

Academic Plan

Year 1



MONTH	ONLINE MATERIALS	PHYSICAL MATERIALS	LIVE COURSES	MENTORSHIP CALLS	FAST TRACK SERIES	EXAM DEADLINES
Month 1	Anatomy and Physiology online workshop Holistic Lifestyle Coaching Level 1 online, sections 1 and 2	Academy Welcome Pack: How to Eat, Move and Be Healthy!/ Movement that Matters		Group Mentorship Call - Kickstart your Academy Journey	How to learn Anatomy	
Month 2	Program Design elearning course Holistic Lifestyle Coaching Level 1 online, sections 3 and 4				How to design an exercise Program	Program Design elearning course - end of Month 2
Month 3	Scientific Back Training elearning course				Scientific Back Training-practical testing and anatomy	Scientific Back Training elearning course - end of Month 3
Month 4	Scientific Core Conditioning elearning course			Group Mentorship call - with Paul Chek	Scientific Core Conditioning-practical testing and anatomy	Scientific Core Conditioning elearning course - end of Month 4
Month 5	Integrated Movement Science Level 1 Pre-requisite Review online workshop Holistic Lifestyle Coaching Level 1 online, sections 5 and 6				Movement That Matters Concepts Workshop	
Month 6	Holistic Lifestyle Coaching Level 1 online, sections 7 to 10					
Month 7	Holistic Lifestyle Coaching Level 1 online, section 11 to exam			Group Mentorship call - Holistic Lifestyle Coaching Level 1 Practical Application	What is a CHEK Practitioner?	Holistic Lifestyle Coaching Level 1 online - end of Month 7
Month 8	Holistic Lifestyle Coaching Level 1 Practical Application online workshop					
Month 9	Creative Business online workshop				An introduction to Objectives and Key Results	
Month 10	Primal Pattern® Movements elearning course					Primal Pattern® Movements exam
Month 11			Integrated Movement Science Level 1			
Month 12	Integrated Movement Science Level 1 Review online workshop			Group Mentorship calls - IMS1 Review		Integrated Movement Science Level 1 - end of Month 12