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TRAINING FRAMEWORK 2021

BarreAmped Asia

Brought to you by Barre 2 Barre Academy



BarreAmped (BA) – Asia

Brought to you by Barre 2 Barre (B2B) Academy

In Studio

BA Level 1 + B2B
Academy

BA Online (BAO)

BAO Foundations

BAO Intermediate

I may want to consider teaching / I
want to learn more!

BA Bridge

BA Level 2 + B2B
Academy

Applicable for Asia residents only. Prices subject to change



CONTENT DETAILS

IN-STUDIO TRAINING

BA L1 and B2B Academy (Approved by ACE eligible for 2.4 CEUs)

- B2B Academy Module 1 – Basic anatomy for barre
- B2B Academy Module 2 – Bones and Muscles of the Spine and Thorax
- BA Level 1 – Exercise repertoire
- Anatomy knowledge application
- Level 1 Teaching skills
- Practice teaching and lab workshops
- Level 1 Case studies
- Level 1 class planning and formatting
- Form and corrections for pre/post natal and injuries

BA L2 and B2B Academy

- B2B Academy Module 3 – Bones of the shoulder
- B2B Academy Module 4 – Muscles of the shoulder
- BA Level 2 – Exercise repertoire
- Advanced anatomy knowledge application to exercises
- Level 2 Teaching skills
- Hone in on practice teaching and more lab workshops
- Level 2 class planning and formatting
- Level 2 case studies
- Incorporating music
- Level 2 form and corrections

BA ONLINE - CONTENT

BAO Foundations (Approved by ACE for 0.2 CEUs)

- B2B Academy Module 1 – Basic anatomy for barre
- BAO Fundamentals – Exercise repertoire. These exercises will not require a barre
- Technique workshops

BAO Intermediate (Approved by ACE for 0.2 CEUs)

- B2B Academy Module 2 – Bones and Muscle of the spine and thorax
- BAO Intermediate – Exercise repertoire. These exercises will not require a barre
- Intermediate technique workshops



BA BRIDGE - CONTENT

BA Bridge (2 half days)

- In studio class attendance
- Review of B2B Academy Module 1 and 2
- Anatomy knowledge application
- BA Bridge exercise repertoire
- Class formatting
- Practice teaching and labs
- Case studies
- Form and corrections



FRAMEWORK DIFFERENCES

Comparison of In-Studio and Online training

Pathway	In - Studio	BA Online
Pre-requisites	> 10 hours Barre 2 Barre in studio and/or Barre 2 Barre On Demand	> 10 hours Barre 2 Barre in studio and/or Barre 2 Barre On Demand
Suitable for	<p>Barre enthusiasts or those looking to teach</p> <p>Basic and in depth anatomy, teaching skills and practice teaching will be covered during the training</p>	<p>Barre enthusiasts looking to improve their own form, fitness teachers looking to add barre to their repertoire</p> <p>Focus of the training will be for those looking to improve self practice. Basic anatomy will be covered with less focus on teaching skills, and practice teaching</p>
Duration	4 half days	2 half days

Pathway	In - Studio	BA Online
Testing	Yes. Practical and theory	No
Post training support and materials	Yes	No
ACE approved	Yes	Yes but eligible for less CEU credits than the full in studio course
Equipment needed for the training	Wall mounted barre, mat, light weights – All provided by the studio	Mat, light support (e.g. chair), computer and power supply, reliable internet connection

Pathway	In - Studio	BA Online
Certificate	BarreAmped and Barre 2 Barre Academy - Certificate of Completion	BA Online and B2B Academy Online – Certificate of Attendance
Renewal / Re-certification	<p>Yes if you need a valid certificate. Certificate has an expiry of 2 years</p> <p>Only trainings offered in Asia will qualify for re-certification</p>	<p>Certificate has an expiry of 2 years.</p> <p>Only trainings offered in Asia will qualify for re-certification</p>
Further training	Specialty formats available after successful completion of BA Level 2 and B2B Academy	Specialty formats available after successful completion of BA Level 2 and B2B Academy