

STRETCH TO WIN INSTITUTE
CERTIFIED FASCIAL STRETCH THERAPIST
LEVEL I – LOWER BODY
DOWNLOAD INSTRUCTIONS

Dear Prospective Student,

Thank you again for considering our program.

First, PLEASE PRINT ALL 5 PAGES OF THIS DOWNLOAD NOW BEFORE READING FURTHER. You cannot proceed properly without printing this out then completing these forms by writing in your answers.

Second, you must first read the following instructions BEFORE filling out an application to register or making a deposit for workshops:

- There are a total of 5 pages in this online download to print, read & complete before you may register.
- After reading these instructions, please make sure that you have at least 15 minutes to complete a questionnaire on the second page. This questionnaire will help both you and us determine your current knowledge base and if you need more preparation before taking this workshop.
- Please scroll down to the third page ONLY after completing the entire questionnaire to the best of your ability. The third page will help you compare our answers to your answers so that we both know if you are ready to take this course from a knowledge perspective.
- Score your questionnaire then if it is appropriate scroll down to the fourth and fifth pages to fill out your application for a place in our workshop. You will be contacted within 2 business days of our receiving all documentation whether you have been accepted into the workshop.

Thank you,

Ann and Chris Frederick
Directors

STRETCH TO WIN INSTITUTE
KNOWLEDGE BASE QUESTIONNAIRE

Instructions: please answer all questions as completely & as detailed as possible.

All questions are worth 3 points each for a total of 33 points or 100%.

When you are finished please check answers on the next (3rd) page & grade yourself by dividing the number of correct answers by 33 and multiply the result by 100.

If you get less than 78% (a score of 26 correct out of 33 or less) then this is an indication that you will have difficulty absorbing the material in class with a good chance that you will not pass the written & practical exams to earn certification. In this case, we recommend that you first take online courses or register as a non-matriculated student in a local college where you can take & pass an entry level anatomy & kinesiology course before applying again for entry to our Institute.

If you score higher than 78%, congratulations and please go to the 4th and 5th pages in this download which is the application and registration for the Level I Lower Body workshop. To best prepare for this extensive workshop, we highly recommend that you review gross anatomy, especially all major muscle attachments of the torso from vertebral level T-12 on down including the extremities. Just as important is to get a grasp of 'living anatomy' & review kinesiology of gait & other functional movement patterns.

Anatomy:

1. Please name all 6 of the deep rotators of the hip: _____

2. What is the origin and insertion of the Iliopsoas complex? _____

3. What is the name of the largest posterior lower leg muscle that attaches below the knee joint? _____

4. What is the origin and insertion of the Latissimus Dorsi? _____

5. Please name the shoulder rotator cuff muscles: _____

Kinesiology:

1. Explain what is happening at the origin & at the insertion of the hamstrings (i.e. what is shortening or lengthening) during the action of knee extension in the sitting position? _____

2. When you balance on one leg, what main muscle is responsible for keeping your pelvis level? _____

3. In the squat with feet flat & placed parallel beneath the hips, please explain which tendons in the hip & knee are in a shortened position & which are in a lengthened position. Please use terms such as flexors/extensors, etc. as opposed to specific muscle-tendon names. _____

Please answer these questions as honestly & as heartfelt as you can:

1. Are you able or willing to listen with your heart & not just with your head? _____

2. Do you think that developing intuition is just as important as developing skills & academic knowledge in your field? _____

3. Are you practicing your current skills in your profession with confidence & competence? If so, how do you verify this? _____

STRETCH TO WIN INSTITUTE
ANSWERS TO THE KNOWLEDGE BASE QUESTIONNAIRE

Instructions: please complete previous attached questionnaire on page 2 of this download BEFORE reviewing answers below. Looking at the answers first defeats our purpose of matching the best prepared students to the workshop. Thank you.

Anatomy:

1. Please name all 6 of the deep rotators of the hip:

Piriformis, superior gemellus, obturator internus, inferior gemellus, obturator externus, quadratus femoris_(also acceptable is 'gemelli')

2. What is the origin and insertion of the Iliopsoas complex?

Origin for the psoas is the vertebrae & discs of L1-L5 & for the iliacus is the iliac fossa; insertion for both is the lesser trochanter of the femur.

3. What is the name of the largest posterior lower leg muscle that attaches below the knee joint?

Soleus

4. What is the origin and insertion of the Latissimus Dorsi?

Origin (is spinous processes of) thoracic T6-T12, thoracolumbar fascia, iliac crest and inferior 3 or 4 ribs (should have at least 2 of these); insertion is humerus

5. Please name the shoulder rotator cuff muscles:

Supraspinatus, infraspinatus, teres minor, subscapularis.

Kinesiology:

1. Explain what is happening at the origin & at the insertion of the hamstrings (i.e. what is shortening or lengthening) during the action of knee extension in the sitting position?

At origin (ischial tuberosity) & insertion (tibia, fibula) of hamstrings the tendons are lengthening (also acceptable: eccentrically contracting, stretching); more specifically (but not necessary in your answer) is that the insertion is lengthening away from a fixed origin.

2. When you balance on one leg, what main muscle is responsible for keeping your pelvis level?

Gluteus medius.

