

Beginner Level Online Course Introduction

Welcome to The Pole Studio Beginner Level Online Instructor Training Course.

Carefully go through this introduction before you get started with your training.

Complete the mini-quiz at the end of this introduction to be able to move on to the next section.

During this course introduction you will learn:

- [How this course works](#)
- [What mini-quizzes are](#)
- [How to resolve technical issues](#)
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How this course works

You will be guided through The Pole Studio Beginner Level Instructor Training Programme lesson by lesson. You will need to read each page, look at the photos and watch the videos (as applicable) on each page on this online course before you can continue to the next page.

We recommend that you study through the entire course once or twice before you commence your practical training.

When you are ready to start your on-pole practical training, you can go through the course again and focus on the practical elements in even more detail. Practical elements include; warm-up exercises, conditioning exercises on and off the pole, transitional pole moves, spins and tricks on the pole, stretches and cool-down exercises off the pole. When you start your practical training, we suggest that you train for 1 hour - 1.5 hours at a time. Keep a checklist of the moves you are confident in on both sides, as well as a list of moves that need more attention next time you practise. Ensure that you have enough time to go through your warm-up exercises before practising any pole moves. Ensure that you have time to carry out a cool-down after training. Take your time and be patient with yourself. You should rest at least 1-2 days in between pole training sessions so your body can recover. Rest and recovery are vital for strength building and skill development.

What are the mini-quizzes for at the end of each section?

Mini-quizzes are informal knowledge checkers. A few multiple-choice questions will need to be answered before you can progress to the next section of the course. The results from mini-quizzes do not count towards your final grade.

[See webpage 'Course Navigation Look and Feel'. It is important to watch this video.](#)

How to resolve technical issues

Please contact us if you are having any technical issues with the online course platform.

How to resolve study issues

If you are having difficulty understanding elements of the course, be patient with yourself, take a break and don't rush. Read the material, watch the videos to see if you can find the answers. If you still need help, please get in touch and ask.

What are the learning outcomes of this course?

Understand the origins of pole fitness. You will gain a thorough understanding of where pole fitness comes from including traditional styles of pole such as Chinese Pole and how it's reached the gyms and mainstream fitness now.

What is fitness and how is it different from well-being? Learn and understand the components of fitness, and how pole fitness improves fitness. Learn about the benefits of being fitter and healthier.

Learn health & safety in all aspects of pole fitness teaching to help you 'CARE' for your students. From various contraindications your students may have, such as musculoskeletal injuries and heart problems, to learning all about safety checks of the equipment and the studio. Download the health & safety checklist for pole fitness classes. Understand how to work with pregnant women during a pole fitness class as well as the stages of postnatal exercises.

What type of insurance do you need for your studio and for your instructors? Who needs a music license? All of these essential elements are covered within the course.

Use our clearly labelled images and easy to understand muscle action explanations to learn more about anatomy and biomechanics. Find out where specific muscles and bones are and how this knowledge relates to pole fitness teaching. Understand what the key muscles are for each pole fitness movement to improve your teaching skills and pass this knowledge on to your students.

Learn and understand ethical conduct and professionalism to become an exemplary pole fitness instructor. Use our blueprint ethical code of conduct and professionalism checklist to ensure you are setting a new standard as a pole fitness instructor.

Learn the structure and delivery of a pole fitness class. You will learn how to deliver a pole fitness class from the very beginning when you walk into the studio, to the very end when you wave goodbye to a happy class. You will learn how to carry out a risk assessment, deliver a professional welcome, an effective warm-up, the main body of the class and an effective cool down with a variety of stretches.

Learn how to safely warm-up with mobility exercises, dynamic stretches and the pole specific warm-up. Understand the purpose of the warm-up. Learn all about warming up and watch the video demonstrations to see a full warm-up in action.

Learn the purpose of cooling down, how to cool-down and how to teach fifteen different stretches. Each stretch has a written explanation and a video tutorial.

