

**IMS1 Online Learning Path**

**IMS1 Live Learning Path**



**LEARNING CALENDAR / SCHEDULE**

MONTH	IMS1 Online Learning Path	IMS1 Live Learning Path
MONTH 1	<b>Live Online Group Mentorship</b> Kickstart your Academy Journey	<b>Live Online Group Mentorship</b> Kickstart your Academy Journey
	<b>Holistic Lifestyle Coaching Level 1 Online</b> The Fundamentals & The Four Doctors - A Deeper Dive	<b>Holistic Lifestyle Coaching Level 1 Online</b> The Fundamentals & The Four Doctors - A Deeper Dive
	<b>Fast Track</b> How to Learn Anatomy	<b>Fast Track</b> How to Learn Anatomy
	<b>Academy Workshop</b> Anatomy & Physiology	<b>Academy Workshop</b> Anatomy & Physiology
MONTH 2	<b>Online Course</b> Program Design 2nd Edition	<b>Online Course</b> Program Design 2nd Edition
	<b>Fast Track</b> How to Design an Exercise Program	<b>Fast Track</b> How to Design an Exercise Program
	<b>Holistic Lifestyle Coaching Level 1 Online</b> Dr Quiet, Dr Diet & Dr Happiness	<b>Holistic Lifestyle Coaching Level 1 Online</b> Dr Quiet, Dr Diet & Dr Happiness
MONTH 3	<b>Online Course</b> Scientific Back Training	<b>Online Course</b> Scientific Back Training
	<b>Fast Track</b> Scientific Back Training - Practical Testing and Anatomy	<b>Fast Track</b> Scientific Back Training - Practical Testing and Anatomy
MONTH 4	<b>Live Online Group Mentorship</b> Live with Paul Chek	<b>Live Online Group Mentorship</b> Live with Paul Chek
	<b>Online Course</b> Scientific Core Conditioning	<b>Online Course</b> Scientific Core Conditioning
	<b>Fast Track</b> Scientific Core Conditioning - Practical Testing and Anatomy	<b>Fast Track</b> Scientific Core Conditioning - Practical Testing and Anatomy
MONTH 5	<b>Holistic Lifestyle Coaching Level 1 Online</b> Dr Movement, The Tools, Energizing Exercises & Advanced Material	<b>Holistic Lifestyle Coaching Level 1 Online</b> Dr Movement, The Tools, Energizing Exercises & Advanced Material
MONTH 6	<b>Holistic Lifestyle Coaching Level 1 (HLC1)</b> <b>FINAL EXAM</b>	<b>Holistic Lifestyle Coaching Level 1 (HLC1)</b> <b>FINAL EXAM</b>
MONTH 7	<b>Academy Workshop</b> HLC1 Practical Application	<b>Academy Workshop</b> HLC1 Practical Application
	<b>Integrated Movement Science Level 1 Online</b> Courses 1 to 5	
	<b>Integrated Movement Science Level 1 Online</b> Case History 1	
MONTH 8	<b>Live Online Group Mentorship</b> HLC1 Practical Application	<b>Fast Track</b> Movement That Matters - Concepts Workshop
	<b>Integrated Movement Science Level 1 Online</b> Courses 6 to 8	
	<b>Integrated Movement Science Level 1 Online</b> Case History 2	
MONTH 9	<b>Integrated Movement Science Level 1 Online</b> Courses 9 to 10	Access to Integrated Movement Science Level 1 Advanced Training Program Live Learning Path and Manual Download
	<b>Integrated Movement Science Level 1 Online</b> Case History 3	
MONTH 10	<b>Integrated Movement Science Level 1 Online</b> Case History 4 Demonstration & Course 11	<b>IN PERSON LIVE EVENT</b> <b>Integrated Movement Science Level 1</b> <b>5-DAY LIVE COURSE*</b>
	<b>Fast Track</b> Movement That Matters - Concepts Workshop	
MONTH 11	<b>Integrated Health Business Professional Level 1</b> Course 1	<b>Integrated Health Business Professional Level 1</b> Course 1
	<b>IN PERSON LIVE EVENT</b> <b>Integrated Movement Science Level 1</b> <b>ASSESSMENT DAY*</b>	
MONTH 12	<b>Academy Workshop</b> CHEK Practitioner Level 1 (CPI) Review	<b>Academy Workshop</b> CHEK Practitioner Level 1 (CPI) Review
	<b>Integrated Movement Science Level 1 (IMS1)</b> <b>FINAL EXAM</b>	<b>Integrated Movement Science Level 1 (IMS1)</b> <b>FINAL EXAM</b>
	<b>Live Online Group Mentorship</b> CHEK Practitioner Level 1 Review Workshop	<b>Live Online Group Mentorship</b> CHEK Practitioner Level 1 Review Workshop
	<b>CHEK Practitioner Business Assets</b>	<b>CHEK Practitioner Business Assets</b>

