



JOIN THE ASA! FITNESS INSTRUCTOR NETWORK (AFIN)

APPLICATION FEE-\$25 USD * CERTIFICATION FEE-\$300 USD

LEVEL 1 CERTIFICATION VALID FOR 1 YEAR BEFORE ELIGIBLE FOR UPGRADE OR RENEWAL. Please review all terms detailed in this document before moving forward with this process.

Welcome to the official ASA! Instructor certification process. ASA! aims to inspire others to happily take responsibility for the quality of their lives. An instructor's objective is to create and maintain a safe and comfortable exercise environment. The ASA! instructor is a perpetual student of biomechanics, basic anatomy and physiology, health, musicology, and dance. We are excited that you have decided to take up this challenge and thank you for your interested in the MOVEMENT!

This process is comprised of 6 stages and is to be completed in 2-3 months. **ALL stages are REQUIRED. Please review the dates of each stage before moving forward with your audition.** A minimum of 1-week notice shall be given if an activity in a stage must be rescheduled.

Each stage serves as an audition. As such, your ASA! facilitators, panel of judges, and administrators reserve the right to grant or deny access to the next stage based on your performance. A non-refundable deposit of \$150 is to be submitted in Stage II. The remaining balance is due in Stage III.

- STAGE 1- submit application and \$25 NONREFUNDABLE audition fee. Complete audition video as direct by or before audition deadline.
- STAGE 2- submit NONREFUNDABLE \$150 certification deposit fee. Review online ASA! instructor clinic in preparation for stage 3
- STAGE 3- Submit remaining \$150 certification fee. Attend 4-hour ASA! Instructor clinic (4-hour fitness workshop). \$150 shall be refunded if an applicant does not successfully complete this stage.
- STAGE 4- online health seminar with Dr. Fofie Akoto
- STAGE 5- online seminar- The ASA! Art of Teaching
- STAGE 5- resubmit the online ASA! audition and complete the online examination by or before set deadline

Your panel of judges has extensive experience, national certifications, and advanced degrees in performing arts, exercise science, African dance, and health fields. You will be observed and scored in the following areas:

- **Professionalism**
- **Punctuality**
- **Energy**
- **Stamina**
- **Technique**
- **Form**
- **Coordination**
- **Overall Potential**

Requirements (1 or more of the following. CPR/AED required)

- i. Minimum 2 years dance experience
- ii. Minimum 1-year fitness experience
- iii. Minimum 1-year dance and/or group exercise instruction
- iv. Valid CPR/AED certification (required)

1. STAGE I (AUDITION)

B. Submit the documents listed below and receive a link to the official ASA! audition video. No applications will be accepted after set deadline

- \$25 NONREFUNDABLE application fee
- CPR/AED certification
- Dance/Fitness resume and short bio
- Instructor Application
- Confirmation of ALL required certification activities listed below (no exceptions)

2. STAGE II

Submit the NONREFUNDABLE deposit on your certification (\$150 USD)

Upon receipt of your payment, a video link shall be sent. Take this time to review a private video of an official ASA! instructor clinic in preparation for Audition III

3. STAGE III (AUDITION) – (Now Virtual)

Instructor Clinic – The ASA! instructor clinic is a 4-hour workshop. Instructors are trained on the ASA! form, technique and instruction methods. You will be tested on endurance, strength, coordination, musicology, and instructional strategy. A panel of qualified judges are present in the final hour of the clinic. They will score applicants on the afore mentioned qualities and overall capacity to facilitate the ASA! program. Final scores will be emailed 5-10 business days after Audition III. Applicants who have successfully completed this stage shall receive the ASA! instructor manual in preparation for the education seminars and exam. A link to the online seminar will be sent along with your clinic scores.

\$150 shall be refunded if an applicant does not successfully complete this stage.

ONLINE SEMINARS

4. **STAGE IV** - Online health seminar with Dr. Fofie Akoto

5. **STAGE V** - The ASA! Art of Teaching – Online seminar with Master certified instructor and ASA! Certification Director, Nkenge Cunningham and ASA! Director of Communications, Maisha Hyman Date TBA

6. FINAL AUDITION AND EXAMINATION

Resubmit the online audition routine and complete the online examination no later than

The certification fee covers one attempt. A total of 3 are allowed. There is a \$20 fee for each additional attempt. The certification process must be completed no more than 5 months after initiation. Should more than 3 months pass before successful completion of certification, applicants must begin again.

7. MAKE IT OFFICIAL

The ASA! Fitness Instructor Network – A family of international certified ASA! instructors, each building their own business as skilled fitness specialists and cultural ambassadors.

All certified ASA! instructors must register for the ASA! Fitness Instructor Network membership to validate their certification. AFIN is a subscription membership affording certified instructors a series of renewable perks and services necessary to build a unique branch of ASA! fitness as a reputable and profitable business.

<p>Level 1</p> <p>\$ 20</p> <p>Every month Valid for 1 year</p> <p>Valid for 12 months</p> <p>Select</p>	<p>Level 2</p> <p>\$ 25</p> <p>Every month Valid for 2 years</p> <p>Valid for 24 months</p> <p>Select</p>	<p>Level 3</p> <p>\$ 30</p> <p>Every month Valid for 3 years</p> <p>Valid for 36 months</p> <p>Select</p>
<p>ASA! Certification for 1 year</p> <p>Access to 6 ASA! Routines</p> <p>Mention on the ASA! Fitness Website</p> <p>10% Discount on ASA! Apparel</p> <p>Opportunity to teach ASA! Membership classes</p> <p>1 Free ASA! Routine</p> <p>1 Free AFIN T-shirt</p> <p>2 FREE membership classes/mo</p>	<p>ASA! Certification for 2 years</p> <p>Access to 12 ASA! routines</p> <p>Mention on ASA! Fitness Website</p> <p>15% discount on ASA! Apparel</p> <p>25% off ASA! graphic design services</p> <p>Opportunity to teach ASA! Membership Classes</p> <p>1 Free ASA! Routine</p> <p>1 Free AFIN T-shirt</p> <p>2 Free membership classes/mo</p>	<p>ASA! Certification for 3 years</p> <p>Access to 24 ASA! routines</p> <p>Mention on ASA! Fitness Website</p> <p>20% discount on ASA! Apparel</p> <p>25% off ASA! Graphic design services</p> <p>Opportunity to teach ASA! specialty classes</p> <p>Opportunity to sub at Adinkra Cultural Arts Studio</p> <p>1 Free ASA! Routine</p> <p>1 Free AFIN t-shirt</p> <p>2 Free membership classes/mo</p>