



EU CATALOG '12

Egoscue University

Welcome to Egoscue University

The Egoscue University was founded in 1998 to help health practitioners expand their ability to help clients all over the world. By introducing Postural Therapy to various kinds of traditional modalities, client success and overall wellness rates can reach new heights.

In the years that followed, the University has successfully taught the principles of The Egoscue Method of Postural Therapy allowing independently owned Franchises to open all over the world. With thousands of Affiliates adding this type of therapy to their respective practices, the future of client driven healthcare is becoming a reality.

Egoscue University

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The Faculty



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Affiliate Instructor



Jane Sullivan
Affiliate Instructor



Deb Preachuk
Affiliate Instructor

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Philosophy: Egoscue University is dedicated to provide access and opportunity to anyone with a desire to learn the Method worldwide without prejudice or preference.

Our Belief: The body has the unbelievable ability- given half a chance- to heal itself.

Program Curriculum: Our program is designed to help you reach your professional goals and realize your desire to make a difference in others lives. You will get assistance on how to integrate The Method into your practice by connecting you with other health professionals and providing a hands-on practical application of the Method.

Opportunities to stay connected and get discounts

* All discounts must be used independently. In other words, no "double-dipping."

90 day discount: Within 90 days after completing PAS1 seminar you are eligible for a one-time 30% discount on the next level of training.

The EU Insider: The University's reward program is a one time fee of \$50. Membership to this community is for students who want access to information and personalized help with their study of the Egoscue Method.

Benefits include:

- 10% Discount on individual courses and PAS bundles.
- Preferred access to events and educational opportunities
- Access to quarterly EU Insider conference calls

* *Discount does not apply to already discounted programs. See course selection for details.*

Course Re-take: 50% discount will apply for courses that are taken over. If you apply this discount to a seminar it must be taken in San Diego or Online.

How Do I Become a/an...?

1. Postural Alignment Specialist - Complete all 6 PAS1 courses (EM201-EM206), all quizzes and final exam with a passing grade of 70% or higher. Once completing PAS1 courses, you must attend a PAS1 seminar with one of our instructors around the nation, or set up a time to complete it online with EU. Once completing PAS1 seminar, you will receive 3 months free of Egoscue's ePete software. Once completing PAS1 seminar and have turned in your PAS1 practical, you are ready to move on to PAS2. You must complete all 6 PAS2 courses (EM301-EM306), all quizzes and final exam with a passing grade of 70% or higher. Once completing the courses, you must attend a PAS2 seminar with one of our instructors around the nation, or set up a time to complete it online with EU. You will be required to turn in a case study within 30 days of completing PAS2 seminar. Certification is valid for 2-years. 12 credit hours is required for re-certification and is valid for two additional years. Any of the courses in the catalog apply. Enrollment in CEUs must be completed 90 days before the certification expires. **We will accept 4 credit units from other schools and apply it to the re-certification requirements.**

2. Exercise Therapist - Complete the AET training, the Masters Program of Egoscue University. Certification is valid for 5-years. 60 credit hours is required for re-certification and is valid for and additional 5-years. Any of the courses in the catalog apply. Enrollment must be completed 1-year before the certification expires.

3. Instructor - Complete the Teaching Credential training and evaluation process while maintaining a current PAS certification. This level of achievement extends the PAS certification for 1-year from the expiration date, which then combines the teaching credential and PAS certification expiration dates. 12 credit hours is required for PAS re-certification and a \$150 fee for credential re-certification and evaluation. The credential requires a higher level of evaluation, therefore \$300 of the fee will be returned if the standards are not met. Valid for 3 additional years.

Programs

Get your Postural Alignment Specialist certification....

Certification: \$2,299 (save over \$2,400) *6 month access*

Combines the convenience of learning online with the experience gained from seminar and practical "hands-on" learning. Both halves of the Postural Alignment Specialist program (PAS 1 and PAS 2) are offered in one continuous process to keep the immersion factor high.

