

## Commencing April 2025

MONTH	Year 3 Learning Paths accessed via eLearning Platform - #Running Order				LIVE IN PERSON CLASS ATTENDANCE
	CHEK Academy Year 3	CHEK Academy Year 3 Mentoring Live Online Calls & Fast Tracks	Golf Performance Specialist Advanced Training Program Online	Integrated Movement Science Level 3 Advanced Training Program LIVE	
25		<b>Academy Workshop</b> - Marketing and Social Media Campaigns on-line workshop#1*			
26	<b>The Chek Approach to Lower Limb #2</b>	Recording of Group Mentor Call 1 will be available within 7 days of call			
27	<b>The Science and Application of Infant Development For Adults #3</b>	<b>PPS Lesson10</b> The Great Polarities #4**			
28	<b>Spinal Structures &amp; Function #5</b>				
29	<b>Healing Fungal &amp; Parasites Online Course #6</b>	Recording of Group Mentor Call 2 will be available within 7 days of call	<b>GPS Online</b> The Golf Biomechanic's Manual - eBook #7		
30		<b>Academy Workshop</b> Working With Clients Remotely #8*	<b>Golf Performance Specialist Online #9</b>		
31			<b>GPS Online</b> Golf Performance Specialist Exam #10		
32	<b>Academy Workshop</b> Advanced Anatomy & Medical Terminology #11	<b>PPS Lesson 11</b> Communication Skills Development #12**			
33	<b>Practical Applications of Breathing, Posture &amp; Movement #13</b>	Recording of Group Mentor Call 3 will be available within 7 days of call		<b>Integrated Movement Science Level 3</b> Pre-Course Resources #14	
34	<b>The 1-2-3-4 of Overcoming Addiction, Obesity and Disease #16</b>	<b>PPS Lesson 12</b> Listening Skills Development #17**		<b>IMS3 LIVE DIGITAL MANUAL (2) PLEASE DOWNLOAD MANUAL BEFORE LIVE CLASS #15</b>	
35	<b>The Complete L4D Audio Companions #23</b>			<b>IMS3 Live</b> Day 1 Review #18	<b>Integrated Movement Science Level 3 Live 5 Day Live In Person Class</b>
				<b>IMS3 Live</b> Day 2 Review #19	
				<b>IMS3 Live</b> Day 3 Review #20	
				<b>IMS3 Live</b> Day 4 Review #21	
				<b>IMS3 Live</b> Evaluation & Day 5 Review #22	
36	<b>Academy Workshop</b> CP3 Review #24*	Recording of Group Mentor Call 4 will be available within 7 days of call		Integrated Movement Science Level 3 Exam #25 Access to IMS3 Post course Resources on completion of exam	
Once your deposit has been paid to join Year 3 April 2025 you will be given access to the Year 1 & Year 2 Alumni Learning Paths and receive the below for FREE					
Year 1 Academy Material	<b>Fast Track</b> - How to Learn Anatomy <b>Academy workshop</b> - Anatomy & Physiology *	<b>Fast Track</b> - How to Design an Exercise Program* <b>Fast Track</b> - Scientific Back Training - Practical Testing*	<b>Academy Workshop</b> - Holistic Lifestyle Coaching Level 1 Practical Application*	<b>Fast Track</b> - Movement That Matters - Concepts Workshop* <b>Academy Workshop</b> - CP1 Review*	*Academy Exclusive Material - given free to academy students
Year 2 Academy Material	<b>Academy Workshop</b> Packages, Sales & Consultations*	<b>Fast Track</b> How to Structure a Coaching Package*	<b>Academy Workshop</b> Holistic Lifestyle Coaching Level 2 Practical Application*	<b>Academy Workshop</b> CP2 Review*	
Year 1 Bonus Material	PPS Success Program Lesson 01: Determining Your Legacy**	PPS Success Program Lesson 07: How to Learn**	How to Eat, Move & Be Healthy! Online Video** You Are What You Eat Audiobook**	The Gym Instructor Series** Primal Pattern→Æ Movements**	<b>3 Audio programs:</b> Better Butt Better Back: Scientific Rotation Training, Scientific Balance Training**
Year 2 Bonus Material	PPS Success Program Lesson 08: Time Can't Be Managed**	PPS Success Program Lesson 09: Don't Get Your Feathers Wet**	Coaching People Online (and In Person)**	Walking Tall**	**Bonus Material - given as free gifts to academy students