applicant name:

AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – THEORETICAL

First-timers topics: Subject Knowledge and Communication (Oral)

Explanation of criteria

You will be assessed on the criteria below:

Content	Delivery
<p>You are demonstrating your knowledge and understanding of the topics as they are addressed in a first timers class. You will need to know why things are done in certain ways and why the APA makes certain recommendations. You may also need to field questions that might be posed by students.</p>	<p>You present as a confident Level 1 APA instructor. Your posture is strong; your voice projection is resonant and well directed; your manner is courteous and your delivery is concise, avoiding unnecessary ‘filler’ phrases or repetition.</p>

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What is Parkour? <i>Give an introduction to the discipline of Parkour for someone who has never heard of it before. Make sure to address some common misconceptions. Respond to any questions asked by your examiner as though addressing a first-time student.</i>		
Content	Delivery	
/10	/10	
<i>Minimum 5/10 for each section. Minimum 14/20 to pass.</i>	PASS	FAIL

<i>Applicant name:</i>	
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Introduction to classes: <i>Give an introduction to the Australian Parkour Association's Parkour classes. What should students expect from a First Timers Class? What should they expect from other APA classes? What is expected of them? Respond to any questions asked by your examiner as though addressing a first-time student.</i>		
Content	Delivery	
/10	/10	
<i>Minimum 5/10 for each section. Minimum 14/20 to pass.</i>	PASS	FAIL

<i>Applicant name:</i>	
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Warm up: <i>Give a brief explanation of the benefits of a warm up before training. What type of exercises does a warm up include? Respond to any questions asked by your examiner as though addressing a first-time student.</i>		
Content	Delivery	
/10	/10	
<i>Minimum 5/10 for each section. Minimum 14/20 to pass.</i>	PASS	FAIL

<i>Applicant name:</i>	
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Warm down:

Give a brief explanation of the benefits of a warm down after training. What type of exercises does a warm down include? Respond to any questions asked by your examiner as though addressing a first-time student.

Content	Delivery	
/10	/10	
<i>Minimum 5/10 for each section. Minimum 14/20 to pass.</i>	PASS	FAIL

<i>Applicant name:</i>	
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Strength and Conditioning:		
<i>Give a brief explanation of the benefits of strength and conditioning specific to training Parkour. What type of exercises does strength and conditioning include? Respond to any questions asked by your examiner as though addressing a first-time student.</i>		
Content	Delivery	
/10	/10	
<i>Minimum 5/10 for each section. Minimum 14/20 to pass.</i>	PASS	FAIL

<i>Applicant name:</i>	
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Equipment:		
<i>Give a brief explanation of the equipment needed for training Parkour. Focus on footwear and clothing, and the difference between everyday clothes and training clothes. Respond to any questions asked by your examiner as though addressing a first-time student.</i>		
Content	Delivery	
/10	/10	
<i>Minimum 5/10 for each section. Minimum 14/20 to pass.</i>	PASS	FAIL

<i>Applicant name:</i>	
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Training outside classes:

Give a brief explanation of the options for, and benefits of, training outside of classes. Be sure to include some safety considerations in your explanation. Don't forget to mention your local community training sessions and gatherings where appropriate.

Content	Delivery	
/10	/10	
<i>Minimum 5/10 for each section. Minimum 14/20 to pass.</i>	PASS	FAIL

<i>Applicant name:</i>	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – PRACTICAL

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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – PRACTICAL

Instructions/Equipment

Examiner Instructions/Equipment

- The examiner is to record all testing information as accurately as possible.
- You may offer encouragement but not help to the applicant.
- For each technique, take detailed notes for the Demonstration, Explanation, KCPs, Progression and Corrective/Troubleshooting elements of the tuition as delivered by the applicant.
- To determine troubleshooting ability, you must provide demonstrations/explanations of at least 2 common errors/technical problems for each technique
- Major safety errors/oversights will result in automatic fail



TIME LIMIT: 1hour 30mins

Equipment:	<ul style="list-style-type: none"> • Clipboard • Pens 	<ul style="list-style-type: none"> • Mobile phone • First aid kit 	<ul style="list-style-type: none"> • Water bottle • Snacks/food
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Applicant Instructions/Equipment

- You must arrive at the examination venue/start point at least 15 minutes before examination begins.
- You may not bring pre-prepared notes for any of the activities.
- The medical clearance and applicant agreement forms must be completed in full prior to arrival at the venue/start point.
- You must write your name at the bottom of each page of this booklet prior to arrival at the venue/start point.
- Once the examination has begun you must follow all instructions given by the examiner.
- You are taking on the role of instructor. Your examiner will take on the role of student, but will take notes and ask questions from time to time.
- If you fail the test at any point, you may choose to complete the test with an unrecorded result or stop testing immediately.
- Teaching of the techniques must contain each of the elements: Demonstration, Explanation, KCPs, Progression and Corrective/Troubleshooting but can delivered in any appropriate style or order.
- Major safety errors/oversights will result in automatic fail.

