

CALIBAF GSCE - Global Standards for Calisthenics Education

4-Level Trainer Education & Certification Framework

Version 1.0 - Official Release

Created & Governed by CALIBAF Institute, Bangalore, India

(CALIBAF GSCE = CALIBAF Global Standards for Calisthenics Education)

SECTION 1 - INTRODUCTION

1.1 Purpose of the GSCE Standards

The **Global Standards for Calisthenics Education (GSCE)** establish the official, universal benchmark for knowledge, skill proficiency, coaching ability, and ethical practice within the discipline of calisthenics. These standards serve as the foundational reference for all educational programs, assessments, certifications, and governing processes created and delivered by CALIBAF Institute.

The purpose of GSCE is to ensure that every certified calisthenics trainer, regardless of geography, background, or training environment-is educated, evaluated, and equipped according to a unified, globally recognised standard. By defining a clear and uncompromising framework for competency and conduct, the GSCE protects the integrity of the profession, safeguards the public, and advances the evolution of calisthenics as a modern fitness education ecosystem.

1.2 Vision of CALIBAF Institute

CALIBAF Institute exists to build one of the **largest and most influential calisthenics education ecosystems in the world**, elevating the discipline from a niche pursuit to a structured, scientifically grounded global profession.

The Institute's vision is to create a future in which calisthenics trainers are universally respected as skilled educators, movement specialists, and leaders in holistic human performance. By establishing authoritative standards, evidence-driven curriculum, and a

scalable multi-level certification pathway, CALIBAF Institute aims to shape the global direction of calisthenics education for decades to come.

1.3 GSCE as a Global Standard-Setting Body

The GSCE is positioned as an **internationally valid standard-setting authority**, comparable in purpose to organisations such as ACSM, ACE, NSCA, NASM, and CrossFit's educational governance. GSCE functions not merely as an internal guideline for CALIBAF Institute, but as a benchmark that other academies, studios, educational organisations, and future calisthenics institutions may reference or align with.

By publishing these standards publicly, CALIBAF Institute commits to:

- advancing the global professionalism of calisthenics training
- maintaining transparency in assessment, evaluation, and certification
- establishing international consistency in trainer competency
- providing a structured governance framework capable of evolving as the discipline expands

GSCE is designed to be future-facing-capable of scaling across nations, languages, and training cultures while maintaining uncompromising educational quality.

1.4 Scope of This Document (GSCE Standards v1.0)

This Standards Document, **GSCE v1.0**, applies exclusively to the **Certified Calisthenics Trainer – Level 1 (CCT-L1)** program delivered in **offline, in-person format**.

It defines:

- trainer competency requirements
- expected knowledge, physical skills, and coaching abilities
- safety and ethical guidelines
- assessment standards
- institutional responsibilities
- governance and certification regulations

Future versions of GSCE will expand these standards to Levels 2–4, as well as dedicated frameworks for **online certification**, hybrid models, continuing education, and specialised pathways.

1.5 Intended Audience

GSCE Standards v1.0 is written for:

- **Calisthenics trainer candidates**
- **CALIBAF Institute instructors and evaluators**
- **Educational institutions and studios** seeking alignment
- **Regulatory bodies and international fitness organisations**
- **Industry partners and employers** who rely on trainer competency
- **Researchers and curriculum developers** within the field of human movement

This document acts as both a governing reference and an operational guide.

1.6 Principles Guiding the Standards

The GSCE Standards are built upon six non-negotiable principles:

1. **Scientific accuracy**
- grounded in biomechanics, physiology, and evidence-based training.
2. **Global consistency**
- ensuring the CCT credential holds the same meaning everywhere.
3. **Skill mastery before progression**
- calisthenics evolves in levels; so must its education.
4. **Safety-first methodology**
- prioritising client protection and sustainable long-term training.
5. **Ethical professionalism**
- trainers must serve with integrity, respect, and competence.
6. **Continuous evolution**
- standards are reviewed and upgraded as the discipline matures.

1.7 Versioning and Future Revisions

This document represents **GSCE Standards Version 1.0**, the inaugural publication. CALIBAF Institute maintains full authority to:

- amend
- expand
- update
- revise
- or restructure

these standards in alignment with new research, industry advances, or global educational demands.

