

# AFAA COURSE PETITION

This is a petition to receive CECs for a workshop that has not been previously approved by AFAA. I am submitting this course petition application on the following pages per AFAA instructions.

This application includes:

1. Course instructor, title, phone number and address. **Instructor has a current AFAA Certification and documented exceptional experience.**

1. Outline of the workshop.
2. Length of the workshop (breakdown of lecture and practical time).
3. Proof of completion.
4. \$15 fee per course petition (\$10 each for two or more) paid to AFAA.

Photocopy of completed AFAA application follows:

Social Security # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Today's Date \_\_\_\_\_ AFAA CI#

\_\_\_\_\_ AFAA Member # \_\_\_\_\_ Name

\_\_\_\_\_ E-mail \_\_\_\_\_ Address

\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip/Post Code \_\_\_\_\_ Phone Day ( \_\_\_\_\_ )

\_\_\_\_\_ Evening ( \_\_\_\_\_ ) \_\_\_\_\_

The Course Petition Fee is \$15.00 per course (\$10 per course for two or more) paid to AFAA. Please enclose a check or money order payable to AFAA in U.S. funds only, or complete credit card account information. Petition fees are nonrefundable.

1 petition x \$15.00 = \$ \_\_\_\_\_ CPF 2 or more x \$10.00 = \$ \_\_\_\_\_ CPF

# Check # Visa # MasterCard # American Express # Discover Account #/Check#

\_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

**COVER LETTER TO INSTRUCTOR**

**Note to Instructor Regarding Contact Hours Awarded by outside organizations:**

Attending live WholyFit Seminars and workshops are the only way for you to receive contact hours awarded by outside organizations. Hours are awarded by categories..

Practical training receives ½ credit per hour.

Master Classes receive no credit.

Lectures receive 1 credit per hour.

Homestudy does not count toward contact hours for outside organizations.

Only hours spent in the dedicated WHOLYFIT environment in which the presenter a WholyFit Instructor Trainer is present counts toward credit hours. These hours are referred to as “contact hours”. A dedicated WholyFit environment means live trainings into which others might occasionally be invited, rather than in classes intended for the general public.

Enclosed is all required documentation for submitting independent study to outside organizations for credit. Please note that WholyFit does not guarantee that you will receive credit from outside organizations, however if your request for credit is not accepted, please notify WholyFit so that we can find out why. To the best of our knowledge, WholyFit certification merits the credits requested in this documentation.

**Teacher: submit this completed packet of information along with fliers or other proof:**

**Mail to AFAA:** 15250 Ventura Blvd., Suite 200, Sherman Oaks, CA 91403  
USA

1. This completed application
  2. Payment Course Petition/Continuing Ed. Department
  3. Outline and agenda for each course
  4. Instructor(s) information: name, address, phone number, related degree(s) and/or license(s)
  5. Proof of attendance
  6. If accepted, your application will receive a stamp of approval indicating the number of CEUs awarded.
- This stamped application will be returned to you so that you will be able to submit it with your recertification package.

**Incomplete applications cannot be reviewed.**

If the petition application is approved, you will receive a continuing education validation form in the mail. Documents submitted cannot be returned.

**Please allow 4–6 weeks for processing.**

FOR OFFICE USE ONLY

CREDIT CARD CAPTURE \_\_\_\_\_ BY \_\_\_\_\_ AMOUNT \_\_\_\_\_

INPUT \_\_\_\_\_ BY \_\_\_\_\_ ORDER # \_\_\_\_\_

## COURSE INSTRUCTOR CREDENTIALS



**COURSE TITLE:** Silver Certification in WholyFit Gentle Body Power Devotional Exercise (Christian Mind-body exercise).

**COURSE INSTRUCTOR NAME:** Laura Monica, WholyFit Executive Director, HFI ACSM

**ADDRESS:** 15 Treevine Court, The Woodlands, TX 77381 **PHONE:** 281-703-3138

### **CREDENTIALS:**

- **CURRENT CERTIFICATIONS:**
  - a. **AFAA** Certified Group Exercise Instructor September 1986 to present (Certificate #99511, 905154, 19119, 596391) #985935, current
  - b. **ACSM** Health and Fitness instructor August 2003 to present, Certification #19119, ACSM ID # 596391, current
  - c. **CPR** Heartsaver Certified, American Heart Association since 1986 to present, current
  
