



SpinPoi Instructor Certification Course



Become a certified instructor
in working with poi as a therapeutic
tool from the leading global poi/health organization

Course Overview

The SpinPoi Certification Course is a comprehensive, evidence-based qualification on how to work with poi (a ball on a cord that you spin in circles around your body) as a therapeutic tool. During the course you will learn about the theory and practical applications of poi including its origins as a Māori taonga, the nuts and bolts of how to structure and facilitate poi sessions, the pedagogy behind working with poi to improve wellbeing, as well as build competency with poi movements. At the end of the course, you will have the knowledge and tools to confidently teach poi sessions to improve wellbeing for your clients/community. The course involves 12 hours of hands-on training administered over 3 days. You are also expected to complete 10 hours of homework outside of class.

22 hours total: 12 hours of hands-on training | 10 hours of coursework





Who Can Take This Course?

Anyone interested in working with poi to improve wellbeing can take this course. No prior experience is necessary. A wide range of individuals have participated in the past including therapists, educators, nurses, artists, retirees, social workers, dancers, and more. During the course you will learn about working with poi as a therapeutic tool for wide variety of clients, and you will then have a chance to focus your homework on the population(s) you plan to work with in your community.

Course Objectives

- ✓ Understand the origins and history of poi as a Māori taonga (treasure)
- ✓ Understand the research and clinical applications of poi as a therapeutic tool
- ✓ Have a conceptual framework for the basis of all poi movement and be able to execute the building block movements
- ✓ Be able to execute and teach 7 seed movements
- ✓ Be able to facilitate a successful poi session for your clients including session planning, pedagogical approaches, leading with cultural sensitivity, and safe practices

Course Units

Poi in New Zealand and Beyond

The history and origins of poi as a precious taonga (treasure) in New Zealand

The different types of poi in New Zealand today and the styles seen across the globe

Clinical Research and Applications

Outcomes of PhD research on the effects of poi on physical and cognitive function, plus subsequent research in aged care, hospitals, and Parkinson's

How poi is being used as a therapeutic tool by practitioners worldwide

Poi Movement Theory

The 2 modes of movement

The 3 building blocks

How to use these fundamentals to create an infinite combination of fun and challenging exercises

Seed Movements

How to execute the 7 Seed Movements: Figure 8, Butterfly, Catch, Pendulum Variations, Flowers, Chasing the Sun, Corkscrew

How to teach the 7 Seed Movements including progressions and troubleshooting

Session Pedagogy

Underpinning modalities including flow state, meditative movement, and play

Methodologies to maximize student engagement including multi-sensory learning, mirroring, dual-tasking, and visualization

Session Facilitation

How to prepare and structure sessions

How to lead with cultural sensitivity acknowledging poi as ngā taonga Māori

Safe Practices

How to measure session success

In addition to the units above, you will participate in a mock class for early childhood education and a mock class for older adults, where you will get to experience the movements, pedagogy, and session facilitation techniques come together.

Homework

You are expected to complete 10 hours of homework outside of class. In addition to the content covered during the course, the digital course resources (listed on the next page) will support you in completing your homework tasks.

Written exam	Pass the multiple choice written exam. The exam is open book.
Poi Proficiency	Demonstrate proficiency with Poi Movement Theory and Seed Movements
Routine to Music	Create and demonstrate a poi routine to music that is appropriate for the population of your choice.
Lesson Plans	Write a set of 4 lesson plans for a population of your choice.
Teaching Practicum	Demonstrate a minimum of 20 minutes of teaching a class to a population of your choice.
Letter of Rec	A letter of recommendation from a current or former colleague



Course Resources

By participating in the course you will gain access to the following digital course resources which will support you on your journey.



Presentation Slide Decks

Slides from the 8-hours of hands on training



SpinPoi Beginner Pack

Video tutorials on poi fundamentals and seed movements



Early Childhood Education Pack

Video tutorials and a printable .pdf guide on working with poi and young learners



Senior Pack

Video tutorials and a printable .pdf guide on working with poi and older adults



Upon Completing the Course You Will...

- ✓ Be listed as an official instructor on spinpoi.com, and have exclusive use of the Certified SpinPoi Instructor title
- ✓ Gain access to the Instructor Portal with additional resources to support you such as an extensive library of poi routines, documents to help you run your classes smoothly (consent forms, invoices, etc.), and additional tutorial videos.
- ✓ Gain access to the Certified SpinPoi Instructors facebook group where instructors across the globe are supporting each other and sharing resources in real time.
- ✓ Be promoted as a Certified Instructor across SpinPoi's social media, with continued promotion of any workshops, events, or news you might have as you continue your journey
- ✓ Receive a paper copy of your certificate in the mail
- ✓ Receive continued support from Dr. Kate Riegler van West as and when needed

Prerequisites

Proof of a government issued police check that is not more than three years old is required to participate in the course. Results of the police check must be obtained in the format of a certificate or report and detail your full name, date of birth, date of issue, and a reference number or similar.

Continuing Education Units

For those living in the U.S.A., a total of 12 contact hours of Continuing Education Units are available. Eligible occupations differ per state, so prior to registration please get in touch if you would like to earn CEUs for your participation in this course.

Cancellation Policy

A cancellation can be requested at any time by emailing kate@spinpoi.com. Cancellation requests submitted prior to 30 days from the retreat date will receive a 90% refund. Cancellation requests submitted within 30 days of the retreat date will receive a 50% refund.

Course Fee

\$589 NZD per person

This includes 12 hours of hands-on training, access to the digital course resources, and continued support.

LEARN MORE & REGISTER



Meet Your Instructor

This course is led by Dr. Kate Riegle van West, the leading global exponent in working with poi as a therapeutic tool and the Founder and CEO of SpinPoi Ltd. Kate completed her PhD in the health benefits of poi at the University of Auckland, where she conducted the first study in the world to scientifically investigate the effects of poi on physical and cognitive function. She was awarded the Future Leader Award from the Royal Society of New Zealand for her work in the poi/health field, and has been featured across international media including BBC World News, ABC News, TVNZ, Radio New Zealand, and Maori Television. In 2021 she was named as one of the University of Auckland's Top 40 Under 40 inspiring alumni.



As featured on...



What People Are Saying

With Certified SpinPoi Instructors on 5 continents, people across the globe are enjoying the magic and power of poi as a tool for supporting physical, cognitive, and emotional wellbeing. But don't take our word for it!



I just began my SpinPoi classes at the local Senior Center, and driving home I cried tears of gratitude, realizing how much the people are benefiting from this experience. And I had a blast too! As a stroke survivor, I feel so lucky to have found SpinPoi and to be able to share it with my community.

- Rain



SpinPoi inspired me to incorporate poi into my dance classes, and made the process of adding poi to an existing group fitness class very straight forward. The humour, creativity and sheer joy that has come from working with poi has been amazing.

- Hilary



Poi could be one of the most affordable and effective interventions globally to alleviate depression, loneliness and isolation in older adults. We have seen our older residents laugh out loud, socialize, and engage both their minds and bodies despite their age and physical or cognitive abilities.

- Orquidea

Ready to take the next step?
Click the link to learn more about
the course and register today.

LEARN MORE