A formal review cycle of **every 12–24 months** is established to ensure the GSCE remains a living, adaptive, and internationally relevant framework.

1.8 Statement of Authority

The GSCE Standards are endorsed, governed, and administered by **CALIBAF Institute**, acting as the global custodian of calisthenics education standards. All certifications, examiner guidelines, assessments, course structures, trainer pathways, and recertification processes derive their legitimacy from this standard.

No individual trainer, organisation, or instructor may modify, interpret, or implement CCT training or assessment outside the parameters defined within this document.

The GSCE is the official, authoritative definition of what it means to be a certified calisthenics trainer.

SECTION 2 - DEFINITIONS & TERMINOLOGY

This section defines all core terms used throughout the **GSCE Standards v1.0**. These definitions ensure clarity, prevent ambiguity, and align GSCE with international best practices in fitness education, movement science, and professional certification frameworks.

Where applicable, terms are standardised for calisthenics-specific environments.

2.1 Candidate

An individual enrolled in the Certified Calisthenics Trainer (CCT Level 1) program and undergoing theoretical study, practical skill development, assessment, or evaluation under GSCE Standards.

2.2 Competency

The measurable combination of knowledge, physical skill, coaching ability, and professional conduct required to meet the GSCE standards for certification. Competency must be demonstrated reliably and consistently.

2.3 Learning Outcomes

Specific knowledge or skills that a candidate must achieve by the end of the educational process. Learning outcomes guide curriculum structure, teaching methodology, and assessment.

2.4 Assessment (General Definition)

A structured, standardised process used to evaluate candidate competency. GSCE assessments include:

- **Theory Examination**
- **Practical Movement Examination**
- **Coaching Demonstration Assessment**
- **Project or Assignment Submission (if applicable)**

All assessments must follow GSCE protocols.

2.5 Practical Assessment

A live, in-person evaluation in which the candidate must demonstrate proficiency in required calisthenics movements, coaching cues, spotting techniques, and safety standards. Assessed by a GSCE-qualified evaluator.

2.6 Theory Assessment

A written or digital examination that measures knowledge in anatomy, biomechanics, calisthenics principles, training science, safety protocols, and coaching concepts.

2.7 Movement Standard

The official criteria that define correct execution of a calisthenics movement, including:

- starting position
- end position
- range of motion
- alignment expectations
- tempo requirements (if any)
- fail conditions
- safety notes

All movement assessments must adhere strictly to GSCE-approved standards.

2.8 Progression

A deliberate, structured increase in movement difficulty designed to improve strength, control, mobility, or complexity.

Examples: knee push-up → full push-up → decline push-up.

2.9 Regression

A simplified version of a movement used to accommodate a candidate's current ability while preserving correct mechanics and safety.

Examples: full pull-up → negative pull-up → band-assisted pull-up.

2.10 Strict Form

Execution of a movement without momentum, compensatory patterns, or deviations from GSCE movement standards. Strict form is mandatory for assessment unless otherwise specified.

2.11 Kipping

A movement technique using controlled momentum or hip drive to aid in movement completion (e.g., kipping pull-up).

Kipping is **not permitted** in Level 1 assessments unless explicitly stated.

2.12 Active Range of Motion (AROM)

The range through which a candidate can move a joint under their own muscular control without external assistance. AROM standards influence progression eligibility and safety assessments.

2.13 Passive Range of Motion (PROM)

The range through which a joint can be moved by an external force. PROM is used in flexibility assessments but is **not** used as a benchmark for strength-based progression decisions.

2.14 Static Hold

A movement requiring stillness, tension, and controlled body positioning for a specific duration.

Examples: plank, hollow hold, L-sit hold (prep).

2.15 Dynamic Movement

A controlled calisthenics movement involving motion rather than a fixed position.

Examples: push-ups, squats, pull-ups.

2.16 Mobility

The functional ability of a joint to move actively through its full range while maintaining muscular control and stability. Mobility standards influence progression, safety, and eligibility for specific advanced skills.

2.17 Flexibility

The passive extensibility of muscle and connective tissue. Flexibility aids mobility but does not replace it.

2.18 Balance Skill

The ability to maintain stability and control of body position in static or dynamic contexts. Examples: crow stand, headstand fundamentals.

