

## **Course Level Descriptions**

- ❑ **Essential Level** programs include core theory, concepts and applications. An example would be a workshop on joint mobilization of the extremities. Participants could expect to hear information on topics such as the cardinal theories upon which joint mobilization is based, the constructs involved in joint mobilization techniques and fundamental and essential information regarding the application of joint mobilization techniques of the extremity joints.
- ❑ **Advanced Level** programs include in-depth theory, concepts and applications of information and/or techniques that are presented beyond the essential level. The expectation is that the credential holder already possesses experience, knowledge and skill at the Essential Level. If the joint mobilization workshop used previously was considered Advanced Level, the participant is expected to have some knowledge and/or experience with joint mobilization prior to attending the course. The Advanced Level course would delve more deeply into some of the more complex theories, techniques and applications of joint mobilization. For example, a joint mobilization course for the spine could fit into this category since specific techniques are more precise and require a more advanced skill level than do joint mobilization techniques for the extremities. Advanced Level programs should offer new information at a more sophisticated and progressive level so, at the completion of the course, the participant has acquired a higher level of understanding and the ability to apply information and techniques presented.
- ❑ **Mastery Level** programs contain the highest level of theory, concepts and applications of knowledge or technique within a specific topic area. The credential holder already possesses an adequate amount of experience, knowledge and skill at the Advanced Level. Mastery Level programs require the participant to have a vast amount of education and experience within a specific topic prior to attending the course. The credential holder should be readily familiar with the advanced theories and information on the topic and be ready to reach a highly sophisticated and exceptional level of knowledge and application. Mastery Level programs will be unique and will only appeal to a select number of credential holders.