

## **FREQUENTLY ASKED QUESTIONS**

### **How are the courses organized?**

The Bridging Technique educational series consists of six courses and a Specialist certification program. The conceptual content and basic movement instruction will be posted online via the Slack app. The four Applications courses also have in-person skill-building session options.

Community-based learning and discussion are an integral aspect to learning Bridging. We find the app Slack supports community sharing and learning discussions in an easy-to-use manner.

### **How much time to I need to allocate for each course?**

Each course is 4 weeks long and uses a "Netflix" model where you can follow daily or binge. Content is posted online daily (Mon-Thurs) during the 4 weeks. (The content will remain available for an additional 4 weeks.) The daily discussions and movement demonstrations are 10-15 minutes total daily. This is approximately an hour per week. Practice time is additional.

### **Do I need to do the modules in order?**

Yes, you must complete each module in order before moving on to the next one.

### **What happens if I have vacation or other conflicts?**

Content remains available for an additional 4 weeks after the initial 4 weeks.

### **What is the cost of the course?**

Fees are charged per course. Each course is \$225 payable upon registration for that course. The in-person skill builder sessions are \$150 each.

### **How do I register?**

Please register for each course through the MindBody Fitness tool under Kinetic Konnections.

### **What happens if I haven't completed a course after the 8-week period?**

Each course is offered multiple times. Please refer to the Bridging Course Calendar 2019-2020 for additional dates. You can repeat the course or pick-up where you left off.

### **Are the In-Person Skill Builder sessions required in order to complete the learning series?**

Yes, you must complete the in-person skill builder sessions following before acceptance into the Certification Program.

### **Will I be a certified Bridging Specialist once I have completed all of the courses?**

No. You must be accepted into and complete the rigorous Certification program to become certified as a Bridging Specialist Level 1.

### **How does the Certification Program work?**

The Certification Program is 12-18 months long and will be explained as you progress.

### **Will I receive education credits for each course?**

Yes, after you have completed the 4-week course, passed the course quiz and submitted the course evaluation, you will receive a certificate of completion which will indicate the CEUs for that course. We are a registered provider for Illinois-based PT/OT only. All others can petition your certifying body.