

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) FINAL EXAM	Holistic Lifestyle Coaching Level 1 (HLC1) FINAL EXAM
	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
MONTH 11	CHEK Clinic Business Training Level 1 Courses 4 to 6	IN PERSON LIVE EVENT Integrated Movement Science Level 1 5-DAY COURSE*
	IN PERSON LIVE EVENT Integrated Movement Science Level 1 ASSESSMENT DAY*	
MONTH 12	Academy Workshop CHEK Practitioner Level 1 (CPI) Review	Academy Workshop CHEK Practitioner Level 1 (CPI) Review
	Integrated Movement Science Level 1 FINAL EXAM	Integrated Movement Science Level 1 FINAL EXAM
	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	HLC1 Online The Fundamentals & The Four Doctors - A Deeper Dive - #5	Fast Track How to Learn Anatomy - #6				Group Mentorship Call 1 Kickstart your Academy Journey - 90 mins
	Academy Workshop Anatomy & Physiology - #7	Recording of Group Mentor Call 1 will be available within 7 days of call				
2	Program Design 2nd Edition - #8	Fast Track How to Design an Exercise Program - #9			Program Design 2nd Edition	
	HLC1 Online Dr Quiet, Dr Diet & Dr Happiness - #10					
3	Scientific Back Training - #11	Fast Track Scientific Back Training - Practical Testing and Anatomy - #12			Scientific Back Training	
4	Scientific Core Conditioning - #13	Fast Track Scientific Core Conditioning - Practical Testing and Anatomy - #14			Scientific Core Conditioning	Group Mentorship Call 2 with Paul Chek - 90mins
5	HLC1 Online Dr Movement, The Tools, Energizing Exercises & Advanced Material - #15	Recording of Group Mentor Call 1 will be available within 7 days of call				
6	HLC1 Online Final Exam - #16	CHEK Clinic Business Training Level 1 Courses 1 to 3 - #17			Holistic Lifestyle Coaching Level 1 (final exam)	
7	Academy Workshop Holistic Lifestyle Coaching Level 1 Practical Application - #18		IMS 1 Online Courses 1 to 5 - #20			
	IMS 1 Online Pre-course Resources - #19		IMS 1 Online Case History 1 - #21			
8		Recording of Group Mentor Call 1 will be available within 7 days of call	IMS 1 Online Courses 6 to 8 - #22			Group Mentorship Call 3 HLC1 Practical Application - 90mins
			IMS 1 Online Case History 2 - #23			
9			IMS 1 Online Course 9 to 10 - #24			
			IMS 1 Online Case History 3 - #25			
10			IMS 1 Online Case History 4 Demonstration & Course 11 - #26			
11		CHEK Clinic Business Training Level 1 Courses 4 to 6 - #27		Integrated Movement Science Level 1 Live Assessment Day		
12	Academy Workshop CPI Review - #28	Recording of Group Mentor Call 1 will be available within 7 days of call	Integrated Movement Science Level 1 Final Exam - #29		Integrated Movement Science Level 1 (final exam)	Group Mentorship Call 4 CPI Review - 90mins
	CHEK Practitioner Business Assets - #31		Access to IMS1 Post-course Resources on completion of exam - #30			

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		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

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 in your 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 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 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.