Fast Track Certification \$2,299 (save over \$2,400 and get a \$400 credit) *3 month access*

Complete the certification track in 90 days or less and we'll give you \$400 credit towards any EU program or therapy.

The Certification Track includes the following
(Course descriptions pg. 9-12)

- PAS 1 Online Courses (EM201-EM206)
- PAS 1 Seminar (EM207)
- PAS 1 Exercise Practical (CE503)
- PAS 2 Online Courses (EM301-EM306)
- PAS 2 Seminar (EM208)
- PAS 2 Exercise Practical (CE504)

Help us Teach the Egoscue Method...

Teaching Credential:

A specialized credential program that provides the skills necessary to be an Affiliate Instructor. Share your passion for the Method with like minded people and contribute to spreading the Method worldwide! This unique and valuable program allows you to teach P3 courses, Red Tomato workshops and PAS1 seminars in your area. Join our team and share your enthusiasm of helping others!

Teaching Credential Bundle - \$1,399

EM308- Instructional Prep: (7 credit hours)

included in price

30 day access

An evaluation of skills and content knowledge necessary to be an Affiliate Instructor. Student will be aware of evaluated topics prior to attending and will be expected to come prepared. Topics include content structure for P3, Red Tomato and PAS1 seminar. Awareness of the students mindset and how the University can meet students needs will elaborated upon. Complaints, payments, epete

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subscription and instructor expectations, among others, will also be discussed. This course can be taken in-person or online

**Note: This course has a heavily weighted evaluation structure and a credential is not guaranteed if evaluation standards are not met.*

Pre-Requisite: PAS Certification, Epete Subscriber, PAS1 & PAS2 Ecise Practical

EM 309-Student Teaching: (21 credit hours)

included in price

30 day access

Assisting a University Instructor in teaching the PAS1 seminar and leading a conference call.

Students will be responsible for leading 60% of course and conference call. This course will include two tutoring sessions that will prepare students for success.

**Note: This course has a heavily weighted evaluation structure and a credential is not guaranteed if evaluation standards are not met. You will be refunded \$300 if standards of becoming a teacher are not met.*

Pre-Requisite: EM401 & Farmer Program

Become an Advanced Exercise Therapist....

Advanced Exercise Therapist: \$1,098

90 day access

The highest level of certification available to the general public from Egoscue University. Benefits of this program include increased understanding the practical application of anatomical knowledge in the therapy process. We also pay specific attention to various communication styles to help better educate our clients.

This program includes the following:

- EM401- AET Online tutoring
- EM402- AET Practical

*60 additional credit hours are required to complete the AET training. Requirements include the following:

- 20 credit hours from a credible school can be applied towards the 60 hours with proof of completion.
- 14 credit hours need to include Mentoring

*Pre-requisite: PAS certified & Epete subscriber

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AET Advanced Training:

In addition to the following courses, 60 credit hours are required to complete the AET training. Any course in the catalog is acceptable to apply.

EM401- AET Online tutoring (24 credit hours)
90 day access

\$499.00
N/A

This course requires a half hour "phone tutoring" session scheduled every week for four consecutive weeks. Topics discussed are Listening, Exercise review, Connection and Scheduling. The AET Exam is included in this course.

Required Reading: Athletic Ability & the Anatomy of Motion by Rolf Wirhed, Trail Guide to the Body by Andrew R. Biel & Robin Dorn, Trail Guide to the Body Handbook by Andrew R. Biel & Robin Dorn

Pre-Requisite: PAS certification

EM402- AET Practical (14 credit hours)

\$599.00
N/A

A 1-day in-person workshop where menu review, video training, crisis management and peer review is practiced and critiqued.

Required Reading: Athletic Ability and the Anatomy of Motion by Rolf Wirhed, Trail Guide to the Body by Andrew R. Biel and Robin Dorn, Trail Guide to the Body Handbook by Andrew R. Biel and Robin Dorn

Pre-Requisite: EM401

Introductory Courses

Price with EU Insider discount

EM101- P3 Workshop (7 credit hours)

\$199.00
N/A

This in-person course will give students a basic understanding of the human body and its relationship to correct posture. Tools to evaluate your client's/friend's/family's postural dysfunction are introduced and instruction on easy-to-do e-cise routines will be demonstrated.

