



# SpinPoi Certification Course

MELBOURNE, JAN-FEB 2023



## Course Overview

The SpinPoi Certification Course is an evidence-based qualification stemming from clinical research on the effects of poi on physical and cognitive function. This course is aimed at those who would like to incorporate poi into their work as a tool for improving wellbeing. 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.

Participants will learn about working with poi as a therapeutic tool for wide variety of clients including older adults, children, those with dementia, Parkinson's, and more. Participants will then have a chance to focus their homework and various course components on the population(s) they plan to work with in their community.

## Dates/Location

This is a 12-hour course delivered over three sessions:

Saturday January 28<sup>th</sup>, 10am – 2pm

Sunday January 29<sup>th</sup>, 10am – 2pm

Saturday February 25<sup>th</sup>, 10am – 2pm

Participants are expected to complete 10 hours of homework outside of class.



The workshop will be held at I Am Flora, a holistic business and community space at **35 Colebrook St, Brunswick VIC 3056**.

There will be a kitchen available for use as well as indoor and outdoor space.

# Course Content

The following units will be covered during sessions one and two through presentation, discussion, and hands-on learning.

## DAY ONE

### **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

### **Clinical Research on Poi as a Therapeutic Tool**

- ✓ Outcomes of PhD study on the effects of poi on physical and cognitive function
- ✓ Subsequent research on use of poi 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

### **Beginner Poi Skills – Learning & Teaching**

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

## DAY TWO

### **Beginner Poi Skills Cont. - Learning & Teaching**

- ✓ Flowers
- ✓ Chasing the Sun
- ✓ Corkscrew
- ✓ Partner work

### **Session Facilitation**

- ✓ How to lead culturally sensitive sessions acknowledging poi as ngā taonga Māori (Māori treasure)
- ✓ Poi preparation and best type of poi for different populations
- ✓ Best practices around structuring your session from warm up to cool down
- ✓ Best practices to ensure everyone can participate safely

### **Session Pedagogy**

- ✓ Teaching techniques for fundamental poi mechanics and advanced movements, including progressions and troubleshooting
- ✓ Methodologies to maximize student engagement through a multi-sensory learning approach
- ✓ Measuring session success

### **Mock Class**

- ✓ Participate in a mock class for seniors and for early childhood education

## DAY THREE

### **Poi Proficiency Exam**

- ✓ Students will demonstrate all of the poi movements necessary to complete the poi proficiency exam

### **Routine Demonstration**

- ✓ Participants will demonstrate and teach their poi routine to the rest of the class

### **Closing**

- ✓ Participants will share their experience teaching out in the community, along with any challenges or questions that may arise, and any further support they might need as they continue their journey
- ✓ If all course components have been completed successfully, participants will receive their official certificate and be formally welcomed as a Certified SpinPoi Instructor.

## Coursework

The following coursework will be completed in class and also as homework.

**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. You must score 100% on the exam to pass. You may take the exam as many times as needed.

**Poi Proficiency/Practical Exam:** Participants will demonstrate their proficiency with the movements outlined above in Beginner Poi Skills under Course Content. The exam will be administered during class. Participants may need to practice outside of class to ensure they can complete all of the movements.

**Routine Creation and Demonstration:** 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. Participants will demonstrate and teach their poi routine to the rest of the class.

**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.

**Teaching Practicum:** Participants must acquire a minimum of 1-hour of teaching experience. Participants are required to submit a 30 minute video(s) of themselves teaching. 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/Additional documents

The following documents must be submitted before the certification process can be completed. The police check should be started before the course begins, as this process often takes time and a clean police check is required to move forward.

**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. 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
- 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.

## Course Fee

The fee for The SpinPoi Certification Course is **\$350 USD per person**.

The fee includes participation in the 3 day SpinPoi Certification Course along with the following digital resources:

- ✓ [Poi for Seniors: Facilitator Resources](#) (valued at \$40 USD)
- ✓ [Poi for Early Childhood Education: Facilitator Resources](#) (valued at \$40 USD)
- ✓ [Poi for Beginners: Complete Pack](#) (valued at \$60 USD)
- ✓ 3 day certification course (valued at \$210 USD)

## Cancellation Policy

A cancellation can be requested at any time by emailing [kate@spinpoi.com](mailto: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.

If the retreat has to be postponed due to border closures related to COVID-19, then a credit for the course will be issued to be used for the postponement date. If the retreat happens as scheduled, but a guest decides not to attend based on any other reason than a country's border closure, then the regular cancellation policy (stated above) will be maintained.

## Meet Your Instructor

This course is facilitated 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. She currently supports clients across the globe in implanting poi/wellbeing programs.