**KEY**

CONTENT	DESCRIPTION	ACCESS VIA
<b>Live Online Group Mentorship</b>	You will be invited to a group 90-minute Zoom meeting	eLearning platform: recordings uploaded to CHEK Academy Year 1 Mentoring Learning Path
<b>Holistic Lifestyle Coaching Level 1 Online (HLC1 Online)</b>	Online Advanced Training Program	eLearning platform: CHEK Academy Year 1 Learning Path
<b>Fast Track</b>	Pre-recorded mentoring webinar focused on practical application	eLearning platform: CHEK Academy Year 1 Mentoring Learning Path
<b>Academy Workshop</b>	Exclusive academy material delivered as a online Workshop	eLearning platform: CHEK Academy Year 1 Learning Path
<b>Online Course</b>	Prerequisite courses required before attending IMS1 (Online or Live)	eLearning platform: CHEK Academy Year 1 Learning Path
<b>Final Exam</b>	Advanced Training Program Final Exam	Education Department will issue access on eLearning platform
<b>Integrated Health Business Professional</b>	Online business training	eLearning platform: CHEK Academy Year 1 Mentoring Learning Path.
<b>Integrated Movement Science Level 1 Online</b>	Online Advanced Training Program	eLearning platform: Integrated Movement Science Level 1 Online Learning Path
<b>CHEK Practitioner Business Assets</b>	Assets available to all CHEK Practitioner Level 1 students	eLearning platform: CHEK Academy Year 1 Learning Path
<b>In person Live Event</b>	Students are required to travel to their allocated location	

# IMS1 Online

MONTH	Year 1 Learning Paths accessed via eLearning Platform - #Running Order			LIVE IN PERSON CLASS ATTENDANCE
	CHEK Academy Year 1	CHEK Academy Year 1 Mentoring Live Online Calls & Fast Tracks	Integrated Movement Science Level 1 Advanced Trianing Program Online	
0	How to Eat, Move and Be Healthy! eBook #1	<b>PPS Lesson 1:</b> Determining Your Legacy #2		
	Movement that Matters eBook #3	<b>PPS Lesson 7:</b> How to Learn #4		
1	<b>HLC1 Online</b> The Fundamentals & The Four Doctors - A Deeper Dive #5	<b>Fast Track</b> How to Learn Anatomy #6		
	<b>Academy Workshop</b> Anatomy & Physiology #7	Recording of Group Mentor Call 1 will be available within 7 days of call		
2	<b>Program Design 2nd Edition</b> #8	<b>Fast Track</b> How to Design an Exercise Program #9		
	<b>HLC1 Online</b> Dr Quiet, Dr Diet & Dr Happiness #10			
3	<b>Scientific Back Training</b> #11	<b>Fast Track</b> Scientific Back Training - Practical Testing and Anatomy #12		
4	<b>Scientific Core Conditioning</b> #13	<b>Fast Track</b> Scientific Core Conditioning - Practical Testing and Anatomy #14		
5	<b>HLC1 Online</b> Dr Movement, The Tools, Energizing Exercises & Advanced Material #15	Recording of Group Mentor Call 1 will be available within 7 days of call		
6	<b>Holistic Lifestyle Coaching Level 1</b> Exam #16			
7	<b>Academy Workshop</b> Holistic Lifestyle Coaching Level 1 Practical Application #17		<b>IMS 1 Online</b> Courses 1 to 5 #19	
	<b>IMS 1 Online</b> Pre-course Resources - #18		<b>IMS 1 Online</b> Case History 1 #21	
8		Recording of Group Mentor Call 1 will be available within 7 days of call	<b>IMS 1 Online</b> Courses 6 to 8 #22	
			<b>IMS 1 Online</b> Case History 2 #23	
9			<b>IMS 1 Online</b> Course 9 to 10 #24	
			<b>IMS 1 Online</b> Case History 3 #25	
10		<b>Fast Track</b> Movement That Matters - Concepts Workshop #27	<b>IMS 1 Online</b> Case History 4 Demonstration & Course 11 #26	
11		<b>Integrated Health Business Professional Level 1</b> Course 1 #28		<b>Integrated Movement Science Level 1</b> Live Assessment Day
12	<b>Academy Workshop</b> CP1 Review #29	Recording of Group Mentor Call 1 will be available within 7 days of call	<b>Integrated Movement Science Level 1</b> Final Exam #30	
	<b>CHEK Practitioner Business Assets</b> #32		Access to IMS1 Post-course Resources on completion of exam #31	

