

# ACAT TEACHER CERTIFICATION PROGRAM CURRICULUM TIMELINE

TRIMESTER 1

TRIMESTER 2

TRIMESTER 3

TRIMESTER 4/5

TRIMESTER 6

TRIMESTER 7

TRIMESTER 8

TRIMESTER 9

- Readings in the Literature
- One Private Lesson Per Week
- Anatomy/Kinesiology
- Awareness Exercised
- Developing Teaching and Communication Skills
- Use of the Self, Awareness, Inhibition, Direction and Primary Control
- Approved Independent Study (AIS)
- Observing Senior Teacher Give First Lesson to Someone Outside the Program

- Developing Hands-On Skills
- Developing Chair & Tablework Skills
- Developing Awareness of Self & Other

- Hands-On
- Giving Direction
- Initiating Movement

- Developing Verbilization With Hands-On While Giving Direction & Initiating Movement

- Putting Together the Elements of a Lesson

- Beginning Work With Experienced Volunteers

- Teaching a Lesson with Breathing as a Central Focus
- Developing Lesson Skills w/ Less Experienced Volunteers
- Observing & Assisting in Lecture/Demo
- Develop 6-week Group Class Syllabus & Teach a Mock Class
- Teaching Lessons Under Supervision

- Term Paper
- Business Skills to Develop a Practice
- Student Teaching Outside of School at Nominal Fees

