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BECOME A POLE WHIZ WITH QUALIFICATIONS ACCREDITED BY IPDFA AND AASFP

1-DAY STUDIO PRACTICAL ASSESSMENT COURSES

IPDFA Pole Dance Fitness Courses are awarded by Viva Vertical and accredited by the International Pole Dance Fitness Association and Aerial Arts Association. For a small fee you can receive extra accreditation by Asian Academy for Sports and Fitness Professionals. What are the benefits of taking the small fee option to get extra AASFP accreditation? Having an IPDFA with AASFP certification does not guarantee employment however it does ensure that you are recognized and supported as a professional, competent and qualified instructor of Pole Dance Fitness by the following international associations:

- China Aerobics Association
- New Zealand Register of Exercise Professionals
- Federation of International Sport, Aerobics and Fitness
- Australian Children's Institute of Sports Medicine
- Body Arts and Science International
- Australian Strength and Conditioning Association
- Australian Weight Lifting Federation
- Yogasana
- Beijing Sport University Department of Sport Performance
- The Hong Kong Baptist University School of Continuing Education
- City University of Hong Kong School of Continuing and Professional Education

All IPDFA Pole Dance Fitness Instructors with or without extra AASFP accreditation can:

- Be listed on the IPDFA Qualified Instructors Register for instructor profiling, center and employer resourcing
- Receive IPDFA Membership and Newsletters for discounts, the latest industry news, special offers, member only events and initiatives
- Get access to IPDFA resources such as resume templates, code of ethics, IPDFA Ultimate Pole Dance Fitness Guide Book, Pole Positions Book
- Join IPDFA member-only social networking sites for career and networking opportunities

- Become mobile with IPDFA iPhone applications for instructor, center and employer searching and sourcing
- Achieve Continuing Education Units

Dance and fitness professionals have undertaken IPDFA Pole Dance Fitness Courses internationally since 2008. IPDFA accredited instructors successfully teach across the board from multinational gymnasiums (such as Fitness First, Celebrity Fitness, California Fitness and PURE Fitness), multipurpose venues (dance and sport venues) and as part of group and personal training programs.

IPDFA Pole Dance Fitness Courses automatically qualifies you into our instructor membership scheme, whereby IPDFA empower you to raise your profile and demand as a Pole Dance Fitness instructor. No other courses have this network of support and can give you access to invaluable expert industry knowledge and advice.

Become an Instructor

Study Path

Be your own boss! Online study with IPDFA to gain qualifications in Pole Dance Fitness when you want and wherever you want.

Once you are eligible and have successfully enrolled into a course, it's as simple as 1, 2, 3

1. **STUDY:** Begin your remote studies by reading online manuals and watching tutorial videos. When you are ready begin the next step.
2. **THEORY and WORKBOOKS:** Take your online Theory Exam. Achieve 80% to pass and move onto the next step. Complete your workbook exercises. Get feedback from your tutor on when you are ready for the next step.
3. **1-DAY STUDIO PRACTICAL ASSESSMENT:** Complete your practical pole dance fitness session plans and get approval from your course tutor **BEFORE** you attend the 1-day studio course.

Your course tutor will notify you of your results within 60 days. If you **PASS** you will receive your Certification within 60 days of the announcement of your results. Good luck!



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BASIC COURSE

We offer an accredited Pole Dance Fitness Basic Instructor course. This is a part self-study online course and 1-day studio practical assessment course that provides basic knowledge of Pole Dance for fun and fitness. Course content is presented according to the “Basic” category of Pole Dance spins and moves recorded in the Pole Positions Book, and focuses on the mechanics and movement of the body with a vertical dance pole. The course contains multiple exercises, quizzes and tests to reinforce learning and test knowledge of basic Pole Dance Fitness. Everything you need to complete the course is contained online and you will receive support with a dedicated course tutor. The course is perfect for experienced pole dancers or current instructors who want to learn Basic Pole Dance Fitness with emphasis on session planning, management, exercise and fitness as well as health and safety knowledge to pursue a qualification and career in the Pole Dance Fitness industry.

