

**EU CATALOG '10**

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**  
12707 High Bluff Drive, Ste. 150  
San Diego, CA 92130

Toll Free: 800-933-9811

Email: [University@egoscue.com](mailto:University@egoscue.com)

## **Egoscue University 2010 Catalog**

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

**Program Curriculum:** Our University is designed to be 80% online and 20% in person. The purpose of this design is 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.

### Definition of Terms:

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**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](http://www.egoscueuniversity.com) by filling out the enrollment form. See course descriptions for details, pre-requisites may apply.

Programs:

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**Certification: \$2,299 (save over \$1,100) \*2 year access\***

Combines the convenience of learning online with the experience gained from seminar and practical "hands-on" learning. You can begin delivering Postural Therapy to the public as a certified PAS within one (1) year of your start date. 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.

**This program includes the following:**

- PAS 1 Online Courses
- PAS 1 Seminar
- PAS 1 Exercise Practical
- PAS 2 Online Courses
- PAS 2 Seminar
- PAS 2 Exercise Practical

**Fast Track: \$799 (save over \$300) \*30 day access\***

A thirty (30) day program designed to get you through the education process quickly and to the point where you can begin implementing Postural Therapy right away. Once completed, you will be an Approved Provider of the ePete Postural Software.

**This program includes the following:**

- PAS 1 Online Courses
- ePete Postural Software start up fee
- PAS 1 Exercise Practical Program
- Postural Solutions DVD

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### **Basics: \$299 (save over \$100) \*60 day access\***

Designed to learn about the basics of postural recognition and to seeing it in action with PatchFitness programs. You will expand your ability to share this new found insight with others in your life. This exposure will help narrow your focus to make future learning more enjoyable and targeted.

#### **This program includes the following:**

- Online Courses
  - EM201 Postural Identification
  - Health Through Motion
- PatchFitness Courses
  - Green Tomato
- PatchFitness Membership
- Postural Solutions DVD

### **Teaching Credential: \$699 \*30 day access\***

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!

#### **This program includes the following:**

- EM401- Instructional Prep
- EM402- Student Teaching
- Postural Solutions DVD

\*Pre-requisite: PAS certified

### **Accredited Exercise Therapist: \$775 \*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

\*100 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 100 hours with proof of completion.
- 14 credit hours need to include Mentoring

\*Pre-requisite: PAS certified & Epete subscriber

Certification and Re-certification:

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**Postural Alignment Specialists** - Completed PAS1 and PAS2 training. 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 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.\**

\* As of July 1, 2009 Egoscue University offers one PAS certification that combines both PAS1 and PAS2 levels. PAS1 re-certification will no longer be available.

**Accredited Exercise Therapists** - Completed 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.

**Affiliate Instructor** - Completed 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 50% of the fee will be returned if the standards are not met. Valid for 3 additional years.

\*Re-certification Expiration: 6 months past the expiration date of all certifications, additional coursework will be required. Please call the University for more information.

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### 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 seminar you are eligible for a one-time 30% discount on the next level of training.

\* *Only applicable to PAS bundles and seminar*

**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
- Free Subscription to The Loop quarterly Newsletter
- Free Egoscue University T-shirt

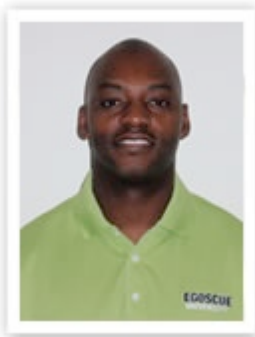
\* *Discount does not apply to already discounted programs. See course selection for details.*

**The EU Newsletter:** The Loop, Egoscue University’s quarterly Newsletter is available to download on Egoscue University’s home page. Stay connected and be “in the know” on all the things happening at the University.

