

# Academic Plan

Advanced CHEK Academy - Years 4 & 5



MONTH	ONLINE MATERIALS	LIVE COURSES	MENTORSHIP CALLS	SOCIAL EVENTS	EXAM DEADLINES
Month 37	Integrated Movement Science Level 4 Case Study Preparation online workshop				
Month 38	Integrated Movement Science Level 4 Case Study Preparation				<ul style="list-style-type: none"> <li>• Create Case Study Cover Page</li> <li>• Create Client Consent Form</li> <li>• Part One: Client Status</li> <li>• Part Two: First Client Evaluation &amp; Assessment Forms</li> </ul>
Month 39	Integrated Movement Science Level 4 Case Study Preparation				<ul style="list-style-type: none"> <li>• Part Three: First Exercise Program</li> <li>• Part Four: Most Recent or Final Client Evaluation &amp; Assessment</li> <li>• Part Five: Most Recent or Final Exercise Program</li> <li>• Part Six: Referrals</li> </ul>
Month 40	The 1-2-3-4 of Overcoming Addiction, Obesity and Disease audio program		IMS4 Case Study preparation call		
Month 41	Integrated Movement Science Level 4 Case Study - completion of final draft				IMS4 - First Case Study Submission - end of Month 41
Month 42	Scientific Shoulder Training elearning course				Scientific Shoulder Training - end of Month 42
Month 43		Holistic Lifestyle Coach Level 3			IMS4 - Final Case Study Submission - end of Month 43
Month 44	How to Mentor online workshop				
Month 45	Holistic Lifestyle Coach Level 3 online workshop				Holistic Lifestyle Coach Level 3 Spinal Structures - end of Month 45
Month 46	Cervical and Cranial Advanced Anatomy online workshop		HLC3 Review mentor call		
Month 47	PPS Lesson 12: Developing Your Listening Skills		Getting Ready for IMS4		
Month 48		Integrated Movement Science Level 4	Cervical Anatomy mentor call	IMS4 Academy Social Event	