

MOSSA®

LET'S MOVE!

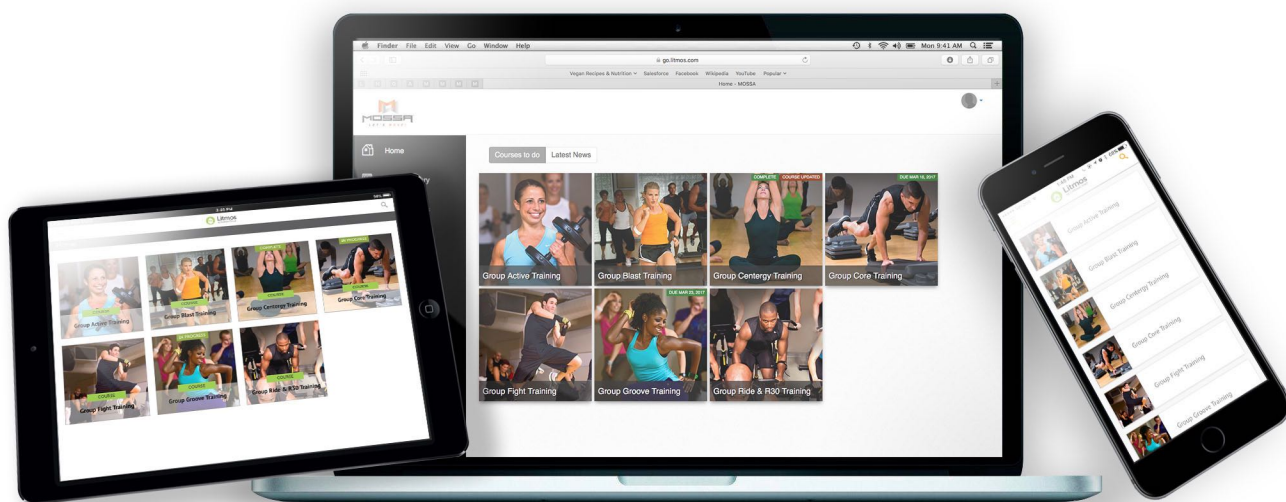
ONLINE TRAINING

MOSSA® is here to help you be a leader in your market with a team of professionally trained instructors. To help you build the best team possible, we are excited to offer online trainings for instructors currently teaching MOSSA programs who want to teach an additional program.

Online trainings enable you to easily expand your team even when you only need one or two more instructors. With MOSSA's new online platform, instructors can complete an entire training without any travel, time off from work, or additional expenses.

To ensure training excellence, the online course uses the signature MOSSA training curriculum from the live training, developed by Cathy Spencer-Browning, Noel Miller, and the Programming & Training teams at MOSSA. Your instructors are able to view segments of live trainings as if they were one of the instructors experiencing the workshop.

Online trainings are currently available for **Group Active®**, **Group Blast®**, **Group Centergy®**, **Group Core®**, **Group Fight®**, **Group Groove®**, **Group Ride®** and **R30®**. Please note that Group Power®, ViPR Move, and ViPR Workout are not being offered in the online training format due to the importance placed upon live practice of movement.



Instructors who meet the requirements for online training are able to enroll online whenever it is convenient. Your facility will designate a Program Mentor to help oversee the online training process for instructors. At the end of training, instructors will go through the assessment process as usual.

► Here's the link to enroll: [USA | CAN INSTRUCTOR TRAINING REGISTRATION](#)

Facility Requirements

Your facility must also meet certain requirements:

- Currently running at least two (2) MOSSA programs, including the program for which the instructor wishes to enroll in online training
- Designate a Program Mentor who currently teaches the program and will work with the instructor as they complete online training. Here's the link to the Program Mentor Agreement: [Program Mentor Agreement](#)

