

# BODYSPHERES™ Movement-on-the-Ball

## Certification Program Outline and Teaching Modules

BodySpheres Movement-on-the-Ball certification entails 42 hours of in-class training as well as additional hours of personal study, course assignments, observation, practise and teaching. Successful completion of the program and attainment of certification require full attendance in all class teaching, submission of assignments in good standing within a specified time-frame , demonstration of embodiment of somatic skills and the ability to teach at a beginner level.

The training is open to fitness and mind-body teachers, therapists and educators. Exceptions to these fields may be considered in the case of mature students who love ballwork and are motivated to study this discipline in more depth. However, certification is granted only to those who are already qualified as teachers, therapists or health care practitioners.

Awarding of certification allows the use of the title “BodySpheres™ Movement on the Ball Certified” and for the teaching of classes and half day workshops. (The teaching of the full day professional level workshop requires attendance in two such workshops.)

### Program Goals:

- 1) Immersion in a full-bodied, somatic approach to ballwork
- 2) Comprehension of the historical influences of this approach and the mind-body framework of somatics
- 3) Learn to observe the component parts of movement and identify the **skills**, movement principles (**body organization**) and neuromuscular foundation (**function**)
- 4) Plan and teach a beginner class with effective performance of exercises as well as clear verbal cueing
- 5) Recognize and address general corrections as to safety and required modifications

### Program Assignments:

- 1) **Article “What Is BodySpheres?”** – a one page article intended for the general public (as in the *Life* section of a newspaper or magazine) describing the nature of this fitness approach – submission before or during second week-end of training.
- 2) **Teach a mini-class during training** – teaching a 30-40 minute class to classmates and/or a small group of community members – during later module TBA.
- 3) **Comparative Analysis** – view (video or attend a class) another ballwork approach (yoga, Pilates, fitness-based) and describe the similarities and differences in content and teaching style (2 pages) – submission within 3 months of program completion.
- 4) **Community Class Plan and Journal** – after teaching a series of ball classes, submit a 3-4 page report consisting of a sample of a class outline, your thought process in creating the classes, experience during teaching, client feedback and self-evaluation (successful aspects, areas for improvement) – submission within 6 months of program completion. Include exercises from the Full Exercise Description (FED) & Brief Exercise Charts (BEC) sections (complete the Skills Development, Body Organization & Function components for BEC).

## **Program Modules (12)**

(Each module is approximately 3.5 hours for a total of 42 hours and this outline is flexible. As each group learns at a different pace, only the first 6 modules are listed as sample format.)

### **Module 1**

Introductions & Partner/Group Play Ball Exercises

Program Overview & Teacher Certification Manual Introduction

Somatics context, BF/LMA background (4 pre-program articles: *“Bone, Breath & Gesture”*, *“Beyond Dance: Laban’s Legacy of Movement Analysis”*, *“Irmgard Bartenieff’s Fundamentals”*, *“Statement Regarding Differences Between Yoga & Movement Therapy”*)

Supine and Standing Warm-ups

### **Module 2**

Preliminary Notes

Supine and Standing Warm-ups

Theory Introduction: Skills Development, Body Organization, Function

Standing with the Ball Exercises

Sitting Up Exercises

### **Module 3**

Theory: Skills Development, Body Organization, Function

Supine Floor & Prone

Guidelines for Exercise Proficiency and Safety

### **Module 4**

Theory: Body Organization, Function

Sitting Down & Supine Up

### **Module 5**

Theory: Body Organization, Function

Side & At Wall Prone/Supine/Side

### **Module 6**

Theory: Body Organization, Function

Review of Module 2 - 5 Exercises

Class Planning & Assignment Review

### **Module 7-12**

Brief Exercise Charts, Review & Assignment Submissions