

**IMS1 Online Learning Path**

**IMS1 Live Learning Path**



LEARNING CALENDAR / SCHEDULE

LEARNING CALENDAR / SCHEDULE		
MONTH 1	Live Online Group Mentorship Kickstart your Academy Journey	Live Online Group Mentorship Kickstart your Academy Journey
	Holistic Lifestyle Coaching Level 1 Online The Fundamentals & The Four Doctors - A Deeper Dive	Holistic Lifestyle Coaching Level 1 Online The Fundamentals & The Four Doctors - A Deeper Dive
	Fast Track How to Learn Anatomy	Fast Track How to Learn Anatomy
	Academy Workshop Anatomy & Physiology	Academy Workshop Anatomy & Physiology
MONTH 2	Online Course Program Design 2nd Edition	Online Course Program Design 2nd Edition
	Fast Track How to Design an Exercise Program	Fast Track How to Design an Exercise Program
	Holistic Lifestyle Coaching Level 1 Online Dr Quiet, Dr Diet & Dr Happiness	Holistic Lifestyle Coaching Level 1 Online Dr Quiet, Dr Diet & Dr Happiness
MONTH 3	Online Course Scientific Back Training	Online Course: Scientific Back Training
	Fast Track Scientific Back Training - Practical Testing and Anatomy	Fast Track - Scientific Back Training - Practical Testing and Anatomy
MONTH 4	Live Online Group Mentorship Live with Paul Chek	Live Online Group Mentorship Live with Paul Chek
	Online Course Scientific Core Conditioning	Online Course Scientific Core Conditioning
	Fast Track Scientific Core Conditioning - Practical Testing and Anatomy	Fast Track Scientific Core Conditioning - Practical Testing and Anatomy
MONTH 5	Holistic Lifestyle Coaching Level 1 Online Dr Movement, The Tools, Energizing Exercises & Advanced Material	Holistic Lifestyle Coaching Level 1 Online Dr Movement, The Tools, Energizing Exercises & Advanced Material
MONTH 6	Holistic Lifestyle Coaching Level 1 (HLC1) <b>FINAL EXAM</b>	Holistic Lifestyle Coaching Level 1 (HLC1) <b>FINAL EXAM</b>
	CHEK Clinic Business Training Level 1 Courses 1 to 3	CHEK Clinic Business Training Level 1 Courses 1 to 3
MONTH 7	Academy Workshop HLC1 Practical Application	Academy Workshop HLC1 Practical Application
	Integrated Movement Science Level 1 Online Courses 1 to 5	
	Integrated Movement Science Level 1 Online Case History 1	
MONTH 8	Live Online Group Mentorship HLC1 Practical Application	Live Online Group Mentorship HLC1 Practical Application
	Integrated Movement Science Level 1 Online Courses 6 to 8	
	Integrated Movement Science Level 1 Online Case History 2	
MONTH 9	Integrated Movement Science Level 1 Online Courses 9 to 10	CHEK Clinic Business Training Level 1 Courses 4 to 6
	Integrated Movement Science Level 1 Online Case History 3	
MONTH 10	Integrated Movement Science Level 1 Online Case History 4 Demonstration & Course 11	Access the the Integrated Movement Science Level 1 Advanced Training Program Live Learning Path and download the manual in preparation for an in-person live event in month 11
	Fast Track What is a CHEK Practitioner?	
MONTH 11	CHEK Clinic Business Training Level 1 Courses 4 to 6	IN PERSON LIVE EVENT Integrated Movement Science Level 1 <b>5-DAY COURSE*</b>
	IN PERSON LIVE EVENT Integrated Movement Science Level 1 <b>ASSESSMENT DAY*</b>	
MONTH 12	Academy Workshop CHEK Practitioner Level 1 (CPI) Review	Academy Workshop CHEK Practitioner Level 1 (CPI) Review
	Integrated Movement Science Level 1 <b>FINAL EXAM</b>	Integrated Movement Science Level 1 <b>FINAL EXAM</b>
	Live Online Group Mentorship CHEK Practitioner Level 1 Review Workshop	Live Online Group Mentorship CHEK Practitioner Level 1 Review Workshop
	CHEK Practitioner Business Assets	CHEK Practitioner Business Assets