Recommended reading: *Health Through Motion* by Pete Egoscue.

EM102- Posture and Pain

FREE

30 day access

This online course is based on Pete Egoscue's book, *Pain Free*. Chronic pain conditions are reviewed as well as a thorough briefing on what's happening in that part of the body when it hurts. A selection of ecises is given for each pain condition.

Recommended Reading: *Pain Free* by Pete Egoscue.

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EM103- Health Through Motion (4 credit hours)

\$149.00

30 day access

134.00

An online video course based on *The Egoscue Method of Health Through Motion*. The common question of “how did I get into this condition?” is answered as well as what it means to gain responsibility of your health. Condition postures and exercises will be introduced to guide you in the direction of a pain free lifestyle.

Recommended Reading: *Health Through Motion* by Pete Egoscue.

Individual Certification Courses:

PAS1:

Note: EM201-206 can be bought as a bundle for a discounted price of \$650

180 day access

EM201- Posture Identification (4 credit hours)

\$119.00

30 day access

107.00

In this online course, you will investigate standing posture and identify deviations from the functional design posture.

Required Reading: *Pain Free and Health Through Motion* by Pete Egoscue.

Pre-Requisite: None

EM202-Symptoms and dysfunction (4 credit hours)

\$119.00

30 day access

107.00

In this online course, you will learn how to detect what condition the client is presenting. The link between physical limits, dysfunction and pain will be discussed.

Required Reading: *Pain Free and Health Through Motion* by Pete Egoscue.

Pre-Requisite: EM201

EM203- Functional Testing (4 credit hours)

\$119.00

30 day access

107.00

This online course will illustrate how to implement functional demand on the posture. Recognizing posture deviations and understanding the functional capacity is important to the evaluation process.

Required Reading: *Pain Free and Health Through Motion* by Pete Egoscue.

Pre-Requisite: EM202

EM204-Introduction to E-cises (4 credit hours)

\$119.00

30 day access

107.00

This online course is designed to introduce the toolset of the Egoscue Method to restoring function and correcting posture. Performance, instruction and implementation of 75 E-cises will be introduced.

Required Reading: *Pain Free and Health Through Motion* by Pete Egoscue.

Pre-Requisite: EM203

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EM205- Menu Generation (4 credit hours)

\$119.00

30 day access

107.00

This online course will give students an understanding on how to generate a menu using epete. It also provides a background on key principles associated with menu creation.

Required Reading: *Pain Free and Health Through Motion* by Pete Egoscue.

Pre-Requisite: EM204

EM206- Application to Sports (4 credit hours)

\$119.00

30 day access

107.00

In this online course, you'll be exposed to the application of the Egoscue Method to sports,

both recreational and competitive. In order to address the dysfunctions, activity routines need to tap into proper functions of the body and the training program meet the individual's posture needs.

Required Reading: *Pain Free and Health Through Motion* by Pete Egoscue.

Pre-Requisite: EM205

CE503- PAS I E-Cise Practical (4 credit hours)

\$119.00

30 day access

107.00

An online course designed to offer students a greater understanding of the ecises. It emphasizes instructional cues and space requirements.

Pre-Requisite: EM207 or higher

SEM207- PAS I Seminar (21 credit hours)

\$849.00

765.00

This 3-day in-person seminar gives students a hands-on approach to the Method. The entire appointment process will be demonstrated and how to administer each step. The primary focus is being able to see posture deviations and inputting it into the epete software. Ecise instruction and their basic outcome will also be introduced.

Required Reading: *Pain Free and Health Through Motion* by Pete Egoscue.

