

HLC2 Online Learning Path



HLC2 Live Learning Path



LEARNING CALENDAR / SCHEDULE

LEARNING CALENDAR / SCHEDULE		
MONTH 13	Online Course - Advanced Program Design Online Course	Online Course - Advanced Program Design Online Course
MONTH 14	Audiobook/ebooks - A CHEK Practitioner’s Guide to HTEM-BH Questionnaires & Last 4 Doctors	Audiobook/ebooks - A CHEK Practitioner’s Guide to HTEM-BH Questionnaires & Last 4 Doctors
MONTH 15	CHEK Clinic Business Training - Level 1 Courses 1 to 3	CHEK Clinic Business Training - Level 1 Courses 1 to 3
MONTH 16	Online Course - Primal Pattern Eating Online course	Online Course - Primal Pattern Eating Online course
MONTH 17	Online Course - Scientific Stretching	Online Course - Scientific Stretching
MONTH 18	HOLISTIC LIFESTYLE COACHING LEVEL 2 ONLINE - COURSES 1&2	IN PERSON LIVE EVENT HOLISTIC LIFESTYLE COACHING LEVEL 2 5 DAY LIVE CLASS
MONTH 19	Holistic Lifestyle Coaching Level 2 online - Courses 3&4	Online Course - Walking Tall
MONTH 20	Holistic Lifestyle Coaching Level 2 Online - Course 5	Holistic Lifestyle Coaching Level 2 - Final Exam
	Holistic Lifestyle Coaching Level 2 - Final Exam	
MONTH 21	Academy Workshop - Holistic Lifestyle Coaching Level 2 Practical Application	Academy Workshop - Holistic Lifestyle Coaching Level 2 Practical Application
MONTH 22	CHEK Clinic Business Training - Level 1 Courses 4 to 6	CHEK Clinic Business Training - Level 1 Courses 4 to 6
	Online Course - Walking Tall	
MONTH 23	IN PERSON LIVE EVENT Integrated Movement Science Level 2 5-DAY COURSE*	IN PERSON LIVE EVENT Integrated Movement Science Level 2 5-DAY COURSE*
MONTH 24	Academy Workshop - CHEK Practitioner Level 2 (CP2) Review Workshop	Academy Workshop - CHEK Practitioner Level 2 (CP2) Review Workshop
	INTEGRATED MOVEMENT SCIENCE LEVEL 2 - FINAL EXAM	INTEGRATED MOVEMENT SCIENCE LEVEL 2 - FINAL EXAM

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 2 Online (HLC2 Online)		eLearning platform Holistic Lifestyle Coaching Level 2 Online Learning Path
Fast Track	Pre-recorded mentoring webinar focused on practical application.	eLearning platform: CHEK Academy Year 2 Mentoring Learning Path.
Academy Workshop		eLearning platform: CHEK Academy Year 2 Learning Path
Online Course	Prerequisite courses required before attending IMS1 (Online or Live).	eLearning platform: CHEK Academy Year 2 Learning Path
Final Exam	Advanced Training Program Final Exam.	eLearning platform
CHEK Clinic Business Training	Online business training.	eLearning platform: CHEK Academy Year 2 Mentoring Learning Path.
CHEK Practitioner Business Assets	Assets available to all CHEK Practitioner Level 1 students.	eLearning platform: CHEK Academy Year 2 Learning Path
In person Live Event	Students are required to travel to their chosen location.	