3. In the squat with feet flat & placed parallel beneath the hips, please explain which tendons in the hip & knee are in a shortened position & which are in a lengthened position. Please use terms such as flexors/extensors, etc. as opposed to specific muscle-tendon names.

Hip and knee flexor tendons are shortened; hip and knee extensor tendons are lengthened.

Please answer these questions as honestly & as heartfelt as you can:

There is no one way to answer these questions, so if you answer from the heart, then that's the right answer for you & that is what we are looking for.

1. Are you able or willing to listen with your heart & not just with your head?

2. Do you think that developing intuition is just as important as developing skills & academic knowledge in your field?

3. Are you practicing your current skills in your profession with confidence & competence? If so, how do you verify this?

STRETCH TO WIN INSTITUTE

CERTIFIED FASCIAL STRETCH THERAPIST – LEVEL I – LOWER BODY (CFT-I-LB) WORKSHOP

SPONSORED BY GOODLIFE FITNESS UNION STATION CLUB

APPLICATION FOR ENROLLMENT & POLICY AGREEMENT

(Instructions: Class size is limited in order to provide you the finest quality of education and training. The purpose of this application is to ensure us that you are appropriate for this workshop based on your experience and on your answers to the questions below. In the past, this entire application has proven to be a satisfactory way to ensure that the best prepared candidates are accepted into our workshops. If the class you are applying for is full then you will be notified of your option to be put on a waiting list or be accepted into another future class. All information on this form will be held in the strictest confidence. You will be notified whether you have been accepted within 2 business days of receiving your application. Thank you.)

Name: _____ Date: _____

Address: _____

City: _____ State/Province: _____ Zip Code: _____

Country: _____ How did you find out about our course? _____

Home phone: _____ Mobile: _____ Office: _____

Fax: _____ E-mail Address: _____

Website: _____ Occupation: _____

Current Degrees/Licenses/Certifications:

Years of work experience & position(s) in related field(s):

Please state whether you have ever been convicted of, pled guilty or no contest to, or entered into diversion in lieu of prosecution for any criminal offense in any jurisdiction of the United States or foreign country and if so, an explanation:

Please state whether you have ever had an application for a professional or occupational license, certificate, or registration, other than a driver's license, denied, rejected, suspended, or revoked by any jurisdiction of the United States or foreign country and if so, an explanation:

Please state whether you have any impairment to your cognitive, communicative, or physical ability to engage in the practice of Fascial Stretch Therapy™ with skill and safety and if so, an explanation:

What are your goals in attending this workshop? _____

Pleas list the essential qualities that make a great professional in your field: _____

I would like to enroll in the following course(s) being held _____

PLEASE READ OUR REFUND POLICY BEFORE SIGNING THIS FORM:

Refund policy: Super early bird \$799 (USD) due by March 1, 2010; Early bird \$899 (USD) due by April 1, 2010; Regular price \$999 (USD) due by May 1, 2010; late price \$1, 200 (USD) due after May 1; \$150 deposit required to hold spot. Final balance of workshop tuition is due on the dates previously listed. To get the Super Early Bird price you may pay by installments – contact Barbara for details (see below). If you call to register, your place in the workshop will be held pending receipt of deposit within five working days. Payment can be made with check, money order, Visa, MasterCard or AMEX.

If you cancel 31 or more days from the start date of the course then 50% of your deposit is a non-refundable administrative fee. The other 50% may only be applied toward another course if taken 12 months from the end of the cancelled course or it is considered non-refundable. If you cancel 30 days or less from the start date of the course then the full deposit is non-refundable and non-transferable. All cancellations must be received by us in writing to be considered valid and will be considered in force on the date it is received. If you cancel by email then please use the options of ‘Return Receipt’, ‘Delivery Confirmation’ and ‘High Importance’. After the workshop begins, no refunds are issued or transfers allowed.

In the event of company-paid registration, the company has the right to cancel under the above policy. The student candidate must contact us to be given the option to pay the deposit, remain registered for the workshop and be the responsible party for the tuition.

International Students: Tuition payment must be in U.S. funds only. Students in Canada and foreign countries will be responsible for payment of any applicable custom duties.

Re-certification: To maintain certification you must be re-certified no later than 2 years from completing this course. Full details to be announced at the workshop.

Workshop cancellation: The Stretch to Win Institute reserves the right to cancel any workshop 30 days prior to the first class due to insufficient registration. In this case a full refund or transfer of tuition to another class will be offered. By signing this form you agree that we are not responsible for any other expenses incurred by you other than workshop tuition should it be necessary for us to cancel a workshop.

By signing your name below you release Chris & Ann Frederick, Stretch to Win and their employees, Stretch to Win Institute and their teacher’s assistants from any and all liability from property damage, personal injuries and other claims arising from connection with your participation in this workshop. By signing this form, you also agree that you have read and agree to abide by our refund policy noted above.

Signature: _____

Date: _____

Please send this signed & completed form in one of the following manners:

- By fax to Stretch to Win at 480.394.0441.
- By scan & email to robin.stwi@gmail.com
- By mail to:
 - Stretch to Win Institute
2525 S. Rural Rd., Ste 4N
Tempe, AZ 85282
Att: Robin
- If questions call the Institute administrator, Robin, at 480-394-9121.