Course Duration:

Students have full access to the Online Pole Dance Fitness Basic Instructor courseware for 1 year. There is a minimum 1-month requirement to allow for online completion of theory and workbooks, leading up to the 1-day studio practical assessment. The online part of the course is self-paced and completion time is dependent upon on many factors, including the student's prior knowledge, connection speed, reading comprehension, exercises and games completed.

Course Objectives:

Designing basic Pole Dance Fitness sessions

Session management techniques

Learn exercise and fitness, principles of training, health and safety.

Learn over 50 basic Pole Dance moves as published in the Pole Positions Book.

Learn how to apply variations to each basic move.

Course Content:

Introduction to Anatomy, physiology, exercise and fitness, nutrition, health and safety knowledge

Over 50 Basic Pole Dance walks, grips, spins, seats, holds and climb techniques with specific teaching points

Basic Body Conditioning Program to support and strengthen the body

Class planning and management techniques

INTERMEDIATE COURSE

We offer an accredited Pole Dance Fitness Intermediate Instructor course. This is a part self-study online course and 1-day studio practical assessment course that provides basic knowledge of Pole Dance for fun and fitness. Course content is presented according to the “Intermediate” category of Pole Dance spins and moves recorded in the Pole Positions Book, and focuses on the mechanics and movement of the body when inverted with a vertical dance pole. The course contains multiple exercises, quizzes and tests to reinforce learning and test knowledge of intermediate Pole Dance Fitness. Everything you need to complete the course is contained online and you will receive support with a dedicated course tutor. The course is perfect for those with a Basic Pole Dance Fitness Instructor Certification from IPDFA with emphasis on conditioning, spotting techniques, effects of force and gravity as well as intermediate conditioning techniques to further your career in the Pole Dance Fitness industry.

Course Duration:

Students have full access to the Online Pole Dance Fitness Intermediate Instructor courseware for 1 year. There is a minimum 1-month requirement to allow for online completion of theory and workbooks, leading up to the 1-day studio practical assessment. The online part of the course is self-paced and completion time is dependent upon on many factors, including the student's prior knowledge, connection speed, reading comprehension, exercises and games completed.

Course Objectives:

Design intermediate Pole Dance Fitness sessions

Health, Safety with emphasis on Spotting techniques

Learn intermediate principles of training

Learn over 50 intermediate Pole Dance moves as published in the Pole Positions Book.

Learn how to apply progressions and links between moves.

Course Content:

Mechanics, Physics, Health and Safety

Over 50 intermediate Pole Dance grips, spins, seats, holds, climbs and inversion technique with specific teaching points

Invaluable Body Conditioning Program to strengthen and stretch the body



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ADVANCE COURSE

We offer an accredited Pole Dance Fitness Advance Instructor course. This is a part self-study online course and 1-day studio practical assessment course that provides basic knowledge of Pole Dance for fun and fitness. Course content is presented according to the “Advance” category of Pole Dance moves recorded in the Pole Positions Book, and focuses on aerial rotations with the body on a vertical dance pole. The course contains multiple exercises, quizzes and tests to reinforce learning and test knowledge of advance Pole Dance Fitness. Everything you need to complete the course is contained online and you will receive support with a dedicated course tutor. The course is perfect for those with an Intermediate Pole Dance Fitness Instructor Certification from IPDFA with emphasis on strength and flexibility conditioning, acrobatic training techniques to further your career in the Pole Dance Fitness industry.

Course Duration:

Students have full access to the Online Pole Dance Fitness Intermediate Instructor courseware for 1 year. There is a minimum 1-month requirement to allow for online completion of theory and workbooks, leading up to the 1-day studio practical assessment. The online part of the course is self-paced and completion time is dependent upon on many factors, including the student's prior knowledge, connection speed, reading comprehension, exercises and games completed.