**KEY**

CONTENT	DESCRIPTION	ACCESS VIA
Live Online Group Mentorship	You will be invited to a group 90-minute Zoom meeting - recordings uploaded to CHEK Academy Year 1 Mentoring Learning Path.	eLearning platform: Zoom invite
Holistic Lifestyle Coaching Level 1 Online (HLC1 Online)	Online Advanced Training Program.	eLearning platform: CHEK Academy Year 1 Learning Path
Fast Track	Pre-recorded mentoring webinar focused on practical application.	eLearning platform: CHEK Academy Year 1 Mentoring Learning Path.
Academy Workshop		eLearning platform: CHEK Academy Year 1 Learning Path
Online Course	Prerequisite courses required before attending IMS1 (Online or Live).	eLearning platform: CHEK Academy Year 1 Learning Path
Final Exam	Advanced Training Program Final Exam.	eLearning platform
CHEK Clinic Business Training	Online business training.	eLearning platform: CHEK Academy Year 1 Mentoring Learning Path.
Integrated Movement Science Level 1 Online	Online Advanced Training Program.	eLearning platform: Integrated Movement Science Level 1 Online Learning Path
CHEK Practitioner Business Assets	Assets available to all CHEK Practitioner Level 1 students.	eLearning platform: CHEK Academy Year 1 Learning Path
In person Live Event	Students are required to travel to their chosen location. In special circumstances students may be able to attend a virtual IMS1 Online assessment day, providing they purchase all equipment required to demonstrate assessment and have a body on which to demonstrate throughout the day.	

## IMS1 Online

MONTH	Year 1 Learning Paths accessed via eLearning Platform - #Running Order			LIVE IN PERSON CLASS ATTENDANCE	EXAM DEADLINES	LIVE ONLINE - GROUP MENTORSHIP CALLS
	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	PPS Lesson 1: Determining Your Legacy - #2				
		PPS Lesson 7: 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>Group Mentorship Call 1</b> Kickstart your Academy Journey - 90 mins
	<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>Program Design 2nd Edition</b>	
	<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			<b>Scientific Back Training</b>	
4	<b>Scientific Core Conditioning</b> - #13	<b>Fast Track</b> Scientific Core Conditioning - Practical Testing and Anatomy - #14			<b>Scientific Core Conditioning</b>	<b>Group Mentorship Call 2</b> with Paul Chek - 90mins
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>HLC1 Online</b> Final Exam - #16	<b>CHEK Clinic Business Training Level 1</b> Courses 1 to 3 - #17			<b>Holistic Lifestyle Coaching Level 1</b> (final exam)	
7	<b>Academy Workshop</b> Holistic Lifestyle Coaching Level 1 Practical Application - #18		<b>IMS 1 Online</b> Courses 1 to 5 - #20			
	<b>IMS 1 Online</b> Pre-course Resources - #19		<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>Group Mentorship Call 3</b> HLC1 Practical Application - 90mins
			<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> What is a CHEK Practitioner? - #27	<b>IMS 1 Online</b> Case History 4 Demonstration & Course 11 - #26			
11		<b>CHEK Clinic Business Training Level 1</b> Courses 4 to 6 - #28		<b>Integrated Movement Science Level 1 Live Assessment Day</b>		
12	<b>Academy Workshop</b> CPI 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>Integrated Movement Science Level 1</b> (final exam)	<b>Group Mentorship Call 4</b> CPI Review - 90mins
	<b>CHEK Practitioner Business Assets</b> - #32		Access to IMS1 Post-course Resources on completion of exam - #31			

## IMS1 Live

MONTH	EXCLUSIVE ACADEMY ONLINE MATERIAL	CHEK PRACTITIONER LEVEL 1 ONLINE MATERIAL	IN PERSON ATTENDANCE	EXAM DEADLINES	MENTORSHIP GROUP CALLS
1	Year 1 Workshop 1 - Anatomy & Physiology Fast Track How to Learn Anatomy	HLC1 online - Courses 1 & 2			Group Mentorship Call 1 - Kickstart your Academy Journey
2	Fast Track How to Design an Exercise Program	Program Design 2nd Edition HLC1 online - Courses 3 & 4		Program Design 2nd Edition	
3	Fast Track Scientific Back Training - Practical Testing and Anatomy	Scientific Back Training		Scientific Back Training	
4	Fast Track Scientific Core Conditioning - Practical Testing and Anatomy	Scientific Core Conditioning		Scientific Core Conditioning	Group Mentorship Call 2 - with Paul Chek
5	Year 1 Workshop 2 - Integrated Movement Science Level 1 Pre-requisite Review Fast Track Movement That Matters Concepts Reviews	HLC 1 Online - Courses 5 to 7			
6		HLC1 Online - Courses 8 to 15 and final HLC1 exam			
7	Fast Track What is a CHEK Practitioner?	Integrated Movement Science Level 1 Live Class Preparation		Holistic Lifestyle Coaching Level 1 (final exam)	Group Mentorship Call 3 - Holistic Lifestyle Coaching Level 1 Practical Application
8		Integrated Movement Science Level 1 Live Class Preparation			
9	Year 1 Workshop 3 - Holistic Lifestyle Coaching Level 1 Practical Application				
10	Year 1 Workshop 4 - The Business Creative Fast Track An Introduction to Objectives and Key Results	Primal Pattern® Movements		Primal Pattern® Movements	
11			Integrated Movement Science Level 1 - Live Assessment: 5 days		
12	Year 1 Workshop 5 - Integrated Movement Science Level 1 Review			Integrated Movement Science Level 1 (final exam)	Group Mentorship Call 4 - Integrated Movement Science Level 1 Review