



Moving On Aerobics

Joyful Dance Exercise for
Breast Cancer Survivors

The Moving On Aerobics Teacher Training Process: Six Explorations in Preparing to be a Registered MOA teacher

The following six experiences can be engaged with in various orders:

1. *Take the Class.* Take the MOA class as often as possible (at minimum 10 sessions; ideally 5 - 7 with Martha; its important to experience other teachers too).
2. *Learn the Routines using video.* Teacher trainees send \$75 payable to Moving On Center/MOA for a copy of the video to study and practice the choreography at home. The video will include a first version of the MOA manual too. The goal is to learn this baseline choreography so that then you can put your own creativity into the program still using the logic of self-care and joyous expression developed for MOA.
3. *Take Related Courses.* As always in order to truly get the logic of this class teachers need to have studied in the SMTT or at least the following Phase 1 courses: Laban Movement Analysis, Bartenieff Fundamentals, and the Experiential Anatomy of BodyMind Centering courses.
4. *Read and Ask Questions.* Develop an understanding of the value of exercise in helping with breast cancer survivorship, as well as issues that arise with other types of cancers. (Future workshops will address the use of adaptations of MOA in helping people with other issues such as return to exercise with asthma, auto-immune disease, joint ailments, pulmonary problems, weakened self-image, and weight loss problems). This theoretical part that informs the logic of the dance sequences and of your teaching cues culminates in a multiple choice and short answer exam.
5. *Bring your own Experience and Creativity.* It's important to have prior experience teaching group classes (NIA, yoga, dance, Pilates or Lebed etc). Volunteer at CKE for more teaching experience if you don't already have this.
6. *Assessment of Your Teaching.* Arrange to have Martha Eddy or another MOA instructor observe you teaching MOA classes and to give feedback (this may be done by video/DVD). This should be schedule once you feel you are close to knowing the content and process of teaching MOA.

MOA Teacher Training Costs:

\$75 to get video once you've begun taking the introductory workshops and come to at least 4 classes (or 1 class and a workshop). Manual and CD will be included when available.

\$50 to request the exam, take it and have it graded. Redo questions that need correction or further elaboration.

\$50 for final certification: teach a class that Martha or another senior instructor observes or send a videotape for review. Criteria for passing: demonstrate a good understanding of all components of the class (see manual). Opportunities for substituting and supervised teaching prior to final certification will also come up. Seize these opportunities as live interaction and feedback is to be prized!

MOA teacher workshops are free until further notice. Teachers are encouraged to attend a workshop once a year to share their latest developments and to bring questions back to the team.

Important steps:

Make a proposal to Moving On Aerobics/Martha Eddy about what your training goals are and process will be relative to the six steps listed above. Include a related contract.

Plan to do as many of the above explorations as your location, work life, and finances allow for. Brainstorm ways to substitute training steps you feel you will not be able to complete.

Thank you for your interest, commitment and passion for this work.

My next newsletter will be about how we are fundraising to be able to pay teachers. Following that will be an entry about how to go about setting up classes.

I may switch the format of these communiques to a members only blog that we can share our questions, photos, resources on.

For now - do visit www.MovingOnAerobics.org at least a few times a year and direct students, funders, doctors, and fitness directors to it as often as possible.