



CERTIFICATION

BARRE

BARRE ESSENTIALS

A TRAINING GUIDE ON
HOW TO BE AN EFFECTIVE
BARRE INSTRUCTOR

FORWARD

IBBFA's BarreCertification.com is, and always will be, a labor of love. With an excellent team of instructors, scientists, academics, and artists the Barre Certification team works tirelessly to bring quality content to fitness professionals around the globe. International Ballet Barre Fitness Association (IBBFA) has a number of comprehensive detailed programs to fulfill your Barre education needs. The efforts of the Barre Certification Team show in these high quality training programs.

These excellent programs attract dedicated and enthusiastic instructors who are willing to go the extra mile to master Ballet terminology and Barre fitness. The detailed nature of Barre Certification attracts the best fitness professionals from around the world! This manual was designed to ensure that every instructor going through the certifying process is ready and dedicated "to a career in" Barre fitness.

The amazing Barre Certification Team keeps growing. This book has ten brilliant contributing authors:

- Alejandra Armstrong
- Candace Johnson
- Deanna Hold
- Emily Porter
- Lisa Juliet
- Hallie Edmonds
- Michaela Bloom
- Rebecca McCarthy
- Sara Holmes
- Tamsin Foucier

These fantastic women put their knowledge and experience on the page to help further the Barre Certification community. Of course, no book is possible without people to clean up and beautify the final product. The wonderful editors and designers that helped create the finished product are:

- Alejandra Armstrong
- Andrea Alden
- Callie Alden
- Elmir Isakovic

Barre Certification is blessed with a wonderful and diverse team working tirelessly to bring this wonderful book to the public. Thank you to all who contributed!

Dear Future Barre Instructor,

Welcome to International Ballet Barre Fitness Association's (IBBFA) Barre Essentials training course! We are so excited that you are interested in becoming a Barre Instructor! This course is meant to introduce you to the challenges and concerns you will face in your training as a Barre Instructor. We hope you feel confident going into the certification process once you have completed this course.

Please note this course will not provide you with any specific exercises nor will you be eligible to teach in fitness facilities without a certification. A practical video exam is the final step to becoming certified through the Barre Certification program and is performed at the end of the Level 1 course. Once you are through the Barre Essentials manual, workbook and written quiz, you will have fulfilled the prerequisites for the Level 1 course. Please contact support@barrecertification.com if you have any questions or concerns about this process.

We are excited to assist you in making your vision become reality!

Sincerely,
Lisa Juliet
IBBFA Director

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INTRO

In order to become a certified barre instructor, one must come from a fitness background and be certified in group fitness, personal training, yoga, Pilates, Dance, a bachelor's degree in a related "field" or something equivalent. Our course is set up similar to a college course. If you do not have a fitness or dance certification or degree, this training guide will serve as a prerequisite to taking the Barre Level 1 Certification course that will allow you to instruct barre anywhere in the world. This basic barre overview is recommended for individuals thinking about becoming a barre instructor in their community. This guide will serve as a basic foundation for potential teachers and practitioners to prepare you to enter the Level 1 Barre Certification Course and provide you with enough information needed to determine if barre is a good fit for you.

Please note: No barre exercises will be provided in this prerequisite course for safety reasons. Barre exercises can be found in Barre Level 1, Barre Level 2, Barre Level 3, Prenatal Barre and Stretch and Tone courses.

LEARNING OUTCOMES:

In this course you will learn the following:

1. Barre history
2. Basic ballet as it relates to barre
3. Basic anatomy/kinesiology/body awareness as it relates to barre and barre workouts
4. What makes a great barre instructor
5. Your responsibilities as a barre instructor
6. Teaching barre in a group setting
7. How to design a barre class
8. Musicality/rhythm/how to create a playlist
9. Using choreography to build combinations
10. Teaching special populations
11. Things you need to know about teaching barre

Once this prerequisite course has been completed with a passing grade of at least 70%, you will then be able to enroll in Barre Level 1 – Fundamentals of Barre Technique. Barre Level 1 is an in-depth course that will give you the confidence and ability to teach a safe and effective barre class to any type of student. Barre Level 1 will include video lectures of all chapters, beginning barre exercises, class designs, and a written exam and practical exam that will test your proficiency and ability to teach students of all levels. Additionally, it will give you the ability to teach barre anywhere in the world since IBBFA's Barre Certification is accredited worldwide.