- **OTHER CERTIFICATIONS:**
  - a. **AFFA** (American Fitness Professionals Association, [www.afpafitness.com](http://www.afpafitness.com)), Yoga Fitness Certification 2004
  - b. **ACE** Certified Aerobics Instructor 1993 through 1995 certificate #F42473
  - c. **ACE** Certified Personal Trainer 1991 through 1993 certificate #T11122(Formerly IDEA Foundation)
  - d. **IDEA** Gold Certified Personal Trainer 1990 through 1992, Certificate # T111222
  - e. **IDEA** Certified Dance Exercise Instructor 1988, Registration #125879
  - f. **Turbo Kick** Certified 2004
  - g. Emergency Teachers **Credential** Adult Education Aerobics, Calif. 1990-1995
  - h. **Black Belt, Karate** - Laura's black belt is pending October 2008. United Fighting Arts Federation ([www.ufaf.org](http://www.ufaf.org), Chun Kuk Do (Mixed Martial Arts and Karate): August, 2004 to present. This includes but is not limited to 416 hours completed to date in karate training under 8<sup>th</sup> degree black belt Rick Prieto, Chun Kuk Do System. 52 hours completed through private Karate instruction for tournament preparation from Tommy Crouch, 6<sup>th</sup> Degree Black Belt, Chun Kuk Do system. Laura is also a competitive point boxer, Kata and weapons performer.

### **EXPERIENCE:**

- **30 years group exercise** class teaching and personal training experience
  - a. Employment: 24Hr Fitness (all formats), TX 2004-2008; New Life Fitness, TX 2007; YMCA, TX 2004; Woodlands Athletic Club & In Step Dance, CA 2003; Johnson Ferry Baptist Church Recreation, GA 2000-2003; The Claremont Club, CA 1990 to 1994 and 1998; Elk Grove Parks and Recreation, CA 1989-1990; RiversEdge Athletic Club, OR 1987-1989; The Body Shop/Valencia Health Club & Action Unlimited, CA 1986
  
- **Instructor Training Experience:**
  - a. Laura is trainer/founder of WholyFit Gentle Body Power Fitness System
  - b. Laura has trained over 50 instructors from TX, OR, WA & SD in WholyFit Gentle Body Power

### **More about Laura Monica's Experience**

- **Specialties:** Mind-body and Martial-based formats and also STEP.
  
- **Class format expertise** includes but is not limited to: mind-body and martial arts, aerobic/cardio (hi, lo & mixed), weight/strength training, flexibility, dance/funk/hip-hop
  
- **Founder of WholyFit**, developer of original exercise systems branded and trademarked by Laura Monica, licensed to 12 church group exercise programs in TX, WA and OR and 3 health clubs in Houston, TX. WholyFit Systems Licensed to Fitness Venues:
  - a. Gentle Body Power: Yoga/Pilates/Tai-chi fusion strength and flexibility Christian mind-body
  - b. K700: Kickboxing and mixed martial arts based cardio class with self-defense
  
- **Fitness Author:**
  - a. WholyFit Weekly Mind-body e-fitness tips and fitness videos by subscription
  - b. WholyFit Module 1 Instructor's Manual
  - c. WholyFit Module 2 Instructor's Manual : WholyFit curriculum written by Laura Monica includes Group Exercise teaching methodology emphasizing exercise purpose, cueing and multi-level modification systems; anatomy co-developed with Dr. Steven Clouthier; technique, form, & safety emphasizing modifications for special populations; and choreography emphasizing transitions and proper sequencing.