Pre-Requisite: EM206

Required Material: Seminar Booklet

*Rescheduling seminar dates will result in a \$100 fee after the first change *

EM208- PAS I Online Seminar (21 credit hours)

\$849.00

765.00

This seminar includes six 1-hour webinar calls, one-on-one with an instructor. Each lesson will discuss a different topic in relation to the PAS1 coursework. The primary focus will be recognizing posture deviations, understanding conditions, understanding functional testing and the ability to input deviations into the epete software system. Ecise instruction and their basic outcome will also be introduced.

Required Reading: *Pain Free and Health Through Motion* by Pete Egoscue.

Pre-Requisite: EM201-EM206, access to Skype/iChat, and ePete Software

Required Material: PAS1 PowerPoints, PAS1 example photos, and intake forms (located in class)

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PAS2:

**Note: EM301-306 can be bought as a bundle for a discounted price of \$650
*180 day access***

EM301- Posture Explanation (4 credit hours) **\$119.00**
30 day access ***107.00***

In this online course, you will gain a deeper understanding of seeing posture, the significance of weight distribution and muscle groups associated with the deviations.

Required reading: *Observational Gait Analysis Workbook & Muscles Testing and Function* by Elizabeth Kendall

Pre-Requisite: EM207

EM302-Gait Analysis (4 credit hours) **\$119.00**
30 day access ***107.00***

In this online course, you will learn how the gait pattern is used to establish structural dysfunction and, most importantly, a tool to educate the client.

Required reading: *Observational Gait Analysis Workbook & Muscles Testing and Function* by Elizabeth Kendall

Pre-Requisite: EM301

EM303- Cause and Effect (4 credit hours) **\$119.00**
30 day access ***107.00***

In this online course, you will gain a deeper understanding about the condition of the client. The cause and effect relationship will be elaborated upon and how the joint relationship can give insight into the function of primary movers and stabilizers.

Required reading: *Observational Gait Analysis Workbook & Muscles Testing and Function* by Elizabeth Kendall

Pre-Requisite: EM302

EM304-Exercise Implementation (4 credit hours) **\$119.00**
30 day access ***107.00***

This online course is designed to further your knowledge of the exercises and their functional purpose by establishing functional demand to the body. Client feedback and observation is essential to this process.

Required reading: *Observational Gait Analysis Workbook & Muscles Testing and Function* by Elizabeth Kendall

Pre-Requisite: EM303

EM305- Case Study (4 credit hours) **\$119.00**
30 day access ***107.00***

This online course will give students an understanding of the thought process behind writing a menu. The five guiding principles are elaborated upon and the emphasis is on client feedback and constant observation.

Required reading: *Observational Gait Analysis Workbook & Muscles Testing and Function* by Elizabeth Kendall

Pre-Requisite: EM304

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EM306- Functional Strength and Conditioning (4 credit hours) **\$119.00**
30 day access ***107.00***

This online course illustrates how to prevent injury by establishing functional movements with proper positioning. Definitions of strength and flexibility will be taught.

Required reading: *Observational Gait Analysis Workbook & Muscles Testing and Function* by Elizabeth Kendall

Pre-Requisite: EM305

CE504- PAS 2 E-Cise Practical (4 credit hours) **\$119.00**
30 day access ***107.00***

An online course designed to offer students a thorough analysis of movement and outcomes of ecises.

Pre-Requisite: EM307

EM307- PAS 2 Seminar (21 credit hours) **\$849.00**
765.00

This 3-day in-person seminar gives students a hands-on approach to the Method. The primary focus is client interaction and education. Students will learn techniques to empower the client and ecise modification strategies.

Required reading: *Observational Gait Analysis Workbook & Muscles Testing and Function* by Elizabeth Kendall

Pre-Requisite: EM306

Required Material: Seminar Booklet

* Rescheduling seminar dates will result in a \$100 fee after the first change *

EM310- PAS 2 Online Seminar (21 credit hours) **\$849.00**
765.00

This seminar includes six 1-hour webinar calls, one-on-one with an instructor. Each lesson will discuss a different topic in relation to the PAS2 coursework. The primary focus will be understanding/connecting with your client, thought process in relation to the body's mechanics, gait analysis and e-cise modifications. The final case study project will be discussed as well.