2.19 Proficiency Rating

A GSCE-specific grading metric used by evaluators during practical assessment, indicating whether the candidate:

- **Meets Standard**
- **Partially Meets Standard**
- **Does Not Meet Standard**

Only “Meets Standard” qualifies for certification.

2.20 Fail Condition

Any movement error, safety breach, or conduct violation that invalidates the repetition or disqualifies the attempt according to GSCE movement standards.

2.21 Coaching Cue

A concise instructional phrase used to correct or enhance movement technique.

Example: “Ribs down,” “Elbows in,” “Scaps engaged,” “Hollow the core.”

Coaching cues are assessed in the practical exam.

2.22 Spotting

A controlled assistance technique used to support a trainee or client during movement to prevent injury or ensure correct mechanics. Spotting must follow GSCE safety protocols.

2.23 Training Environment

Any physical space designated for calisthenics teaching, practice, or evaluation, including studios, gyms, outdoor setups, and CALIBAF Institute facilities. The environment must meet GSCE safety requirements.

2.24 Candidate Conduct

The mandatory professional behaviour expected from all candidates, including adherence to ethics, safety, respect, integrity, and GSCE guidelines throughout all phases of education and assessment.

2.25 Certification

The official recognition granted by CALIBAF Institute upon successful completion of all GSCE competency standards for Level 1. Certification is valid only under active GSCE guidelines and subject to recertification conditions.

SECTION 3 - GOVERNANCE & INSTITUTIONAL STANDARDS

The Governance & Institutional Standards define how CALIBAF Institute manages, regulates, and protects the GSCE framework. This section establishes the operational backbone of the certification system, ensuring integrity, fairness, consistency, and long-term global credibility.

3.1 Institutional Responsibilities

CALIBAF Institute, as the global custodian of the GSCE, holds the following non-delegable responsibilities:

3.1.1 Upholding Global Standards

Ensure all curriculum, assessments, trainer pathways, examiner qualifications, and operational procedures align with GSCE requirements.

3.1.2 Maintaining Educational Integrity

Protect the certification process from bias, inconsistency, shortcuts, misinformation, or commercial conflicts.

3.1.3 Ensuring Candidate Safety

Guarantee safe learning environments, appropriate equipment, emergency protocols, and clear safety communication across all training facilities.

3.1.4 Transparency in Procedures

Publish all eligibility criteria, assessment systems, recertification rules, conduct requirements, and grievance pathways openly.

3.1.5 Data Protection & Record Management

Secure storage of all assessment results, candidate data, evaluator reports, and certification records.

3.1.6 Operational Independence

No stakeholder, instructor, or evaluator may alter GSCE standards without formal approval from designated CALIBAF Institute authorities.

3.2 Ethical Framework

The GSCE operates under a strict ethical code inspired by international professional education and fitness governance bodies.

3.2.1 Commitment to Fairness

All candidates must receive equal opportunity, unbiased evaluation, and clear communication throughout the certification process.

3.2.2 Evidence-Based Operation

Curriculum content, evaluation criteria, and skill standards must be informed by biomechanics, sports science, movement research, and best practices in calisthenics coaching.

3.2.3 Professional Integrity

All instructors, examiners, and staff must operate with honesty, accuracy, and respect for human dignity.

3.2.4 Zero Tolerance for Misconduct

Violations, including falsifying assessment data, unethical coaching behavior, discrimination, harassment, or professional dishonesty, result in immediate review and potential disqualification or disciplinary action.

3.3 Conflict of Interest Policy (Strict Global Standard)

To maintain credibility and fairness, GSCE adheres to a strict conflict-of-interest governance system comparable to major global certification bodies.

3.3.1 Prohibited Evaluator Assignments

An evaluator may NOT assess a candidate if:

- They have coached the candidate in the last **6 months**.
- They share a personal relationship (family, close friendship, romantic involvement).
- They share direct financial benefit (business partner, direct subordinate, or employer-employee relationship).
- They stand to gain from the candidate passing or failing.

3.3.2 Candidate Restrictions

Candidates may NOT:

- Request specific examiners
- Influence examiner assignments
- Attempt to negotiate grades or assessment terms

3.3.3 Declaration Requirement

Evaluators must declare any potential conflict of interest before assessments begin. Violations lead to removal from examiner eligibility and possible disciplinary action.