- d. "Biblical Meditation Guide"
- e. "Yoga Versus the Bible"
- f. "Dear Yogi"

- **Fitness Seminar Presenter:**

- a. Exercise DVD Choreographer and Performer: WholyFit Gentle Body Power (sold on [www.amazon.com](http://www.amazon.com))
- b. WholyFit Module 1 Level 1 2005 to present
- a. WholyFit Module 2 Levels 2 & 3 2006 to present
- b. WholyFit Module 3 Modifications for Diverse Populations 2007 to present
- c. Yoga master Class instructor 24Hour Fitness, Kuyukendahl, (referred by Janet Parsons)
- d. Claremont Christian Women's Club, "Exercise Facts and Fiction" 1993
- e. Roadway Express Company, "Fiscally Fit" 1988, 1989
- f. Funk Fitness exhibition Team NACA Fitness Festival, 1988

- **Awards:**

- a. 2nd place Competitive Point Boxer (Kick Boxing) Female Division 18 years and up, Las Vegas, NV: United Fighting Arts Federation Tournament 2007
- b. b. 2nd place Competitive Kata Forms (Form & Technique) Female Division 18 and up, Las Vegas, NV: United Fighting Arts Federation Tournament 2007
- c. c. 6th Place National Individual Female division Crystal Lite Aerobic Competitor, West Coast Regionals 1988
- d. 6th Place National Individual Female division Crystal Lite Aerobic Competitor, West Coast Regionals 1987
- e. 1st Place Overall Individual division, Body Power Aerobic competition, Oregon, which included TV. performance 1987
- f. 4th place individual overall, Coppertone Aerobic Championships, LA, CA 1986

- **References:**

- a. Janet Parsons, Group exercise Director, 24HR Fitness, cell 281-704-1292
- b. Rick Prieto, 8th Degree Black Belt, Karate Inc, office 281-362-0066
- c. Tommy Crouch, 6th Degree Black Belt, The Do Jo, cell: 832-877-8930
- d. Joe Newcomb, President, Truth Chemical, (personal training client), office: 281-292-6900
- e. Brandon Eads, Owner, New Life Fitness, office: 281-255-0344
- f. Justina DePasquale and Tanya Richards (281) 419-3331 (936) 525-0037, Owner and Manager of Workout Freedom
- g. Deena Greene, General manager, Claremont Club, office: 909-625-6792

- **Other Education:**

- a. Anatomy + lab 3 credits at College of the Desert
- b. Biology 3 credits at College of the Desert

## AGENDA



Silver Certification Gentle Body Power  
Devotional Exercise

TEXTS: WholyFit Teacher's Manual 101, WholyFit Teacher's Manual 102, WholyFit Anatomy 101, WholyFit Anatomy 102

Suggested Reading: ACE Fitness Professional's Guide to Musculoskeletal Anatomy

Cost: \$499.00

**Location:** The Upper Room, 15 Treevine Court, The Woodlands, TX 77381

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### **Day 1** Credit Hrs Requested 175 minutes =2.91 Credits

**Session 1** 9:00am-9:15 Introductions; 9:15-10:20 Master Class

**Session 2** 10:30-Noon Technique Practical (90 minutes)

**Noon– 1:00pm** Lunch

**Session 3** 1:00-2:30 Technique, Form & Safety Practical (90 minutes)

**Session 4** 2:40- 3:20 Safety & Contraindications Lecture (40 minutes)

**Session 5** 3:30-5:00 Technique, Form & Safety Practical (90 minutes)

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### **Day 2** Credit Hrs Requested 185 minutes =3.083 Credits

