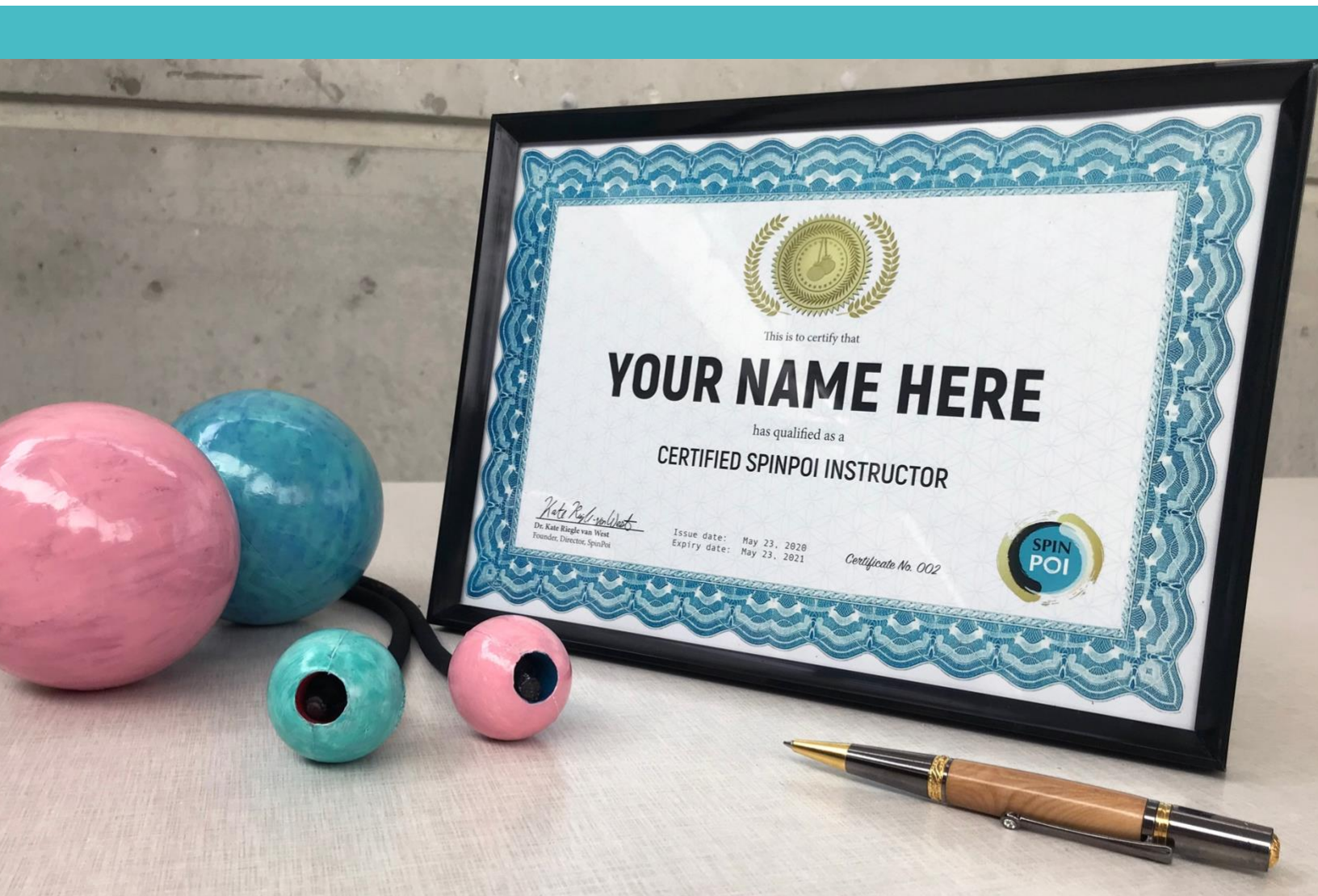




SpinPoi Certification Course

FOR WORKING WITH POI & OLDER ADULTS
AND/OR THOSE WITH NEUROLOGICAL CONDITIONS

For inquires or more information, please visit www.spinpoi.com or email info@spinpoi.com



