



– INSTRUCTOR TRAINING COURSE –

INFORMATION PACK

THE BAM EFFECT

Over 13 years of research and development has gone into creating the BAM BOX AND MOVE® fitness programme. During this time, we have assessed the pros and cons from a selection of boxing-based fitness programmes and evaluated both the positive and negative impacts these can have on our bodies. Our analysis has assisted in the development of a fluent and progressive fitness programme that will help people train safely and effectively for many years to come.

Help your class participants or PT clients to achieve the following:

- To be PHYSICALLY HEALTHIER
- To look GOOD with CORRECT POSTURE
- To improve CORE STRENGTH and BODY ALIGNMENT
- To assist in INJURY REHABILITATION
- For MENTAL WELL-BEING and SELF-CONFIDENCE!
- To FEEL GREAT!!!



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WELCOME TO BAM BOX AND MOVE[®]

Dear Instructor

The BAM BOX AND MOVE[®] instructor training course is specifically focused on adult participation. There will be plenty of opportunities to take notes during the BAM instructor training course. There will also be hardcopy and electronic based materials available to accompany your learning experience. The course has an equal mix of theory and practical elements designed to shape your style of coaching as a BAM instructor.

This instructor training course has elements where candidates are expected to coach and participate through a variety of moderate to high intensity routines.

To achieve BAM BOX AND MOVE[®] Instructor accreditation, candidates must:

- Obtain a 75% or higher pass rate on the theory based assessment
- Obtain at least 75% on the practical assessment



Elite Coach Status – Candidates that achieve successful accreditation with at least a 90% pass rate on the practical assessment may be offered the opportunity to become part of the BAM Master Coach Team.

CONCEPT

BAM BOX AND MOVE® is a stand-alone fitness class which incorporates the fundamentals of boxing to produce an effective workout. The programme is designed to amalgamate a number of fitness elements which include strength training, cardiovascular, postural stability, balance, core and alignment which in turn form BAM BOX AND MOVE®.

Although BAM has elements of sport, it is essentially a fitness orientated programme, designed to take adults away from the rigid technical side of boxing offered by other training providers. Our aim is to embrace physical and mental well-being while implementing techniques to improve speed, co-ordination, postural alignment and core stability. The body conditioning phase of the course uses methods abstracted from Contrology. Contrology is an exercise method created by Joseph Pilates, which later commercially evolved into what we know as Pilates.

Generally, with more traditional boxing programmes, the emphasis tends to be on a prominent stance, left or right. This is acceptable if you are conditioning yourself to enter the prize ring, but not for those with aspirations of achieving desirable posture and alignment. We do this by adopting a variety of techniques used in Contrology and Balance in order to achieve the best results when working target muscle groups. Implementing these principles help us to reduce the risk of unnecessary injuries. With regard to technique, there is no dominant split stance (i.e. orthodox or southpaw) in BAM.



BENEFITS OF BAM BOX AND MOVE®

- Anaerobic and Aerobic exercise
- Develops HAND EYE CO-ORDINATION
- Improves BODY BALANCE
- Incorporates ALL MAJOR MUSCLE groups
- Increases SPEED and AGILITY
- Helps increase CORE STABILITY
- Assists with ALIGNMENT and POSTURE CORRECTION
- Supports MENTAL and PHYSICAL WELL-BEING



COURSE STRUCTURE

BAM BOX AND MOVE® aims to provide participants with a fun fitness blend of Boxing, Interval training, Body Conditioning and Stretch & Relaxation. The course is designed to teach learners the skills and competences required to promote postural alignment, core strength and stability.

Specific learning outcomes:

1. Devise and teach enjoyable and rewarding sessions tailored for adults of all fitness levels
2. Demonstrate correct exercise technique and form
3. Perform and lead the exercises confidently to motivate and engage the class
4. Use BAM terminology effectively when teaching
5. Execute a range of moderate to high intensity routines using the PRE% method effectively
6. Observe and correct participants' technique when required
7. Demonstrate knowledge and understanding of the fundamentals of BAM to promote postural alignment, core strength and stability (Theory Assessment)

ASSESSMENT STRATEGY

Theory Assessment

This will be a multiple choice exam which consists of 20 BAM related questions. The assessment has a 75% pass rate so therefore, a tally of 15 out of 20 correct answers are required. The paper will consist of extracts taken from the BAM instructor course manual and will be completed under formal exam-based conditions.

Practical Assessment

The candidate will be assigned:

- x3 Combinations
- x1 Combo and move
- x1 Manoeuvre

Each of these assignments will be demonstrated in front of a group before delivering their devised BAM routine, incorporating their allocated moves. The practical assessment requires a pass rate of 75% or higher. Each element of the practical assessment is awarded pass, refer or defer.



BRIEF STRUCTURE OF DAY (EXAMPLE)

AM

08:45 – 09:00

Registration

09:00 – 09:15

Introduction

09:15 – 10:30

BAM Master Class
(Followed by Q&A)

10:30 – 10:40

Theory Paper – Instructions

10:40 – 11:20

Theory Paper – Multiple Choice

Exam

11:20 – 11:45

BAM Combinations 1

Lunch

PM

12:30 – 12:50

BAM Combinations 2

12:50 – 13:10

BAM Combinations 3

13:10 – 13:20

Q&A / Pre-Assessment &
Group Timings

13:20 – 13:40

Practical Assessment Talk &
Preparation

13:40 – 14:00

Assessment Practice Time

14:00 – 16:45

Final Practical Assessment

End of day

HOW TO CONTACT US



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