Learn and practise an extensive beginner pole fitness syllabus. The syllabus includes eight gripping positions, twenty two conditioning exercises, thirty two spins, transitions and tricks on the pole! Each move has a thorough written breakdown and a video tutorial.

Learn how to teach the syllabus. You will learn how to teach these moves in a variety of ways and how to progress and regress them for your class.

What assessments are required?

After you have studied, practised and perfected your techniques, it'll be time to take your multiple-choice test and begin recording your final assessments.

The final assessments can be subdivided into three parts:

1) Final Multiple-Choice Test

Thirty multiple-choice questions about the theoretical and practical content of the course. You will have an hour to answer all of the questions and submit your test. You will need at least 70% correct answers to pass. You can take the multiple-choice test as many times as you need to at no extra cost in order to pass this section of your assessments.

2) Written Class Plans

You will have to write two class plans. A class plan for beginner level 1 and a class plan for beginner level 2. You will be required to type your class plans on a PDF which you will download from the training platform. You will then re-upload your written class plans for assessment. You will not receive feedback on the written class plans until all of your assessments have been submitted. This means that you won't hear from an assessor until you have submitted all of your practical assessments.

A final note on written class plans is that although you will have to teach a class on video for your assessor to watch; it doesn't have to be one of the written class plans you submitted.

3) Practical Assessments

This will be the longest element of your assessment for this course. There are four main sections under 'practical assessments'. Normally students take their time recording each section of the practical assessments. Once each section is filmed, cropped, edited and labelled, then you are ready to submit. More guidance will be given on how to record and submit assessments when you get to the practical assessments section of this course.

The practical assessment overview is as follows:

i) Skills Tests 1-3, all move demonstrations to be recorded on both sides to show your technical ability. These videos are silent demonstrations of each move. One video can be edited per Skills Test. You will need to upload your videos to Youtube, GoogleDrive, Vimeo or another private video file sharing site, and then share the URL when you are ready to submit your videos for assessment.

ii) Skills Test 4, your class teaching presentation. You will teach at least one student, for 20-30 minutes. You will utilise The Pole Studio's teaching method, move breakdown and syllabus. Your recorded class presentation will need to be submitted in full. You will need to upload your videos to Youtube, GoogleDrive, Vimeo or another private video file-sharing site, and then share the URL when you are ready to submit your videos for assessment.

How to submit assessments

The multiple-choice test will allow you to click and submit.

The written class plans are typed into the downloadable templates and uploaded back onto the platform.

The practical assessment videos must be submitted by uploading your videos to a video file sharing site such as Youtube (unlisted), Vimeo (private), OneDrive or GoogleDrive. You will only be able to submit URLs to your video assessments into this online training platform.

See webpage 'Materials and How to Submit Assessments'. It is important to watch this video.

How to retake assessments

You may retake the multiple-choice test as many times as you need to until you pass. This will not cost you any extra.

Written class plans, which are only assessed once all of your assessments have been submitted, can be reattempted once at no extra cost. If you do not pass the first time on your written class plans, your assessor will feedback to you about how to correct the written plans. You are unlikely to fail this section if you apply what you have read in the sample written class plans. If you have to submit your written plans a third time, or additional times after that, you will need to pay a fee of £10 per submission.

EMD UK

The national governing body for group exercise are dedicated to achieving their vision of a healthier nation through exercise. EMD UK work with instructors, operators and organisations across the sector to provide help, support and advice and to ensure that group exercise continues to inspire people of all ages and abilities to take part in physical activity.

Pole Safe Federation

A collective of industry-respected instructors have created the #trainsafe #polesafe #teachsafe campaign. The entire industry needs to work hard to keep itself safe and keep the risk of injuries to students and instructors to the minimum.

Pole Dance Community

The Pole Dance Community (PDC) is an advisory and awarding body for the pole dancing industry. The PDC was established in 2009 to help self-regulate the ever-growing pole fitness industry.

Register of Exercise Professionals South Africa (REPSSA)

REPSSA is the official body in South Africa to manage fitness qualifications, expertise and conduct of exercise professionals recognised internationally.

You will need to complete this lesson on the online platform by answering the quiz.