Course Objectives:

- Design advanced Pole Dance Fitness sessions
- Learn advanced principles of training with professional trade secrets
- Learn over 25 advanced Pole Dance moves as published in the Pole Positions Book
- Learn the secret of designing combinations
- How to control aerial rotations and drops in a safe and effective manner

Course Content:

- Mechanics, Physics, Health and Safety
- Over 25 advanced Pole Dance grips, seats, holds, climbs, rotations, and drops technique with specific teaching points
- Invaluable Body Conditioning Program to strengthen and stretch the body

CURRENT INSTRUCTORS

- Continuing Education Courses
- Certification Renewal
- Master Instructor Program
- Instructor Benefits

Continuing Education Courses

Standby for news of Continuing Education Courses with IPDFA!

Continuing Education for Pole Dance Fitness Instructors is influenced by the Pole Dance Fitness community's needs in many ways.

The developing nature of the Pole Dance Fitness industry requires that all instructors must gain new skills, new understandings, and new knowledge throughout their careers. This is due to the evolving need to produce the best instructing methods to ensure its students have only the finest material items that ensure a maximum quality of health and fitness. To achieve demands instructors must continually invest in their educational knowledge and self-improvement activities.

Certification Renewal

An IPDFA and/or AASFP Pole Dance Fitness Instructor Certificate are initially valid for a TWO-year period. Thereafter it is renewed on a yearly basis based on the instructor enrolling into at least ONE CONTINUING EDUCATION COURSE PER YEAR. Registered instructors will be informed of their expiration date 30 DAYS before their certification expiry.

If the minimum requirement is not meant for certification renewal, an instructor will have to enroll in the relevant Pole Dance Fitness course in order to obtain a valid IPDFA and/or AASFP Pole Dance Instructor certification.

MASTER INSTRUCTOR PROGRAM

COST: 1500 USD PER LEVEL/ 2500 USD 2 LEVELS / 3000 USD ALL LEVELS

Benefits include:

- Affiliation with the world's most recognized and established Pole Dance Fitness organization
- IPDFA promotion, license and support to conduct IPDFA Instructor Courses in your own studio, country and worldwide
- A proven business model for success

IPDFA are open to applicants with their own pole dance fitness studios, an opportunity to obtain a scholarship to receive financial aid for the master instructor program. Please email vee@ipdfa.com with your resume and for more information.



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PRICES:

Basic Course 650 USD – IPDFA Certification [SING UP](#)

Basic Course 730 USD – IPDFA + Pole Fitness Australia Certification [SING UP](#)

Basic Course 800 USD – IPDFA + Asian Academy For Sports & Fitness Professionals Certification [SING UP](#)

Basic Course 880 USD – IPDFA + Pole Fitness Australia + Asian Academy For Sports & Fitness Professionals Certifications [SING UP](#)

Intermediate Course 650 USD – IPDFA Certification [SING UP](#)

Advance Course 650 USD – IPDFA Certification [SING UP](#)

Course 3 Package 1800 USD – IPDFA Certification [SING UP](#)

Course 3 Package 1880 USD – IPDFA + Pole Fitness Australia Certification [SING UP](#)

Course 3 Package 1950 USD – IPDFA + Asian Academy For Sports & Fitness Professionals Certification [SING UP](#)

Course 3 Package 2030 USD – IPDFA + Pole Fitness Australia + Asian Academy For Sports & Fitness Professionals Certifications [SING UP](#)

Master Instructor Per Level – 1500 USD [SING UP](#) (Master Instructor must complete Basic, Intermediate and Advance Course)

ABOVE PRICES INCLUDE IPDFA E-CERTIFICATION AND MEMBERSHIP.

PAPER IPDFA CERTIFICATE ADDITIONAL COST 100 USD INCLUDE POSTAGE