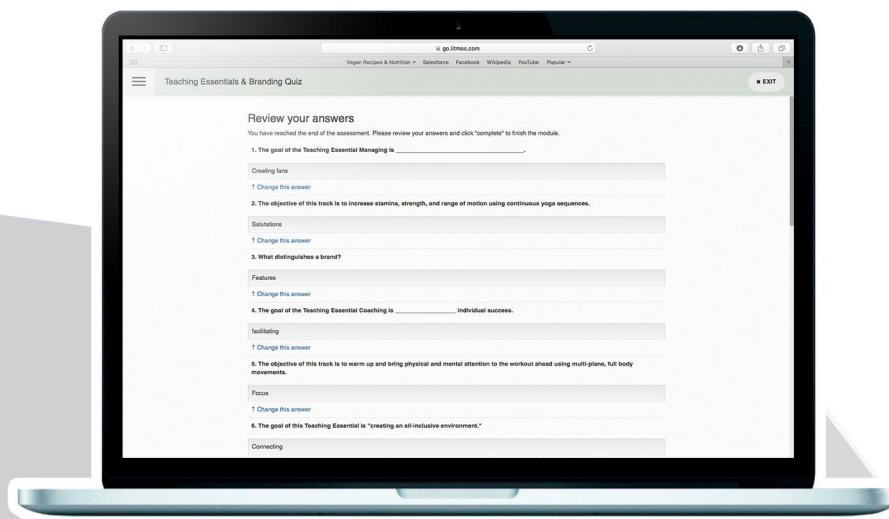
Instructor Requirements

In order to qualify for online training, instructors must have completed a live MOSSA training and passed assessment. Instructors seeking to enroll in the online training for Group Active must have completed the live MOSSA training for Group Power, as this provides the opportunity for live practice and feedback with weight training.

How It Works

Instructors register online at [USA | CAN INSTRUCTOR TRAINING REGISTRATION](#). Once MOSSA confirms the requirements have been met, the instructor will be sent a link to MOSSA's Online Training Platform. At that time, MOSSA will also ship the instructor a copy of the current training release and a workbook. There is no need to wait – instructors can begin online training immediately by downloading the workbook and viewing the training release through the training platform.

MOSSA online trainings are self-paced learning experiences where instructors can complete content on their own schedule using a computer, smartphone, or tablet. The course includes videos, practice teaching homework, and quizzes to check learning. Instructors are required to view each video from start to finish and pass the quiz at the end of each section. Depending on the program, instructors have 2-3 weeks to complete training.

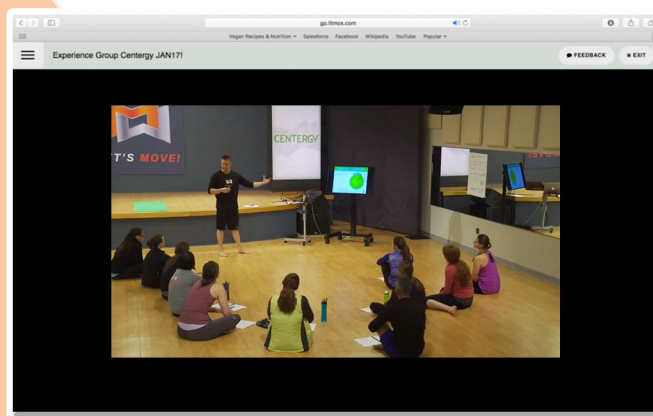
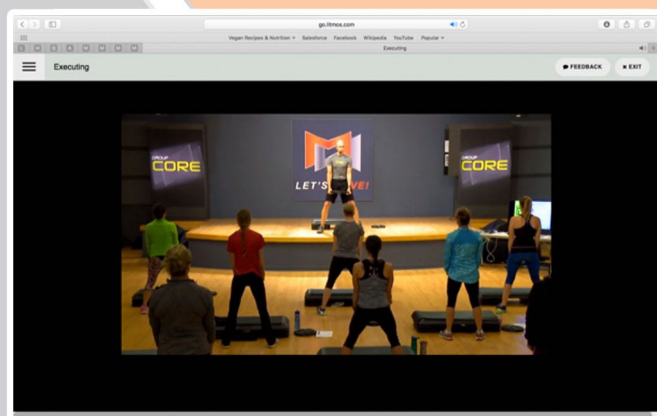


During the training, instructors will work with a Program Mentor; this is an instructor who already teaches the program at your facility, has active instructor status, and is enrolled in Autoship. The Program Mentor will be available to help ensure comprehension and application of training content, provide feedback on homework assignments, and answer questions related to program delivery.

When the training is complete, instructors are required to complete assessment using the same process as live MOSSA trainings. The deadline for assessment is 90 days from the start of online training. Instructors may submit the assessment video earlier than 90 days, allowing for an expedited onboarding process.

In order to be eligible to teach a live workout on your facility's schedule, you must be enrolled on Autoship; this includes practice teaching in preparation for Assessment. When you register for online training, you will also enroll in Autoship at that time.

Instructors are eligible to receive ACE, AFAA, and canfitpro credits for MOSSA online trainings.



How to Get Started

If your facility is interested in MOSSA online trainings, please contact our Training Department to ensure you meet the requirements and to receive pricing and additional information.

Instructors should contact their group fitness managers to ask if online trainings are offered for their facility and then register here: [USA | CAN INSTRUCTOR TRAINING REGISTRATION](#)

MOSSA Training Department
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