3.4 Instructor & Evaluator Qualification Standards (Strict)

To maintain global-level credibility, all GSCE instructors and examiners must meet the following minimum requirements:

3.4.1 Minimum Qualification Level

- Must be **CALIBAF Level 1 or Level 2** certified (minimum).
- Preference for Level 2 for teaching roles; Level 1 + experience acceptable for assisting roles.

3.4.2 Professional Experience

- Minimum **2 years of coaching experience** in calisthenics, functional fitness, or strength training.
- Documented coaching hours may be required for verification.

3.4.3 Examiner Training Module

All evaluators must complete the official **GSCE Examiner Training Module**, covering:

- assessment fairness
- scoring guidelines
- movement standards
- candidate handling
- ethical protocols
- misconduct procedures

3.4.4 Renewal Requirement

Evaluator qualification must be renewed every **2 years**, requiring:

- updated examiner training
- review of updated GSCE standards
- refresher on assessment scoring

3.5 Assessment Review Framework (Minimal Review Model)

GSCE adopts a lean but robust evaluation oversight system.

3.5.1 Oversight Personnel

A designated **1–2 senior CALIBAF Institute staff members** are responsible for:

- approving final assessment structures

- reviewing disputed assessment outcomes
- evaluating examiner performance
- ensuring alignment with GSCE standards

This model allows rapid adaptation during GSCE's growth phase while maintaining accountability.

3.5.2 Authority of Reviewers

Senior reviewers have authority to:

- request re-evaluation
- overturn invalid assessments
- investigate misconduct
- suspend examiner privileges
- recommend updates to assessment structures

3.5.3 Internal Escalation

Complex cases may be escalated to CALIBAF Institute's leadership team for final resolution.

3.6 Assessment Integrity Protocols

3.6.1 Standardized Assessment Conditions

All assessments must occur in an environment that:

- adheres to safety and equipment standards
- provides equal opportunity to all candidates
- is free from external interference

3.6.2 Multiple Evaluator Safeguard

For borderline cases or disputes, a second evaluator may be consulted for verification.

3.6.3 Record-Keeping

All assessments must be documented with written reports, scoresheets, and evaluator signatures.

3.7 Grievance & Appeals Process

3.7.1 Candidate Right to Appeal

Candidates may request review of assessment results within **7 days**.

3.7.2 Grounds for Appeal

Valid grounds include:

- procedural error
- unfair evaluator behavior
- misapplication of movement standards
- conflict-of-interest violation

3.7.3 Appeal Review Procedure

- Submitted to senior reviewer(s)
- Evidence collected from evaluators
- Outcome communicated in writing
- Resolution within **14 days**

All decisions after appeal review are final.

3.8 Version Control & Annual Review

3.8.1 Annual Review Cycle

GSCE Standards must undergo a formal update every **12 months**, reflecting:

- scientific advancements
- community feedback
- assessment performance data
- new calisthenics practices
- evolving coaching methodologies

3.8.2 Emergency Amendments

CALIBAF Institute may issue urgent revisions if safety concerns or assessment issues arise.

3.8.3 Version Numbering

- Major overhaul = vX.0
- Minor updates = vX.Y
- Hotfix = date-coded addendum

3.9 Authority & Compliance

All instructors, examiners, staff, and facilities must operate strictly within GSCE protocols. Non-compliance may result in disciplinary measures, including:

- suspension of examiner rights
- revocation of certifications
- invalidation of assessments
- prohibition from future GSCE involvement

SECTION 4 - CALISTHENICS TRAINER LEVEL FRAMEWORK

The GSCE Trainer Level Framework establishes a progressive, globally benchmarked pathway for developing professional calisthenics educators. Each level represents a distinct stage of knowledge, physical skill mastery, coaching capability, and professional responsibility.

All levels are titled under the **CCT - Certified Calisthenics Trainer** qualification structure.

4.1 Purpose of the Multi-Level Framework

The multi-level system ensures:

- structured progression
- measurable competency development
- high-quality coaching at every level
- global consistency in trainer capability
- a clear professional pathway for long-term career development

This framework mirrors international models used by organisations such as CrossFit, ACE, NSCA, and ACSM, adapted specifically for calisthenics.