Required Reading: *Observational Gait Analysis Workbook & Muscles Testing and Function* by Elizabeth Kendall

Pre-Requisite: EM301-EM306 and access to Skype/iChat,

Required Material: PAS2 Seminar Booklet (located in class)

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Continuing Education

CE501- Mentoring (14 credit hours)

\$419.00

N/A

A two-day therapy observation opportunity offered at any of our clinics. This program offers educational training and supervised floor hours working with clients. Observation on the therapy floor provides a wide array of exposure to various client conditions.

Pre-Requisite: EM207 or higher

****This course is only offered at an Egoscue clinic***

CE502- East-West Breathing (1 credit hour)

\$25.00

N/A

30 day access

In this online class you will learn how the diaphragm can work to facilitate in achieving correct posture. Techniques to assess breathing patterns and how to achieve this movement are demonstrated.

Pre-Requisite: EM101 or EM102 or EM103

CE503- PAS I E-Cise Practical (4 credit hours)

\$119.00

107.00

30 day access

An online course designed to offer students a greater understanding of the ecises. It emphasizes instructional cues and space requirements.

Pre-Requisite: EM207 or higher

CE504- PAS II E-Cise Practical (4 credit hours)

\$119.00

107.00

30 day access

An online course designed to offer students a thorough analysis of movement and outcomes of ecises.

Pre-Requisite: EM307

CE505- PAS Tutoring (4 credit hours)

\$129.00

117.00

A 1-hour tutoring appointment that allows students the opportunity to ask questions, share client photos and seek therapy direction. Tutoring emphasizes the use of i-chat or skype to share documents but phone sessions are available. Please schedule in advance and inform the University of the topic of discussion.

Pre-Requisite: None

SG101- Study Groups (.5 credit hours)

\$20.00

N/A

30 day access

An hour long conference call with an instructor and a maximum of 10 other students. This conference allows the students to ask questions and get an in depth understanding of various topics. Schedule and topics vary. Please call Egoscue University or visit www.egoscueuniversity.com for upcoming study groups.

Pre-Requisite: None

PatchFitness Programs

Through programs promoting self awareness and personal responsibility, PatchFitness expands on the idea of functional training and delivers workouts for all ages in a fun and empowering way.

PF101- PatchFitness Green Tomato (4 credit hours)

\$119.00

30 day access

107.00

In this online course, you'll be exposed to the application of Patch Fitness to sports – both recreational and competitive – as well as the activities themselves. By the end of this course you will recognize training issues (i.e. limitations) with poor posture. **Pre-Requisite:** Patch Membership

PF102- PatchFitness Red Tomato (4 credit hours)

\$119.00

N/A

During this in-person seminar you will experience patch exercise and fitness. We will be discussing our Patch Fitness Certification Program for those looking to become certified patch program instructors. Key points from our Patch Fitness for Kids Manual will also be discussed and "O" course setup and breakdown will be demonstrated.

Pre-Requisite: Patch Membership

PF103- Farmer Program

\$99.00

89.00

This online course enables you to be a Certified Patch Farmer. A Farmer is the highest level of Patch Fitness education and upon successful completion of the coursework, farmers are equipped to teach Patch Fitness Red Tomato Workshops.

Pre-Requisite: Patch Membership

Discount price with EU Insider Membership

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Definition of Terms:

Student: Anyone enrolled in courses at Egoscue University.

Affiliate: A certified Postural Alignment Specialist that has met all requirements and completed the PAS1 and PAS2 training.

Approved Provider: Subscriber to epete software, regardless of the level of of training.

Recommended Affiliate: A certified Postural Alignment Specialist that uses the Epete postural software. Meeting this requirement allows you to be listed on egoscue.com

How to get started? The University is committed to making the curriculum affordable, accessible and specific to your interests and needs. Whether you want to take just one course or would like to experience a more diverse curriculum, we have the right program for you! You can register online at www.egoscueuniversity.com by filling out the enrollment form. See course descriptions for details, pre-requisites may apply.

