

Education > Curriculum > GYROTONIC® >Apprentice

Purpose:

The purpose of the Apprenticeship period is to help the Apprentice review and practice the Foundation Course material and prepare for the Final Certification Course. The Apprentice can only gain entry into advanced **GYROTONIC®** Educational Courses after successful completion of the Final Certification Course Level 1.

Responsibility of the Apprentice:

It is the responsibility of the Apprentice to make all arrangements in order to fulfill the requirements of the Apprenticeship Period.

Validity of Apprenticeship:

The Apprenticeship Period lasts a minimum of six (6) months and a maximum of twelve (12) months from the date that the Student completed the Foundation Course. Thus, the Apprentice cannot enroll in the Final Certification Course if less than six (6) months have elapsed since she or he finished the Foundation Teacher Training Course with a Master Trainer. If twelve (12) months have expired since the Apprentice completed the Foundation Teacher Training Course and the Apprentice had not yet taken the Final Certification Course, she or he must contact **GYROTONIC®** Headquarters. The Educational Director will decide if the Apprenticeship will be nullified or if an extension for a specific period of time will be granted.

General guidelines of the Apprenticeship:

The Apprentice must successfully fulfill all parts of the Apprenticeship.
The Apprentice must:

1. start teaching clients after successful completion of the Foundation Teacher Training Course. The Apprentice must complete a specific amount of “teaching client hours” prior to undertaking the Supervised Apprentice Hours with a Master Trainer.
2. complete Supervised Apprentice Hours with ONE Master Trainer.
3. continue teaching clients to gain experience and accumulate hours.
4. physically execute the Foundation Course Exercises on a regular basis throughout the entire Apprenticeship Period.

Details of the Apprenticeship:

Part 1: teaching clients

The Apprentice is authorized to teach clients according to the syllabus of the **GYROTONIC®** Foundation Manual Level 1. The Apprentice must teach at least 60 HOURS. These hours must be documented and marked under the category of “Teaching Client Hours” in the Apprentice Log Sheet.

Part 2: Supervised Apprentice Hours with a Master Trainer

Prior to participating in any Supervised Apprentice Hours, the Apprentice has to complete a specific amount of “Teaching Client Hours” documented in the Apprentice Log Sheet.

All mandatory Supervised Hours must be taken with ONE (1) **GYROTONIC®** Master Trainer. The Supervised Apprentice Hours can be completed in the following format:

A. GROUP: involving several Apprentices and ONE Master Trainer. All Apprentices have to execute and apply the “physical guidance” aspects of all Foundation Course exercises to a moving person. These hours count as SUPERVISED APPRENTICE HOURS.

The 2 SEGMENTS FORMAT of the Supervised Apprentice Hours must be taken in the following order:

The Apprentice must first teach at least 20 “Teaching Client Hours” before participation in the first Supervised Apprentice Hours Segment. All Hours need to be documented on the Apprentice Log Sheet.

Supervised Segment 1: 3 consecutive days, 5 hours each day, total of 15 hours

The Apprentice then must continue executing and logging on the Apprentice Log Sheet a minimum of 20 more “Teaching Client Hours”, which will bring the total of completed “Teaching Client Hours” to a minimum of 40 hours. The Apprentice cannot enroll in Supervised Segment 2 until these 20 additional hours are completed.

Supervised Segment 2: 3 consecutive days, 5 hours each day, total of 15 hours

The Apprentice must then continue working with clients and logging an additional 20 “Teaching Client Hours”, thus bringing the total number of hours to a minimum of 60, and all of these “Teaching Client Hours” must be documented on the Apprentice Log Sheet.

The entire amount of hours the Apprentice must log are: 60 “Teaching Client Hours” + 30 Supervised Apprentice Hours = 90 Hours Total

A minimum of two weeks must elapse between the completion of the last Supervised Apprentice Hours Segment and the first day of the Final Certification Course, i.e. the Apprentice cannot immediately enroll in the Final Certification Course after completing Supervised Segment 2. Knowing the date of the Final Certification Course beforehand, the Apprentice should allow time for completing the last portion of the “Teaching Client Hours” after the Supervised Segment 2 has been completed.

B. Group: involving several Apprentices and ONE Master Trainer. All Apprentices have to execute and apply the “physical guidance” of all Foundation Course exercises to a moving person. These hours count as SUPERVISED APPRENTICE HOURS.

The 1 SEGMENT FORMAT for the Supervised Apprentice Hours must be taken in the following order:

The Apprentice must teach at least 30 “Teaching Client Hours” before participating in the Supervised Apprentice Hours Segment.

Supervised Segment 1: 6 consecutive days, 5 hours each day, total of 30 hours

The Apprentice must then continue working with clients and logging an additional 30 “Teaching Client Hours”, thus bringing the total number of hours to a minimum of 60, and all of these “Teaching Client Hours” must be documented on the Apprentice Log Sheet.

The entire amount of hours the Apprentice must log are: 60 “Teaching Client Hours” + 30 Supervised Apprentice Hours = 90 Hours Total

Two weeks must elapse between the completion of the last Supervised Apprentice Hour Segment and the first day of the Final Certification Course, i.e. the Apprentice cannot immediately enroll in the Final Certification Course after completing the Supervised Apprentice Hours Segment. Knowing the date of the Final Certification Course beforehand, the Apprentice should allow time for completing the last portion of the “Teaching Client Hours” after the Supervised Segment has been completed.

C. Retaking the ENTIRE Foundation Teacher Training Course, as a student. If the Apprentice chooses to retake the entire Foundation Course, the required hours must be laid out as follows:

The Apprentice must complete at least 20 “Teaching Client Hours” before retaking the Foundation Course.

The Apprentice can then retake the entire Foundation Teacher Training Course: 12 days, 60 hours.

The Apprentice must then continue working with clients and logging an additional 20 “Teaching Client Hours” on the Apprentice Log Sheet, bringing the total minimum amount of “Teaching Client Hours” to 40.

The entire amount of hours the Apprentice must log are: 40 “Teaching Client Hours” + Retaking the entire Foundation Teacher Training Course/60 Hours = 100 Hours total.

A minimum of two weeks must elapse between the completion of the Foundation Course and the first day of the Final Certification Course, i.e. the Apprentice cannot immediately enroll in the Final Certification Course after completing the Foundation Course. Knowing the date of the Final Certification Course beforehand, the Apprentice should allow time for completing the last portion of the “Teaching Client Hours” after the Foundation Course has been completed.

It is mandatory that, while executing the Supervised Apprentice Hours, the Apprentice is required, in the presence of the Master Trainer, to teach Progression One of the Foundation Teacher Training Program.

The Master Trainer will initial all Supervised Apprentice Hours on the Log Sheet. However it is up to the discretion of the Master Trainer to give the final signature on the Log Sheet to approve the successful completion of the ENTIRE Apprenticeship.

Part 3: regular physical execution

The Apprentice must regularly perform the exercises according to the Foundation Teacher Training Exercise List. The Apprentice must be able to physically execute and demonstrate the exercises of the Foundation Course Syllabus.