

## LEARNER'S GUIDE DIPLOMA ASSESSMENT

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### SLINGS IS NOW FAMO

This guide is designed for students of both Slings Myofascial Training (until 2024) and FAMO Fascia Movement (from 2025). The knowledge and skills gained through the Slings education programme fully meet the requirements for the FAMO Diploma Assessment.

*"Easy learning doesn't build strong skills." Brené Brown*

Throughout your Slings and FAMO journey, you have been building a strong foundation of skills – **bravo** from all of us at art of motion on reaching this final step with the FAMO Diploma Assessment!

Since the Slings Myofascial Training (until 2024) and FAMO Fascia Movement (from 2025) education programmes are advanced curricula, the Diploma Assessment will require you to demonstrate not only the knowledge and skills acquired but also your ability to work with the material independently and adaptively. This assessment is not about rote memorisation or ticking boxes; it is about showcasing your understanding of key concepts, your competency in practical applications, and your capacity for self-reflection. Above all, this is an opportunity to consolidate and refine your knowledge.

### ASSESSMENT COMPONENTS

There are 3 assessment components that need to be completed successfully:

- |                              |             |  |
|------------------------------|-------------|--|
| 1. Theory Self-Assessment:   | Test Sheets | You will receive the PDF documents after the course. |
| 2. Written exam:             | Lesson Plan | The template can be downloaded from the website.     |
| 3. Practical assessment day: | Session     | Register through the course calendar.                |

### LEARNER'S GUIDE TOPICS

In this Learner's Guide the following topics are covered:

- Written lesson plan
- Practical assessment day
  - Movement competency
  - Teaching competency
  - Self-reflection ability
- Certification
- Re-examination



## PRACTICAL ASSESSMENT DAY: SESSION

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### MOVEMENT COMPETENCY

During the assessment day you will be:

- Demonstrating exercises and teaching other course participants, the exercises are given by the assessor.
- Teaching and demonstrating a 15-minute sequence from your lesson plan (e.g., beginning, middle, end or somewhere in between) chosen by you.

#### Competency

We don't expect you to 'master' every single exercise and variation. What we expect is:

- Clear movement intention.
- Competency in your exercise execution.
- Recognition of where you haven't achieved movement competency yet.
- Recognition of where exercise adaptations are necessary for you.
- Recognition of your own movement competencies.

### TEACHING COMPETENCY

During the assessment day you will be teaching Slings/FAMO exercises to a small group of fellow students.

The exercises you will be teaching are:

- Derived from the lesson plan you handed in.
- Selected by the assessor.

#### Competency

We don't expect you to teach flawlessly; teaching fluency is an ongoing process that takes time. What we expect is:

- Competent understanding and cueing of the exercises.
- Competent application of myofascial training techniques.
- Competent communication of exercise benefits and aims.
- Resource-oriented interaction with participants.
- Recognition of your own teaching competencies and areas of improvement.

### Slings in Motion / FAMO Practice Sample Questions

To give you an idea of the practical knowledge we expect, here are a few sample skills and competencies:

1. Demonstrate and cue the exercise *Triangle Pose: Side Stretch with Spiralling & Arm Circle* starting and finishing in the standing starting position.
2. Demonstrate and cue the exercise *90/90 Spiralling Twist* starting and finishing in *90/90 Kneeling*.
3. Demonstrate and cue the exercise *Lumbar Spring* starting and finishing in the supine starting position.
4. Name 2 myofascial practice aims for the following exercises:
  - *Dynamic Knee Bend & Arm Pendulum*
  - *Melting Deer Pose*
5. Name 3 applied myofascial training techniques for the following exercises:
  - *Kneeling Crescent Lunge*
  - *Dynamic Mermaid with Spiralling*
6. Name 1 exercise that promotes tissue hydration in combination with the following exercise:
  - *Prone Hip Massage & Leg Series*

### ABILITY TO SELF-REFLECT

The ability to self-reflect is a core competency of a FAMO Fascia Movement teacher and an important component of the certification process. Throughout the assessment day you will reflect on your current skills and knowledge, knowledge gaps, and areas you feel need improvement.

### ASSESSMENT RESULTS

You will know if you have achieved competency in all areas on the day of the practical assessment. At the end of the day you will have a brief, individual conversation with the assessor. During this conversation the assessor will:

- Hand you a printed copy of your lesson plan with their notes and the result: competent or not yet competent.
- Inform you of the outcome of the practical assessment day: competent or not yet competent.

### CERTIFICATION

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If you have successfully completed all components of the certification, you will receive your **Diploma in FAMO Fascia Movement** that grants you the title **Certified Advanced FAMO Fascia Movement Teacher**.

### RE-EXAMINATION

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If you didn't yet successfully complete all assessment components, you can repeat some or all of it to the conditions outlined below.

#### Lesson Plan

If your lesson plan didn't show competency yet, you can submit a revised version of your work after the practical assessment day.

- The timeframe you are granted is 2 weeks.
- The following cost occurs: CHF 80.00.

Re-submission of the lesson plan is granted once.

#### Assessment Day

If your practical performance didn't show competency yet, the assessment can be repeated at one of the regularly scheduled assessment dates.

- The following cost occurs: CHF 280.00
- When rebooking the whole assessment, the standard fees apply.

Re-submission of the practical assessment day is granted twice.

*"Life shrinks or expands in proportion to one's courage."  
Anais Nin*