HLC2 Online

MONTH	Year 2 Learning Paths accessed via eLearning Platform - #Running Order			LIVE IN PERSON CLASS ATTENDANCE	EXAM DEADLINES	LIVE ONLINE - GROUP MENTORSHIP CALLS
	CHEK Academy Year 2	CHEK Academy Year 2 Mentoring Live Online Calls & Fast Tracks	Holistic Lifestyle Coaching Level 2 Advanced Trianing Program Online			
13	Advanced Program Design Online Course - #1				Advanced Program Design Online Course (end of month 13)	
14	A CHEK Practitioner's Guide to HTEMBH Questionnaires & Last 4 Doctors ebook - #2	Recording of Group Mentor Call 2 will be available within 7 days of call				Group Mentorship Call 1 - Getting Clients - 90mins
15		CHEK Clinic Business Training Level 1 - Courses 1 to 3 - #3				
16	Primal Pattern Eating Online course- #4	Recording of Group Mentor Call 2 will be available within 7 days of call			Primal pattern Eating (end of month 16)	Group Mentorship Call 2 - Integrating IMS1 and HLC1 - 90mins
17	Scientific Stretching - #5		HLC2 Prereading - Under the Veil of Deception by Paul Chek & The Kalish Method by Dr Daniel Kalish - #6		Scientific Stretching (end of month 17)	
18			Holistic Lifestyle Coaching Level 2 online - Courses 1&2 - #7			
19			Holistic Lifestyle Coaching Level 2 online - Courses 3&4 - #8			
20			Holistic Lifestyle Coaching Level 2 online - Courses 5 & Final Exam - #9 Access to HLC2 Post course Resources on completion of exam	Holistic Lifestyle Coaching Level 2 (end of month 20)		
21	Academy Workshop - Holistic Lifestyle Coaching Level 2 Practical Application - #10	Recording of Group Mentor Call 3 will be available within 7 days of call		Integrated Movement Science Level 2 - Pre-Course Resources - #11		Group Mentorship Call 3 - HLC2 Principles Review with IMS1 Integration - 90mins
22	Walking Tall - #12	CHEK Clinic Business Training Level 1 - Courses 1 to 3 - #13		IMS2 Live - Digital Manual - #14 PLEASE DOWNLOAD MANUAL		
23				Integrated Movement Science Level 2 Live - 5 Day Live In Person Class		
24	Academy Workshop - Integrated Movement Science Level 2 Review - #15	Recording of Group Mentor Call 4 will be available within 7 days of call			Integrated Movement Science Level 2 (final exam end of Month 24).	Group Mentorship Call 4 - CP2 Review - 90mins

HLC2 Live

MONTH	EXCLUSIVE ACADEMY ONLINE MATERIAL	CHEK PRACTITIONER LEVEL 2 ONLINE MATERIAL	IN PERSON ATTENDANCE	EXAM DEADLINES	MENTORSHIP GROUP CALLS
13	Advanced Program Design Online Course - #1			Advanced Program Design Online Course (end of month 13)	
14	A CHEK Practitioner's Guide to HTEMBH Questionnaires & Last 4 Doctors ebook - #2	Recording of Group Mentor Call 1 will be available within 7 days of call			Group Mentorship Call 1 - Getting Clients - 90mins
15		CHEK Clinic Business Training Level 1 - Courses 1 to 3 - #3			
16	Primal Pattern Eating Online course- #4	Recording of Group Mentor Call 2 will be available within 7 days of call		Primal pattern Eating (end of month 16)	Group Mentorship Call 2 - Integrating IMS1 and HLC1 - 90mins
17	Scientific Stretching - #5		HLC2 Prereading - Under the Veil of Deception by Paul Chek & The Kalish Method by Dr Daniel Kalish - #6	Scientific Stretching (end of month 17)	
18			Holistic Lifestyle Coaching Level 2 Live - 5 Day Live In Person Class		
19	WALKING TALL - #7				
20			Holistic Lifestyle Coaching Level 2 Final Exam - #8 Access to HLC2 Post course Resources on completion of exam	Holistic Lifestyle Coaching Level 2 (final exam end of month 20)	
21	Academy Workshop - Holistic Lifestyle Coaching Level 2 Practical Application (6) - #10	Recording of Group Mentor Call 3 will be available within 7 days of call	Integrated Movement Science Level 2 - Pre-Course Resources - #11		Group Mentorship Call 3 - HLC2 Principles Review with IMS1 Integration - 90mins
22		CHEK Clinic Business Training Level 1 - Courses 1 to 3 - #12	IMS2 Live - Digital Manual - #14 PLEASE DOWNLOAD MANUAL BEFORE LIVE CLASS		
23			Integrated Movement Science Level 2 Live - 5 Day Live In Person Class		
24	Academy Workshop - Integrated Movement Science Level 2 Review - #13	Recording of Group Mentor Call 4 will be available within 7 days of call		Integrated Movement Science Level 2 (final exam end of Month 24).	Group Mentorship Call 4 - CP2 Review - 90mins

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.