Course Description

The SpinPoi Certification Course is an evidence-based qualification stemming from clinical research on the effects of poi on physical and cognitive function for older adults and early research on poi and Parkinson's. This course is aimed at those who would like to utilize poi as a therapeutic tool in their work with seniors and/or those with neurological conditions. During the course participants will gain the knowledge and tools to confidently lead safe and engaging poi sessions for their clients. This includes building competency with poi movements as well as understanding how to structure and facilitate successful poi sessions.

This is a 10 hour course delivered over two days.

Course Modules

The following modules will be covered during class through presentation, discussion, and hands-on learning.

Module 1: Poi in New Zealand and Beyond

- ✓ The history of poi as a precious taonga (treasure) in New Zealand
- ✓ The different types of poi used in New Zealand and across the globe today
- ✓ The clinical research on the health benefits of poi

Module 2: 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 to teach

Module 3: Advanced Poi Moves

- ✓ Figure 8
- ✓ Butterfly
- ✓ Catch
- ✓ Pendulum variations

- ✓ Flowers
- ✓ Chasing the Sun
- ✓ Corkscrew

Module 4: Facilitating a Session

- ✓ How to structure your session
- ✓ Best practices to ensure everyone can participate safely
- ✓ Teaching tips to accommodate for different learning styles and assist clients through challenges

Module 5: Creating Routines to Music

- ✓ How to create poi routines to music that are appropriate for your clients and are sure to have everyone grooving to the beat

Coursework

Written Exam: The written exam includes multiple choice questions about the history of poi, the health benefits of poi, safety and best practices for facilitating a poi session, poi movements, and the Code of Conduct for Certified SpinPoi Instructors.

Poi Proficiency Exam: Participants will demonstrate their proficiency with the following poi movements: 3 building blocks, Figure 8, Butterfly, Catch, Pendulum, Flower, Chasing the Sun, and Corkscrew.

Lesson Plans: Participants will write a lesson plan for 4 poi sessions. Each session should be 20 minutes minimum. The lesson plan for each session should include any warm up exercises, specific poi movements, poi routines, and cool down exercises. While some content may stay the same throughout the 4 sessions, there should also be new content introduced throughout to keep things fresh and keep participants challenged.

Routine Creation: Participants will create one poi routine to music, done from a seated or standing position. The routine should be at least 2 minutes long, incorporate a minimum of 3 different poi movements, and be an appropriate difficulty level for your clients.

Teaching Assessment: Participants will demonstrate and teach their poi routine to the rest of the class. Participants will be assessed on their teaching ability including clear communication, checking for understanding and providing corrective feedback, maximizing engagement, and fostering a positive and fun atmosphere.

Prerequisites

The following documents should be turned in prior to beginning the course.

Police Check: Proof of a government issued police check that is not more than three years old. 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. If you have a conviction for murder, sexual assault, or conviction of (and sentence to imprisonment for) any other form of assault, you will not be eligible for certification. Any other convictions highlighted by the police check will be assessed on a case-by-case basis.

Letter of Recommendation/Reference: A minimum of one letter of recommendation is required. The letter should come from a current or former colleague at an organization related to your work in health care/aged care. The recommender should include the following in their letter:

- a. Name of organization
- b. Job title
- c. Relationship/connection to candidate
- d. Description of the work the candidate was/is doing
- e. Specific information about the candidate's personal characteristics
- f. Specific information about the candidate's skillset working with seniors or clients with neurological conditions
- g. If/why you think the candidate would make a good SpinPoi certified instructor

Proof of Additional Qualifications (optional): If you have any relevant certifications or qualifications, please include a copy of the certificate(s). This could include being a registered:

nurse, recreational/diversional therapist, occupational therapist, physical therapist, physiotherapist, or teacher. This could also include academic degrees in a related field.

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.

