

LEARNER'S GUIDE SLINGS DIPLOMA

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

In the course of your Slings journey you have been building strong skills – **bravo** from all of us at art of motion for rounding off your education with the Slings Diploma!

Because the Slings Myofascial Training education is an advanced curriculum, the Slings Diploma course requires you to demonstrate skills and knowledge gained from the training, as well as your ability to work with the material independently and with flexibility. The Slings Diploma course is not about reciting from your short-term memory and checking the right boxes. It is about showing understanding of the concept, competency in the practical applications, and the ability to self-reflect. Finally, this is an opportunity for knowledge consolidation and refinement.

3 ASSESSMENT COMPONENTS

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

1. Online theory assessment
2. Written lesson plan
3. Practical assessment day

2-PART ENROLMENT PROCESS

To complete the Slings Diploma, you need to enrol into 2 of the assessment components separately:

- Online theory assessment
- Practical assessment day

LEARNER'S GUIDE TOPICS

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

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

ONLINE THEORY ASSESSMENT

We will test your knowledge of the Slings theory with online quizzes **prior to the assessment day.**

Timing

You may book the online assessment any time after completing the following courses:

- Anatomy Trains in Motion
- Slings Essentials

The online assessment needs to be completed at least 4 weeks prior to the commencement of the practical assessment day.

Access

Online access to the [Slings Online Theory Assessment](#) is valid for 2 months after enrolment.

Competency Score

You can repeat the quizzes as needed and as often as you like. Double checking answers is valuable learning in and of itself. However, because you can repeat the quizzes, we require you to complete them with a minimum score of 90%.

Certificate of Completion & Title

Completing the online assessment will grant you the following qualification:

Certificate of Completion: Slings Myofascial Training Foundation Level

Title: Slings Myofascial Training Teacher Foundation Level

Note: If you have already attained the Certificate of Completion for Slings Myofascial Training Foundation Level, it means you have already completed the online assessment. You don't need to repeat this assessment for the Slings Diploma.

Get Your Certificate of Completion "Slings Myofascial Training Teacher Foundation Level"

Send your existing certificates to welcome@art-of-motion.com.

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|---|--|
| ▪ Anatomy Trains in Motion | Face-to-face, live online, self-study online |
| ▪ Slings Essentials | Face-to-face, live online, self-study online |
| ▪ Slings in Motion I or Slings in Motion Blend | Face-to-face, live online |
| Note: to achieve the Slings Diploma, you will need Slings in Motion I | |
| ▪ Online Theory Assessment | Self-study online |

ANATOMY TRAINS IN MOTION & SLINGS ESSENTIALS QUIZZES

It's important to teach Slings Myofascial Training from a sound knowledge base. Core competencies you need to know include an understanding of the myofascial anatomy of the Anatomy Trains lines as well as the 12 fascial movement qualities, and related training techniques. Examples of what we expect you to know include things like the suboccipital muscles being part of the Superficial Back Line and that ground substance is one of the main components of fascia. What we don't expect you to know by heart are details such as the names of the individual suboccipital muscles or the specific names of the molecules that make up ground substance. To gradually help you remember such intricate details, we provided you with comprehensive course manuals.

Following is a list of topics with sample questions to exemplify the extent and depth of the quizzes.

Anatomy Trains in Motion Sample Questions

- Rules:** The 'rules of the game' explain the criteria that qualify myofascial continuities to be Anatomy Trains lines. Name the rules regarding direction and depth.
- SBL:** Name 3 fascial structures of the SBL.
List 1 training aim for the hamstring portion of the SBL.
List the secondary curves of the body starting at the head.
- SFL:** List the main bony stations of the SFL starting at the foot.
Is the connection across the hip bone fascial or mechanical?
Is the retinaculum of the ankle functionally part of the SFL?
- LL:** As a whole, is the LL predominantly a movement contributor, dynamic stabiliser, or both?
Name the 3 muscles that are part of the 'Y of the hip'.
Do the intercostals contribute to ribcage spiralling in activities like walking?
- SPL:** List the muscles of the SPL starting at the head.
Name the 2 muscles that are exclusively part of the SPL.
Does the lower SPL form a stirrup that connects the pelvis and feet?
- FLs:** Name the 3 Functional Lines.
In the FL on the front of the body, is the rectus abdominis on the same or the opposite side of the adductor longus?
- ALs:** Name the 4 Arm Lines.
Is the latissimus dorsi of the Arm Lines on the front or the back of the body?
- DFL:** Does the DFL extend from the toes to head?
Name the 2 movement functions that are exclusive to the DFL.
Does the DFL support optimal functioning of the outer myofascial meridians or do those meridians function independently of the DFL?
- Motion:** Can an advanced mover engage one myofascial meridian in isolation?
Is it advantageous to focus on one part of a myofascial meridian to improve overall functionality or should myofascial meridians only be trained as a whole?

