



FIT CHICKS® ACADEMY

FITNESS & NUTRITION EXPERT PROGRAM CO-OP / PRACTICAL TEACHING GUIDELINES



HOW TO SUBMIT CO-OP FORMS

PLEASE READ THE BELOW CAREFULLY ON HOW TO SUBMIT YOUR CO-OP FORMS, NOTE THAT WHEN YOU CLICK THE LINKS TO SUBMIT YOUR FORMS YOU WILL BE ASKED TO SIGN IN WITH YOUR GOOGLE ACCOUNT. IF YOU DO NOT HAVE A GOOGLE ACCOUNT, YOU CAN CREATE ONE HERE <https://accounts.google.com/SignUp>:

OBSERVATION + EVENT CO-OP SUBMISSION

1. GO TO FNE MEMBERS SITE CO-OP TAB ➔ CLICK ON “SUBMIT CO-OP FORMS FOR OBSERVATION AND EVENTS”
2. UPLOAD YOUR 4 COMPLETED CO-OP SHEETS. DO NOT UPLOAD FORMS AT DIFFERENT TIMES. ONLY SUBMIT ONCE ALL 4 HAVE BEEN COMPLETED (2 OBSERVATION + 2 EVENTS) AND UPLOAD TOGETHER.

GROUP FITNESS + PERSONAL TRAINING CO-OP SUBMISSION

1. GO TO FNE MEMBERS SITE CO-OP TAB ➔ CLICK ON “SUBMIT CO-OP FORMS FOR GROUP FITNESS + PERSONAL TRAINING”
2. UPLOAD YOUR COMPLETED CO-OP SHEETS FOR ALL GROUP FITNESS & PERSONAL TRAINING. DO NOT UPLOAD FORMS AT DIFFERENT TIMES. ONLY SUBMIT ONCE ALL 4 HAVE BEEN COMPLETED (4 GROUP FITNESS CLASSES + 3 PT SESSIONS) AND UPLOAD TOGETHER.

NUTRITION CO-OP SUBMISSION

1. GO TO FNE MEMBERS SITE CO-OP TAB ➔ CLICK ON “SUBMIT CO-OP FORMS FOR RECIPE DEVELOPMENT”
2. UPLOAD YOUR COMPLETED CO-OP SHEETS FOR RECIPE DEVELOPMENT

ANY Q'S OR PROBS WITH SUBMITTING THE FORMS, PLEASE EMAIL FNE@FITCHICKS.CA



FITNESS & NUTRITION EXPERT CO-OP GUIDELINES

PART 1 - OBSERVATION / ATTENDING CLASSES & EVENTS

This portion of the co-op / practical can begin after program start

1. Attend a min of 2 fitness / nutrition / wellness / health related events in your community or virtually

This can be an in-person or virtual event. Your event review can be an online event like a webinar or conference that is focused on the business of fitness, however it cannot be simply a podcast or video (ie Ted talk) unless it is part of an online summit.

- **Examples of online events** include webinar events, online summits, online workshops or classes, fitness business online events, etc.
- **Examples of in person events include** retreats, conferences, workshops, fitness / nutrition/ wellness events, 5km runs, Tough Mudder style events, trade shows, etc
- After each event, please complete the “Event Review Sheet” (please review this prior to attend event to ensure you know what to look for)
- Access to Event Review Sheet on FNE Members Page

2. Observation / volunteer a min of 2 fitness classes

- Attend or volunteer at a min of 2 fitness classes of choice **OR** watch a min 2 workout videos (you can also do a combo of both)
- After each class or video, please complete the “Observation Review Sheet” (please review this prior to attend event to ensure you know what to look for)
- Access to Observation Review Sheet on FNE Members Page



PART 2 – TEACHING GROUP FITNESS PRACTICE HOURS

Group Fitness Class Teaching Placement or Practical Hours

- **Practice teach at a min 4 – 60 min classes.**
- There are 2 options (please note the difference as to who completes evaluation forms):
 1. If you are already certified and teach classes, you can use toward. Participants to complete evaluation
 2. If you are not certified, you can teach "practice" with family and friends only and they must know it is for a school course. You are not allowed to take payment or market as a class. Participants to complete evaluation
- For each class of your co-op, your participants will be required to complete the "Co-op Evaluation Form" under the Membership Section to give you feedback and help you evolve as an instructor. **You will need to submit a min of 8 forms by the completion of your co- op (2 from each class)**, uploaded to the submission link. Please see the form in Members Only Section.



FITNESS CLASS CO-OP TEACHING / PRACTICAL HOUR REQUIREMENTS

To complete your co-op, students are required to practice teach at a min of 4 – 60 min classes.

The following is a breakdown of what the student is required to teach at each class for instructor / participant to evaluate in order to for this portion of the program to be considered complete.

1. TEACHING YOUR OWN CLASS WITH FAMILY AND FRIENDS:

If you are teaching a group on your own (friends, family etc) for your co-op / practical hours, please see the 4 FIT CHICKS® Signature Workouts at the end of this document. Please note you are required to teach the entire 60 min workout.

Email Amanda@fitchicks.ca regarding any question with the workouts

You are required to download the evaluation form and send to the participants after each class. Completed forms are to be submitted as per the Co-Op Guidelines

2. IF CERTIFIED & TEACHING AT YOUR OWN CLASSES

If you are currently certified and teaching at a gym or facility, ALL elements outlined below must be incorporated into each workout.

The order of when you teach each class can change slightly, however ALL areas must be covered in your practical classes in order for the practical element to be considered complete. You may use your assignment workout plan for this use. **No FIT CHICKS Signature workouts may be used for this practical component.**

You are required to download the evaluation form and send to the participants after each class. Completed forms are to be saved to your Dropbox and submitted as per the Co-Op Guidelines.

CLASS 1:

- Teach 1 round of cardio Tabatas
- Teach 1 round of strength Tabatas
- Teach 5 minutes of abs
- Teach 5 minute cool down and static stretch
- Provide one extra tip to participants for extra program engagement



CLASS 2:

- Introduce the workout
- Teach 5 minute dynamic stretch / warm up
- Teach 2 rounds of traditional HIIT style training

CLASS 3:

- Teach 5 partner exercises
- Teach 10 minutes of circuits
- Teach 5 minute cool down and static stretch

CLASS 4:

- Introduce the workout
- Teach 5 minute dynamic stretch / warm up
- Teach 10 minutes of HIIT Pyramids
- Teach a 10 minute group challenge as an obstacle course



PART 3 – PERSONAL TRAINING PRACTICE HOURS

Personal training or partner training (ie 2 people)

Practice personal training for a min of 3 – 60 min sessions. You must complete the 3 Personal Training Workouts provided by FIT CHICKS including 2 upper body workouts and 1 leg day.

There are 2 options

1. If you are already certified and personal train, you can use towards. Participants to complete evaluation
2. If you are not certified, you can teach "practice" with family and friends only and they must know it is for a school course. You are not allowed to take payment or market as a class. Participants to complete evaluation

You will need to submit a total of 3 evaluation forms by the completion of your co- op, submitted as per the guideline. Please see the form under the Members Only section



PART 4 – NUTRITION CO -OP

Recipe development

- **Create and write a healthy recipe for potential use on the FIT CHICKS Blog and/or FIT CHICKS social media.** If you do not want to use your real name, we can also include an alias.
- Based on your nutrition learnings from class, you must include photographs, macronutrient breakdown, serving sizes and additional tips to display your learning during the FNE program.