# IMS1 Live

MONTH	Year 1 Learning Paths accessed via eLearning Platform - #Running Order			LIVE IN PERSON CLASS ATTENDANCE
	CHEK Academy Year 1	CHEK Academy Year 1 Mentoring Live Online Calls & Fast Tracks	Integrated Movement Science Level 1 Advanced Training Program Live	
0	How to Eat, Move and Be Healthy! eBook #1	<b>PPS Lesson 1:</b> Determining Your Legacy #2		
	Movement that Matters eBook #3	<b>PPS Lesson 7:</b> How to Learn #4		
1	<b>HLC1 Online</b> The Fundamentals & The Four Doctors - A Deeper Dive #5	<b>Fast Track</b> How to Learn Anatomy #6		
	<b>Academy Workshop</b> Anatomy & Physiology #7	Recording of Group Mentor Call 1 will be available within 7 days of call		
2	<b>Program Design 2nd Edition</b> #8	<b>Fast Track</b> How to Design an Exercise Program #9		
	<b>HLC1 Online</b> Dr Quiet, Dr Diet & Dr Happiness #10			
3	<b>Scientific Back Training</b> #11	<b>Fast Track</b> Scientific Back Training - Practical Testing and Anatomy #12		
4	<b>Scientific Core Conditioning</b> #13	<b>Fast Track</b> Scientific Core Conditioning - Practical Testing and Anatomy #14		
5	<b>HLC1 Online</b> Dr Movement, The Tools, Energizing Exercises & Advanced Material #15	Recording of Group Mentor Call 2 will be available within 7 days of call		
6	<b>Holistic Lifestyle Coaching Level 1</b> Exam #16			
7	<b>Academy Workshop</b> Holistic Lifestyle Coaching Level 1 Practical Application #17		<b>Integrated Movement Science Level 1</b> Pre-Course Resources #18	
8		<b>Bonus Material</b> Coaching People Online (and In Person) #19		
		Recording of Group Mentor Call 1 will be available within 7 days of call		
		<b>Fast Track</b> Movement That Matters - Concepts Workshop #20		
9		<b>Bonus Material</b> Gym Instructor Series #21	<b>IMS1 Live</b> Digital Manual #22 <b>PLEASE DOWNLOAD MANUAL BEFORE LIVE CLASS</b>	
10			<b>IMS1 Live</b> Day 1 Homework & Day 1 Review #23	<b>Integrated Movement Science Level 1 5 day Live Class</b>
			<b>IMS1 Live</b> Day 2 Homework & Day 2 Review #24	
			<b>IMS1 Live</b> Day 3 Homework & Day 3 Review #25	
			<b>IMS1 Live</b> Day 4 Homework & Day 4 Review #26	
			<b>IMS1 Live</b> Evaluation & Day 5 Review #27	
11		<b>Integrated Health Business Professional Level 1</b> Course 1 #28		
12	<b>Academy Workshop</b> CPI Review #32		<b>Integrated Movement Science Level 1</b> Case History 1 #29	
			<b>Integrated Movement Science Level 1</b> Case History 2 #30	
		Recording of Group Mentor Call 1 will be available within 7 days of call	<b>Integrated Movement Science Level 1</b> Case History 3 #31	
	<b>CHEK Practitioner Business Assets</b> #35		<b>Integrated Movement Science Level 1</b> Exam #33  Access to IMS1 Post course Resources on completion of exam #34	

## FAQs

### What is the difference between IMS1 Live and IMS1 Online?

Integrated Movement Science Level 1 live will be completed by attending a 5 day in-person class.