Slings Essentials Sample Questions

Fascia

- The functional, holistic definition of fascia is considered a system. True or False?
- Name the 4 main components of fascia.
- Name the 4 facial types as defined in Slings.

12 Fascial Movement Qualities

- Tensile strength:** A tensegrity model can be used to illustrate the tensegral qualities of the body. What do the wooden sticks, elastic bands, and spaces between the bands represent?
- Muscle collaboration:** In Slings, we don't train muscles deliberately. Instead, we rebalance muscles by solely focussing on training fascia. True or False?
- Adaptability:** Fascial adaptations are patterns in the tissue. Do they develop rapidly or gradually over time?
- Force transmission:** Fascia transmits force over long distances to increase movement efficiency and decrease strain on individual structures. True or false?

- Multidimensionally: Multidimensionality encompasses movement in 3 dimensions plus a 4th dimension. What is the 4th dimension?
- Fluidity: To promote fluid flow in fascia we use a hydration technique in which we envision fascia to be a water-filled sponge. Describe how the technique works.
- Glide: Which fascial type provides the sliding layers?
- Elasticity: Crimp is a feature of elastic fascia. In which fibre type does crimp develop: collagen or elastin?
- Plasticity: To utilize fascial plasticity, relaxed poses that are sustained for 30 seconds or more, as well as slow, generous movements are suitable. True or False?
- Tone regulation: Contractile cells in fascia give the tissue a degree of tone. With practise, fascia can be contracted and relaxed like muscles. True or False?
- Kinaesthesia: Name the two components of kinaesthesia.
- Imponderability: What does imponderability refer to?

12 Myofascial Training Techniques

- Stabilizing: Does 'stabilising' refer to training dynamic stability deliberately or utilizing pre-existing stability during an exercise?
- Toning: Does 'toning' refer to muscles or fascia?
- Pushing, pulling, counter-traction: Does 'pushing' create an internal (invisible) or external (visible) change in the body?
- Active lengthening, expansion: Does 'active lengthening' strengthen muscles and fascia?
- Spiralling: Do 'spiralling' motions of the spine also change the length of the spine?
- Hydrating: Can 'hydrating' be applied to self-massage exercises as well as exercises without props?
- Gliding: Is 'gliding' generally applied to small or generous movements?
- Domino motion: In 'domino motions' one part of the body follows another with minimal effort. True or False?
- Bouncing, swinging: When 'bouncing' movements are rhythmical, is rhythm equated with rapid motion?
- Massaging: When 'massaging', the rolling motions are always slow. True or False?
- Active release: In 'active release' one body part is actively used to release another relaxed body part. True or False?
- Melting, invigorating: What is the timeframe of melting poses? Between 10 and 20 seconds or between 30 seconds and 5 minutes?

LESSON PLAN

The lesson plan must be completed and handed in **prior to the assessment day**.

You can choose the format and content of the Slings lesson. It can be tailored for a:

- One-to-one format, group training, or your personal practice.
- Specific target group or general population.
- Specific topic or general wellbeing.

DUE DATE

The lesson plan can be sent to us at any time after enrolment in the Slings Diploma. It must be submitted no later than **4 weeks prior to certification course commencement**. You will receive the exact submission date together with your confirmation of registration.

LESSON PLAN FORMAT

We will provide you with a Word document that serves as a lesson plan template.

- You will use the template for the Slings lesson plan you are handing in.
- You will hand in your lesson plan as a Word and PDF document.

The lesson plan template will show you what we need to know and give you the evaluation criteria.

Structure

To assist you in structuring your Slings lesson and assist us in understanding your thoughts, we created 3 text boxes or building blocks that need to be used to outline your plan.