**Session 1** 9:00am-10:20 Master Class

**Session 2** 10:30-Noon Technique, Form & Safety Practical (90 minutes)

**Noon– 1:00pm** Lunch

**Session 3** 1:00-2:00 Ethics of Christian Mind/Body Exercise Lecture (60 minutes)

**Session 4** 2:10-3:40 Technique, Form & Safety Practical (90 minutes)

**Session 5** 3:50-5:00 Technique, Form & Safety Practical (70 minutes)

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### **Day 3** Credit Hrs Requested 185 minutes =3.083 Credits

**Session 1** 9:00am-10:20 Master Class

**Session 2** 10:30-Noon Technique, Form & Safety Practical (90 minutes)

**Noon– 1:00pm** Lunch

**Session 3** 1:00-2:00 Ethics of Christian Mind/Body Exercise Lecture (60 minutes)

**Session 4** 2:10-3:40 Technique, Form & Safety Practical (90 minutes)

**Session 5** 3:50-5:00 Technique, Form & Safety Practical (70 minutes)

**Total Credits Requested: 9.076 Credit Hrs**

## OUTLINE



TEXTS: WholyFit Teacher's Manual 101, WholyFit Teacher's Manual 102, WholyFit Anatomy 101, WholyFit Anatomy 102  
Suggested Reading: ACE Fitness Professional's Guide to Musculoskeletal Anatomy by Goulding

### **Day 1: Session 1**

- 1) Mission & Goals, Culture & Legends
- 2) Introductions
- 3) Outline of Training
- 4) Multi-level Master Class

#### **Session 2**

- 1) Technique, Form & Safety Level 1 Warmup

#### **Session 3**

- 1) Technique, Form & Safety Level 1 Standing & Balance

#### **Session 4**

- 1) Safety & Contraindications "Bread & Butter Safety" for group exercise according to AFAA Group Exercise protocol and ACSM HFI protocol

- a) Understanding Safety Conceptually
  - i) Lines of Power
  - ii) Compression Angle ("Q" angle)
- b) Statistics and Experience
- c) Phases of Training
- d) Purpose of Each Exercise
  - i) AFAA Green, Yellow & Red
  - ii) Accomplishing the purpose through offering

modifications

#### **Session 5**

- 1) Technique, Form & Safety Level 1 Matwork

### **Day 2: Session 1**

- 1) Multi-level Master Class Emphasizing Level 1

#### **Session 2**

- 1) Technique, Form & Safety Level 2 Warmup

#### **Session 3**

Ethics of Christian Mind-Body Exercise

- a) Yoga Versus the Bible
  - i) Mike Shreve's Information
  - ii) Tip #1

#### **Session 4**

- 1) Technique, Form & Safety Level 2 Standing & Balance

#### **Session 5**

- 1) Technique, Form & Safety Level 2 Matwork

### **Day 3: Session 1**

- 1) Multi-level Master Class

#### **Session 2**

- 1) Technique, Form & Safety Level 3 Warmup

#### **Session 3**

- 1) Ethics of Christian Mind-Body Exercise
  - a) Yoga Versus the Bible
    - i) Tip #2, 3, 4

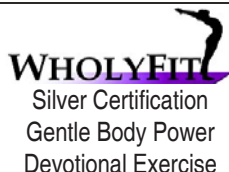
#### **Session 4**

- 1) Technique, Form & Safety Level 3 Standing & Balance

#### **Session 5**

- 1) Technique, Form & Safety Level 3 Matwork
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## COURSE GOALS



### REQUIRED TEXTS:

WholyFit Module 1 Teacher's Manual  
WholyFit Module 2 Teacher's Manual  
WholyFit Anatomy 101  
WholyFit Anatomy 102

### RECOMMENDED READING:

Fitness Theory and Practice (AFAA)  
Fitness Professional's Guide to Musculoskeletal Anatomy by Goulding (ACE)

At the end of this course you will be able to:

- a. teach professional mind body exercise classes to General Population Participants in the church environment
- b. adhere to safety recommendations of AFAA and ACSM specific to group exercise for the general population
- c. modify exercises in 3 levels
- d. use knowledge of anatomy to explain the purpose, safety guidelines and technique for each exercise
- e. work in community with WholyFit to advertise and promote your classes
- f. be familiar with general safety guidelines for group exercise classes and be able to offer 3 levels of exercise modifications
- g. explain in a non-offensive way, why WholyFit is an alternative to Yoga and Tai Chi and why you do not choose to teach Yoga or Tai Chi
- h. discern your responsibilities as an instructor, both in a legal and a moral sense in order to make a difference in your world!