**Course Re-take:** 50% discount will apply for courses that are taken over.

\**Discount does not apply for AET requirements*

# The Faculty



Derek Hintzen  
University Director



Courtney Culley  
Lead Instructor  
Program Coordinator



Casey Lyon  
Vice President-Egoscue, Inc.  
Adjunct Instructor



John Elder  
Instructor



Greg Heinemann  
Instructor



Paul Schell  
Instructor



David Smith  
Instructor



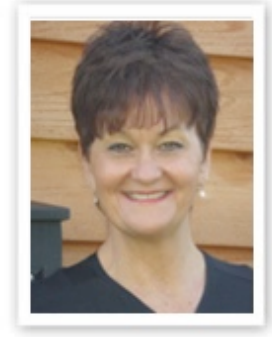
Shawn Taker  
Instructor



Matt Whitehead  
Instructor



Dustin Dillberg  
Affiliate Instructor



Jane Sullivan  
Affiliate Instructor

## Egoscue University 2009 Catalog

### Introductory Courses

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*\*Discount price with EU Insider Membership\**

#### **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** (2 credit hours)

**\$50.00**

**\*45.00\***

**\*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.

#### **EM103- Health Through Motion** (7 credit hours)

**\$149.00**

**\*134.00\***

**\*30 day access\***

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.

### Certification Courses:

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#### ***PAS1:***

Note: EM201-206 can be bought as a bundle for a discounted price of \$550

**\*180 day access\***

#### **EM201- Posture Identification** (4 credit hours)

**\$99.00**

**\*89.00\***

**\*30 day access\***

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)

**\$99.00**

**\*89.00\***

**\*30 day access\***

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

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**EM203- Functional Testing** (4 credit hours) **\$99.00**  
**\*30 day access\*** **\*89.00\***

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) **\$99.00**  
**\*30 day access\*** **\*89.00\***

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

**EM205- Menu Generation** (4 credit hours) **\$99.00**  
**\*30 day access\*** **\*89.00\***

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) **\$99.00**  
**\*30 day access\*** **\*89.00\***

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

**SEM207- PAS I Seminar** (21 credit hours) **\$750.00**  
**\*675.00\***

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

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

**PAS2:**

Note: EM301-306 can be bought as a bundle for a discounted price of \$550

**\*180 day access\***

**EM301- Posture Explanation** (4 credit hours)

**\$99.00**

**\*30 day access\***

**\*89.00\***

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)

**\$99.00**

**\*30 day access\***

**\*89.00\***

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)

**\$99.00**

**\*30 day access\***

**\*89.00\***

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)

**\$99.00**

**\*30 day access\***

**\*89.00\***

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)

**\$99.00**

**\*30 day access\***

**\*89.00\***

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) **\$99.00**  
**\*30 day access\*** **\*89.00\***

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

**EM307- PAS II Seminar** (21 credit hours) **\$750.00**  
**\*675.00\***

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

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

Teaching Credential: \*only sold as a bundle\*

**EM308- Instructional Prep- Level 1 & 2**(6 credit hours) **\$699.00**  
**\*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 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. Without additional charges, you are required to take this class one additional time to pass.*

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

**EM 309-Student Teaching** (6 credit hours) **\*price included\***  
**\*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: Two University shirts is included in the price for your teaching uniform. Without additional charges, you are required to take this class one additional time to pass.*

**Pre-Requisite:** EM401 & Farmer Program

### AET Advanced Training:

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In addition to the following courses, 100 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) **\$399.00**  
**\*90 day access\*** **\*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) **\$499.00**  
**\*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

### Continuing Education

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**CE501- Mentoring** (14 credit hours) **\$350.00**  
**\*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** (4 credit hours) **\$50.00**  
**\*30 day access\*** **\*45.00\***

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** (7 credit hours) **\$149.00**  
**\*30 day access\*** **\*134.00\***

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

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### **CE504- PAS II E-Cise Practical** (12 credit hours)

**\$299.00**

**\*30 day access\***

**\*269.00\***

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)

**\$130.00**

**\*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

### PatchFitness:

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** (7 credit hours)

**\$149.00**

**\*30 day access\***

**\*134.00\***

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** (7 credit hours)

**\$199.00**

**\*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\**