Integrated Movement Science Level 1 online contains 11 courses, and one exam. Once you have access to IMS1 online, you will work through each course by either watching a series of videos, followed by a quiz after each course, or completing a case study. Completion of IMS1 online will take approximately 40 hours. After completion of the online material, you will be required to attend a one-day in-person live assessment day. You must complete all 11 courses and pre-requisites in order to attend the assessment day.

### Where will live classes take place?

You will be registered for IMS1 live or the IMS1 assessment day in accordance with the location preferences expressed by your intake as a whole in the Learning Agreement. You will be notified of the chosen date by email 90 days after commencement of the Academy.

### What are the pre-requisite courses for IMS1?

The pre-requisite requirements for the Integrated Movement Science Level 1 program are as follows.

Completion of:

- Scientific Core Conditioning and exam
- Scientific Back Training 2nd edition and exam (Note that the 1st edition is no longer accepted as a pre-requisite.)
- Program Design 2nd edition and exam. (Note that the 1st edition is no longer accepted as a pre-requisite.)

### What equipment is needed?

The following equipment is required for your assessment: 1. Eye Make-up Pencil 2. Plumline 3. Single (Spinal) Inclinometer 4. CHEK Inclinometer 5. CHEK Forward Head Calliper (Head Carriage) 6. Blood Pressure Cuff/Biofeedback Unit 7. Swiss Ball or Exercise Bench 8. Tape measure 9. Dowel Rod/Stick 10. Mirror 11. Credit Card/Business Card.

The equipment is usually supplied at the venue, however you can purchase the IMS1 tools bundle from the CHEK Shop.

If you have your own CHEK tools and wish to bring them along, please feel free to do so. If you don't have the CHEK Inclinometer and/or CHEK Calliper, you will need to use the alternative methods taught on the course to take the measurements (using a Single Inclinometer and Ruler (and/or Tape Measure), Plumline or Necklace).

### What happens if I can't attend IMS1 live course or assessment day?

You will be notified of the class allocated to you and you will have 14 days to let us know if that date isn't suitable. We will work to change you to an alternative class, however, this is not always possible.

If you later decide that you are unable to attend, we will do our best to change you to another Academy class and that would be without charge. If you need to transfer to a non-Academy class, we will charge the transfer fee detailed in the Learning Agreement.

You will be responsible for paying a transfer fee if you simply fail to attend, or need to be transferred out of the class due to the fact that you have not completed your pre-requisite courses in time.

### What is the Fast Track Series?

This is a series of workshops designed to provide you with a practical insight into the learning material. This content is offered exclusively to Academy students.

These workshops are optional but are highly recommended. They are designed to enhance your CHEK Academy journey by giving you the skills to practically apply the knowledge.

### Are the Mentorship Calls mandatory?

Attendance at mentor calls is optional, however strongly recommended. This is an opportunity to ask your questions, and connect with your fellow students. If you are unable to attend, the recording will be available in your Mentorship Group Call Learning Path.

### Do you offer support?

We are here to help and you can reach out to [admin@chekacademy.com](mailto:admin@chekacademy.com) at any time. We can provide a link to book a call with the appropriate person to help, whether it be academic support with your studies, payments or any other issue you might have.

Those links are also available in our monthly newsletters.

### How does online learning work?

You will access your learning material via your online learning account, where you will see a learning path containing your academic content for the year, as well as a learning path containing mentor call dates and recordings.

You will start your academic content by completing the first workshop. Once that is completed, the next course will automatically unlock and you will continue until the end of the academic year. This means that you can unlock the courses at your own pace and you don't need to wait until the following month to continue your studies.

### What if I've already completed courses?

You will be able to move through any courses which you've already completed, without having to work through them again.

### What do the deadlines look like?

You should aim to complete the online material for each month by the end of the month.

You will see the deadlines for Pre-Requisite Courses and Advanced Training Programs under "Exam Deadlines" in the Academic plan.

### When do I receive my CHEK Practitioner Level 1 license?

You will receive your CHEK Practitioner Level 1 license at the end of Year 1 (after completion of the IMS1 exam). The license is included in Academy fees once all of the year has been completed. You will then be invited to monthly webinars and have access to further Level 1 resources.