(Disclaimer: WholyFit does not claim that exercises are prescriptive for health concerns or rehabilitation. Instructors are cautioned to stay within their scope of practice in the representation of WholyFit. Silver certification does *not* qualify instructors to teach special populations or to do personal training.)

**SYLLABUS**  
**WHOLYFIT Silver Certification**

- 1) Techniques Training/Practice
  - i) Analytical training in how to teach and practice the techniques
    - (1) Guided practice of the techniques themselves
      - (a) Form
      - (b) Safety
      - (c) Proper exercise execution
      - (d) Biblical meditation: Scripture memorization
- 2) Teaching Methodology—
  - i) Includes principles of :
    - (a) Multi-level demonstration
    - (b) Observation
    - (c) Assisting
    - (d) Correcting
    - (e) Instruction
    - (f) Teaching styles
    - (g) Qualities of a teacher
    - (h) The student's process of learning
- 3) Anatomy & Physiology-
  - i) Includes both the study of the subject and application of its principles to WHOLYFIT practice
    - (a) Benefits of WholyFit
    - (b) Contraindications
    - (c) Healthy movement patterns and static postures
    - (d) Biomechanics of WholyFit
    - (e) Detailed anatomy course of study available by homestudy: includes bones, muscles, joints
- 4) WHOLYFIT Philosophy/Lifestyle and Ethics for WHOLYFIT Teachers
  - i) Study of and practice of discipleship
    - (a) Christian lifestyle
    - (b) Biblical ethics applied to life style and witness
    - (c) Spiritual leadership for WHOLYFIT teachers.
- 5) Practicum offered through re-certification in Gold Certification and Pro-Platinum Certification
  - i) Practice teaching
    - (a) Receiving feedback
    - (b) Observing others teaching and hearing/giving feedback
      - (c) Also includes assisting students while someone else is teaching.



**Proof of Attendance**



Day 1

Name of Participant:

Location:

Session 1 -Time:

Course:

Description:

Session 2 -Time:

Course:

Description:

Session 3 -Time:

Course:

Description:

Session 4 -Time:

Course:

Description:

Session 5 -Time:

Course:

Description:

Total Time Lecture \_\_\_\_\_

Total Time Practical \_\_\_\_\_

Credits Requested \_\_\_\_\_

Signature Presenter \_\_\_\_\_

**Proof of Attendance**



Day 2

Name of Participant:

Location:

Session 1 -Time:

Course:

Description:

Session 2 -Time:

Course:

Description:

Session 3 -Time:

Course:

Description:

Session 4 -Time:

Course:

Description:

Session 5 -Time:

Course:

Description:

Total Time Lecture \_\_\_\_\_

Total Time Practical \_\_\_\_\_

Credits Requested \_\_\_\_\_

Signature Presenter \_\_\_\_\_

**Proof of Attendance**



**Day 3**

**Name of Participant:**

**Location:**

**Session 1 -Time:**

**Course:**

**Description:**

**Session 2 -Time:**

**Course:**

**Description:**

**Session 3 -Time:**

**Course:**

**Description:**

**Session 4 -Time:**

**Course:**

**Description:**

**Session 5 -Time:**

**Course:**

**Description:**

**Total Time Lecture** \_\_\_\_\_

**Total Time Practical** \_\_\_\_\_

**Credits Requested** \_\_\_\_\_

**Signature Presenter** \_\_\_\_\_