

# BarreAmped®

## Barre Instructor Training Program 2020 Continuing Education Guidelines

- I. Barre Certified by BarreAmped®
  - A. Upon successful completion of BarreAmped® Level 1 Training you earn:
    1. The title 'Barre Certified by BarreAmped®'
    2. 12 months free access from your training date to the BarreAmped® Network where you can access training videos, tools, and resources online
      - a) New material is added monthly to the BarreAmped® Network
      - b) Discussion threads facilitate further learning and conversation
      - c) Connect with other trainees directly via private message inside the Network
    3. After your first 12 months, choose to continue access by paying yearly up front (discounted) or monthly (cancel anytime)
    4. Manage your payment account and payment method inside your Network profile
  - B. Renewal/Expiration Date
    1. Your Renewal/Expiration Date is set 2 years from the date of your Level 1 training
    2. Find your Renewal Date listed:
      - a) On your downloadable Certificate of Completion
      - b) On your Network profile
- II. How to Maintain an Active Certification Status with BarreAmped®
  - A. Remain a member in good standing of the BarreAmped® Network
    1. Access to the Network will be terminated and your certification status changed to Inactive in the event of:
      - a) Failed or canceled payments
      - b) Inappropriate or illegal behavior regarding your certification
  - B. Complete a total of two (2) Continuing Education (CE) points within the two-year renewal cycle prior to your Renewal/Expiration Date
    1. Earn CE points by choosing from the following options:
      - a) Train in a further two-day BarreAmped® Core Training Level: 2 CE points
      - b) Train in a one-day BarreAmped® Specialty Format: 1 CE point
      - c) Participate in an in-person BarreAmped® workshop: 0.5 CE points
      - d) Sit-in on a training previously completed: 2 CE points for two-day trainings, 1 CE points for one-day trainings, 0.5 points for in-person workshops
      - e) Participate in a BarreAmped® Conference: 2 CE points
      - f) Complete a webinar workshop or online course in the BarreAmped® Network: 0.5 CE points
      - g) Complete a pre-approved outside course:
        - (1) Rebecca Lowe, PT, COMT, FAAOMPT - RebeccaLowe.physio
          - (a) Cube Care™ Instructor Training - 1.5 CE points
        - (2) Julie Wiebe, PT - JulieWiebePT.com
          - (a) Pelvic Floor Piston: Foundations for Fitness - 0.5 CE points
          - (b) Breath Mechanics for Pelvic Health & Fitness - 0.5 CE points
          - (c) Piston Science Pt. 1 - 0.5 CE points per module
        - (3) Eric Franklin - FranklinMethod.com
          - (a) Any Franklin Method course - 1.5 CE points
        - (4) Katy Bowman, M.S. - NutritiousMovement.com
          - (a) Whole Body Biomechanics - 0.5 CE points per module
      - h) A minimum of 0.5 CE points must be earned from within the BarreAmped® program