

MENTORSHIP & SPORTS THERAPY FUNCTIONAL INSTRUCTOR TRAINING

FUNCTIONAL EXERCISE INSTRUCTOR provides fitness instructors, personal trainers and other fitness and health professionals with a solid foundation in the use of exercise equipment for sport & function. At the end of the MENTORSHIP/course you will be qualified to design and teach clients the most efficient way to work to achieve their exercise goals. The student will learn how to use props, weights, machines, bands, boxes, medicine ball, dynamic stability balls, pilates (if you are a pilates instructor and GYROTONIC®(if you are a GYROTONIC® instructor) to achieve the best possible program.

Course Instructor, **Angela Sundberg MS** began her professional career in rehab. She subsequently left the medical field to train athletes. Angela now runs a sports training center in Scottsdale, Az. She is a STOTT PILATES certified Instructor Trainer, certified GYROTONIC®/ GYROKINESIS® instructor, CSCS and NATA. She and is an internationally sought after instructor of anatomy and shoulder and pelvic stability courses. Angela also developed golf fitness and functional exercise certification programs for fitness professionals who are interested in combining weight training with a mind-body protocol. Her mentorship program attracts trainers from around the world who want to improve their teaching skills.

Cost: between 100 & \$800 per person

Course will be held at 7835 E.Gelding Dr.
Scottsdale, AZ 85260

Classes will schedule around participants schedule. Participants will be required to monitor instructor training clients, design programs, watch videos, and assist instructor.

Course duration: you design your mentorship program which must include observation (DVD or in person) and written documentation of protocol design.

CECs: based on hours in the program

prerequisites: working knowledge of functional anatomy, some fitness experience and some teaching experience

**Contact: Amy Regan
Bodyscapes Wellness Center
480 991-8811
Space is limited!**



Mentorship Application

Mail registrations to: Bodyscapes #C
7835 E. Gelding Drive Scottsdale, Az 85260

Contact Information

Name _____ Company Name _____

Address _____

City _____ State _____ Zip _____

Phone (day) _____ Phone (evening) _____

Fax _____ Email _____

Mentorship Registration

Applications must be accompanied by a note explaining how you would like to design your program and a \$15 non-refundable processing fee and a refundable \$65 account deposit which will be used as a security deposit. The total cost of mentorship proposal will be specified when your application is returned. If you do not accept the proposal, your security deposit will be returned. Otherwise, the security deposit will be used as part of your program fee.

Cost variable depending your mentorship design: \$100 to 800

\$15 Application Fee _____ \$65 Security Deposit _____ Visa _____ MC _____ Check _____

Checks payable to Ron Sundberg

Visa/MC Number _____ Exp. _____

Name on card _____

Signature _____

Billing Address (if different) _____

Cancellation Policy: all mentorship programs members need to renewed each year. You will be sent research updates and information through the calendar year of your registration.

Relevant Education

Please list related degrees, diplomas, post secondary or certificate courses and workshops

List related certification (eg. CSCS,ACE,NATA,AFAA, etc. please specify _____

Relevant Experience

Outline your teaching experience _____

Describe your experience in sport, medicine, fitness, rehab or body work _____

Outline your experience with the works of martial arts, yoga, weights, medicine balls, Pilates, GYROTONIC®, etc.

Personal Information

Do you have any injuries, conditions (including current or recent pregnancy) or postural issues that may affect we should be aware of during this mentorship program?

How did you hear about our MENTORSHIP PROGRAM?

Why are you interested in becoming a CERTIFIED FUNCTIONAL EXERCISE SPECIALIST?

Outline how you would like to design your mentorship program _____

Do you plan on using Postural analysis kit & program design portion of this mentorship program?
(Each personalized CLIENT Profile/Program design is \$55

Are you using this program to fulfill continuing education credits?

You will need Diagnosis & Treatment of Movement Impairment Syndromes by Shirley Sahrmann; Joint Structure and Function by Levangie and Norkin and Trail Guide to the Body, 2nd edition, Andrew Biel which can be purchased from Tattered Covered Bookstore in Denver, 1-800 833-9327

Mail completed registration forms, deposit and mentorship proposals to:
Bodyscapes 7835 E. Gelding Dr. Scottsdale, AZ 85260 Attention:
Mentorship Coordinator

You will receive confirmation via e-mail. Your mentorship packet will be sent after agreement has been reached on program and price.

Bodyscapes Mission Statement

Continuing education has become so cost prohibitive that we have developed our Mentorship program to fill the need for high quality, reasonably cost Instruction. We are dedicated to sharing our knowledge and experience. We look forward to teaching research-based, eclectic approaches of training, treating and rehabilitating your clients.

Welcome to the Bodyscapes Mentorship Program.