Equipment:	<ul style="list-style-type: none"> • This booklet • Water bottle • Snacks/food 	<ul style="list-style-type: none"> • Any personal medication required • Change of clothes/shoes (optional) • Mobile phone 	<ul style="list-style-type: none"> • Hat/sunscreen if applicable • Towel (optional) • Parkour spirit
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Applicant name:	
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AUSTRALIAN PARKOUR ASSOCIATION – INSTRUCTOR QUALIFICATIONS – LEVEL 1 – PRACTICAL

First-timers techniques: Teaching Competency

NB: See testing notes for techniques at the end of this section for clarification on form, distances and variations.

Explanation of criteria
You will be assessed on the criteria below:

Demonstration	Explanation	Key Coaching Points	Progression	Corrective/Troubleshooting
Your physical demonstration/s of the technique must be easy to follow and confidently executed. The way you demonstrate a technique must match up with the way you teach it.	Your explanation of the technique must be clear and confident. It must include the purpose of the technique and tips on how it is executed.	You must explain the most important parts of the movement. Especially those that make the technique safer. Failure to mention key safety points will result in heavy penalties.	You must show your understanding of how to help a first timer progress from having never done the technique, to full execution of the technique. You may also be tested on your knowledge of further progressions or variations of the technique.	Your assessor will present you with a range of common errors or technical difficulties encountered in classes. You will be expected to have strategies to correct these.

Applicant name:

Forefoot running				
<i>The applicant has 10 minutes to show their competency in teaching forefoot running technique</i>				
Demonstration	Explanation	Key Coaching Points	Progression	Corrective/Troubleshooting
/10	/10	/10	/10	/10
<i>Minimum 5/10 for each section. Minimum 35/50 to pass.</i>		PASS		FAIL

<i>Applicant name:</i>	
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Quadrupedal movement <i>The applicant has 10 minutes to show their competency in teaching quadrupedal movement technique</i>				
Demonstration	Explanation	Key Coaching Points	Progression	Corrective/Troubleshooting
/10	/10	/10	/10	/10
<i>Minimum 5/10 for each section. Minimum 35/50 to pass.</i>		PASS		FAIL

<i>Applicant name:</i>	
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Landings				
<i>The applicant has 10 minutes to show their competency in teaching landing technique</i>				
Demonstration	Explanation	Key Coaching Points	Progression	Corrective/Troubleshooting
/10	/10	/10	/10	/10
<i>Minimum 5/10 for each section. Minimum 35/50 to pass.</i>		PASS		FAIL

<i>Applicant name:</i>	
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Roll				
<i>The applicant has 10 minutes to show their competency in teaching roll technique</i>				
Demonstration	Explanation	Key Coaching Points	Progression	Corrective/Troubleshooting
/10	/10	/10	/10	/10
<i>Minimum 5/10 for each section. Minimum 35/50 to pass.</i>		PASS		FAIL

<i>Applicant name:</i>	
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Balance				
<i>The applicant has 10 minutes to show their competency in teaching balance technique</i>				
Demonstration	Explanation	Key Coaching Points	Progression	Corrective/Troubleshooting
/10	/10	/10	/10	/10
<i>Minimum 5/10 for each section. Minimum 35/50 to pass.</i>		PASS		FAIL

<i>Applicant name:</i>	
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Climb-up				
<i>The applicant has 10 minutes to show their competency in teaching climb-up technique</i>				
Demonstration	Explanation	Key Coaching Points	Progression	Corrective/Troubleshooting
/10	/10	/10	/10	/10
<i>Minimum 5/10 for each section. Minimum 35/50 to pass.</i>		PASS		FAIL

<i>Applicant name:</i>	
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TESTING NOTES FOR TECHNIQUES:

Techniques will be tested against the following notes on form, distances and variations. The assessor’s interpretation of these notes is final. Where distances use anatomical lengths, these refer to the applicant’s body.

TECHNIQUE	TESTING NOTES
Forefoot Running	<ul style="list-style-type: none"> • Jogging pace
Quadrupedie	<ul style="list-style-type: none"> • Forwards and reverse (minimum)
Landing	<ul style="list-style-type: none"> • From above knee height
Roll	<ul style="list-style-type: none"> • From standing position • Hard surface
Equilibre (Balance)	<ul style="list-style-type: none"> • Rail at waist height or above.
Climb up	<ul style="list-style-type: none"> • No overgrip • Must be higher than or equal to shoulder height – heel to shoulder

<i>Applicant name:</i>	
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