
Brain Gym Movement Facilitator 100 hours

Learn how to use the Brain Gym movements with groups in schools, business and sport. The basics of the Brain Gym theory is covered with emphasis on movement and learning ability. This first level of 100 hours training gives you the foundation of knowledge that you will apply in the next two levels. After this level of training you can register to work with children and adults to get their brains working at peak performance to live and learn more effectively.

You will attend three modules:

[Brain Gym Introduction](#) 2 days

[Brain Gym 101](#) 4 days

[Brain Gym and the Senses and Reflexes](#) 4 days

You are required to do two hours of practical work for each day of training. At this level you will do 20 hours of practical work in a school or organization of your choice. You will also do an open book study of 20 questions for each day of training. = 200 questions

If you decide to exit the training at this level, you are required to do the one – day NHTS Business Building Course for Brain Gym Level One. You will be examined by an external examiner to qualify to become a Brain Gym Movement Facilitator.

You can exit and work while doing the next level of training. In this way, you can begin earning an income to pay for your further training.

You will sign a license agreement with Brain Gym South Africa to use the Brain Gym material in your own business. You can then go out and start a private practice working with adults and children as a Brain Gym Movement Facilitator. (BGMF) You remain under supervision of your Brain Gym Instructor until you have completed the Level 3 Training.

[Hyperlink – Brain Gym Introduction Course](#)

Course objectives

What is Brain Gym and how did it develop
What is the the Brain Gym Organization in South Africa and how are we affiliated to BG International
How the brain is structured for learning and functional behaviour
What the process is that we go through in order to learn and function
To understand the importance of moving our body to learn and function
Understanding the impact of physical, emotional, mental and environmental stress on the learning process
Experiencing the 26 Brain Gym Movements in a fun playful way
Learning how to apply 26 Brain Gym Movements in the classroom, workplace, in personal development and on the sports field.

Show the extensive amount of research into Brain Gym

How to adapt Brain Gym for special needs

[Hyperlink – Brain Gym 101](#)

Course objectives

Learn how to access the body intelligence through noticing, muscle checking and body rocking

How to use language that focusses on the process rather than the product

The 5-Steps used in Brain Gym to balance for specific goals

The Movements that prepare the brain - body system for action

Guidelines for setting SMART goals

How to do a preactivity that clearly gives a baseline as an assessment tool.

The Learning Menu for the Brain Gym Course

Learn the steps for celebrate change

How to use the Brain Gym Action Wheel

Developing the Physical Skill of Seeing using the Brain Gym Movements

Developing the Physical Skill of Listening using the Brain Gym Movements

Developing the Physical Skill of Writing using the Brain Gym Movements

Developing the Physical Skill of Midline Crossing using the Brain Gym Movements

Understand The Brain Gym Three Dimensions for Learning and how they impact on our learning ability

How to use Noticing to assess the Three Dimensions

Developing the Physical Skills of Communication using the Brain Gym Movements

Developing the Physical Skill of Organization using the Brain Gym Movements
Developing the Physical Skill of Comprehension using the Brain Gym Movements
Developing Dimensional skills for everyday living using the Brain Gym Movements
How to integrate the emotions using the FAST Action Balance
Using the X-Spand Balance to achieve Whole Brain Integration using the Brain Gym Movements
How to use Five Steps to more effective learning using the Brain Gym Movements

[Hyperlink Brain Gym and the Reflexes and Senses](#)

Course Objectives

Understanding the importance of sensory learning

How stress affects our sensory learning

How to use the BG Movements to awaken the senses
How to balance the vestibular system using Brain Gym Movements
How to balance the eyes using Brain Gym Movements
How to balance the ears using Brain Gym Movements
How to balance the tactile system using Brain Gym and other movements
Exploring the role of early reflexes in learning and function

Balancing the Fear Paralysis Reflex using the Brain Gym Movements and Reflex Movements

Balancing the Moro Reflex using the Brain Gym Movements and Reflex Movements

Balancing the Tonic Labyrinthine Reflex using the Brain Gym Movements and Reflex Movements

Balancing the Asymmetrical Tonic Neck Reflex using the Brain Gym Movements and Reflex Movements

Balancing the Symmetrical Tonic Neck Reflex using the Brain Gym Movements and Reflex Movements

Balancing the Spinal Galant Reflex using the Brain Gym Movements and Reflex Movements

How to integrate the reflexes in the classroom
using the Brain Gym Movements and Reflex
Movements