- Copy each box as often as necessary to describe all of the exercises you want to include in your lesson plan.
- Naturally you are deciding in which order the blocks need to be arranged.

Your lesson plan structure may look something like this:

Page 1

First + Last Name			
Place + Date			
60-MINUTE SLINGS LESSON PLAN			
Target Audience			
Group Size			
Skill Level			
Theme of Lesson			
General or Specific Training Area	1		
	2		
	3		
Props incorporated (optional)	Yes	No	Message Ball (1 or 2)
	Yes	No	Message Dome (1 or 2)
	Yes	No	Trigger Ball (1 or 2)
	Yes	No	Flowing PNF
	Yes	No	Other
EXERCISE			
Exercise Name			Assessor
Exercise Variation(s)			
Prop(s)			
Allocated Timeframe			
Applied Training Technique (if 2 techniques)			
Exercise Area (if 2 areas)			
Transition Note (optional)			
Note by Assessor			
EXERCISE			
Exercise Name			Assessor
Exercise Variation(s)			
Prop(s)			
Allocated Timeframe			
Applied Training Technique (if 2 techniques)			
Exercise Area (if 2 areas)			
Transition Note (optional)			
Note by Assessor			

Page 2

EXERCISE			Assessor
Exercise Name			
Exercise Variation(s)			
Prop(s)			
Allocated Timeframe			
Applied Training Technique (if 2 techniques)			
Exercise Area (if 2 areas)			
Transition Note (optional)			
Note by Assessor			
EXERCISE SEQUENCE ALREADY DESCRIBED			
Exercise Name			
Exercise Name			
Exercise Name			
EXERCISE			
Exercise Name			Assessor
Exercise Variation(s)			
Prop(s)			
Allocated Timeframe			
Applied Training Technique (if 2 techniques)			
Exercise Area (if 2 areas)			
Transition Note (optional)			
Note by Assessor			
INDIVIDUAL EXERCISE ALREADY DESCRIBED			
Exercise Name			

Page 3

EXERCISE			Assessor
Exercise Name			
Exercise Variation(s)			
Prop(s)			
Allocated Timeframe			
Applied Training Technique (if 2 techniques)			
Exercise Area (if 2 areas)			
Transition Note (optional)			
Note by Assessor			
EXERCISE			
Exercise Name			Assessor
Exercise Variation(s)			
Prop(s)			
Allocated Timeframe			
Applied Training Technique (if 2 techniques)			
Exercise Area (if 2 areas)			
Transition Note (optional)			
Note by Assessor			
EXERCISE			
Exercise Name			Assessor
Exercise Variation(s)			
Prop(s)			
Allocated Timeframe			
Applied Training Technique (if 2 techniques)			
Exercise Area (if 2 areas)			
Transition Note (optional)			
Note by Assessor			

We recommend that you can download the lesson plan template from our website.

PRACTICAL ASSESSMENT DAY

The assessment day is practically oriented.

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 Slings 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 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 Sample Questions

To give you an idea of the kinds of Slings in Motion knowledge we expect here is a short list of samples.

1. Demonstrate and cue the exercise Jumping Cat starting and finishing in Child's Pose.
2. Demonstrate and cue the exercise Lateral Angle Pose starting and finishing in Wide V Stance.
3. Demonstrate and cue the exercise Spiralling Windmill starting and finishing in 4-Point Kneeling.
4. Name 2 myofascial training aims for the following exercises:
 - 90/90 Shift
 - Curl Up Butterfly & Back Massage
5. Name 3 applied myofascial training techniques for the following exercises:
 - 90/90 Spiralling Twist
 - Dynamic Second to First
6. Name 1 exercise that promotes tissue hydration in combination with the following exercise:
 - Kneeling Triple Extension

ABILITY TO SELF-REFLECT

The ability to self-reflect is a core competency of a Slings Myofascial Training 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

If you have successfully completed all components of the certification, you will receive your **Slings Diploma in Slings Myofascial Training** that grants you the title **Slings Myofascial Training Teacher Advanced Level**.

RE-EXAMINATION

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

ONLINE THEORY ASSESSMENT

If you didn't complete the online assessment successfully prior to the assessment day, you will need to complete it after the practical assessment day, before receiving your Slings Diploma.

- The timeframe you are granted is 4 weeks.
- The following cost occurs: CHF 50.00.

Re-taking of the online theory assessment is granted once.

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