4.2 Overview of Levels

The GSCE recognises **four official trainer levels**:

1. **CCT Level 1 - Foundation Trainer**
2. **CCT Level 2 - Intermediate Trainer**
3. **CCT Level 3 - Advanced Calisthenics Coach**
4. **CCT Level 4 - Master Trainer / Educator**

Each level builds upon the previous, both in knowledge and physical capability.

4.3 CCT LEVEL 1 - FOUNDATION TRAINER

Eligibility

- No prior fitness or calisthenics experience required to enrol.
- Must meet GSCE learning and assessment requirements.

Purpose

To establish foundational competency in:

- anatomy & biomechanics fundamentals
- basic calisthenics movements
- regressions & progressions
- teaching beginners safely
- coaching fundamentals
- communication and cueing
- spotting basics
- safety-first methodology

Training Scope

CCT Level 1 trainers are qualified to:

- train **beginners and general population clients**

- train **intermediate clients** under standard programming
- apply regressions and progressions safely
- implement basic program design principles
- perform fundamental assessments
- coach in structured environments

Educational Privileges

- **Can teach CCT Level 1 candidates**
(requires minimum 2+ years of coaching experience)

4.4 CCT LEVEL 2 - INTERMEDIATE TRAINER

Eligibility

- Successful completion of **CCT Level 1**
- Must meet all GSCE Level 2 education and assessment standards

Purpose

To prepare trainers to coach advanced beginners, intermediates, and early advanced athletes.

Focus areas include:

- advanced biomechanics
- advanced regressions and progressions
- foundational strength skills development
- deeper understanding of training variables
- advanced spotting
- movement fault identification
- program design for skill development

Training Scope

Level 2 trainers can coach:

- beginners
- intermediates
- advanced clients working on skills such as:
 - muscle-up
 - back lever
 - handstand fundamentals

- human flag (introductory)
- front lever basics
- straddle planche (preparatory work)

Educational Privileges

- Can train CCT Level 1 candidates

4.5 CCT LEVEL 3 - ADVANCED CALISTHENICS COACH

Eligibility

- Successful completion of **CCT Level 2**
- Demonstrated advanced strength skill capability (per GSCE standards)

Purpose

To create high-performance calisthenics coaches equipped to handle complex progressions, athletic development, and advanced skill mastery.

Specialized focus on:

- elite movement patterns
- strength-skill integration
- high-level spotting
- long-term programming
- athlete performance development
- injury prevention strategies
- technical analysis of movement faults
- advanced coaching communication

Training Scope

CCT Level 3 coaches can train:

- beginners
- intermediates
- advanced athletes
- **elite skill practitioners**, including:
 - human flag
 - handstand push-up variations
 - advanced front lever
 - full planche

- planche push-ups
- press-to-handstand variations

Educational Privileges

- Can train CCT Level 1 and Level 2 candidates

4.6 CCT LEVEL 4 - MASTER TRAINER / EDUCATOR

Eligibility

- Successful completion of **CCT Level 3**
- Demonstrated expertise across multiple advanced skills
- Demonstrated coaching mastery

Purpose

To prepare elite coaches, educators, and leaders within the global calisthenics ecosystem.

A Level 4 trainer is a:

- teacher
- mentor
- examiner
- curriculum contributor
- seminar/evaluator leader
- technical authority within GSCE

Training Scope

CCT Level 4 coaches can train all categories:

- beginners
- intermediates
- advanced athletes
- elite-level performers, including:
 - one-arm handstand
 - hefesto
 - one-arm front lever
 - planche push-up high variations
 - front lever pull-ups & elite strength skills

Educational Privileges

- **Can teach Level 1 & Level 2 courses**
- **Can evaluate candidates**
- **Can participate in GSCE standard revision**
- **Can run official CALIBAF educational seminars**

4.7 Coaching Eligibility Within CALIBAF Studios

CALIBAF follows a flexible yet quality-driven coaching eligibility model:

4.7.1 Minimum Recommended Standard

CCT Level 1 is the recommended baseline for coaching.

4.7.2 Talent and Experience Exceptions

Individuals with prior coaching experience or exceptional calisthenics skill may be allowed to coach at CALIBAF studios under:

- direct monitoring
- internal evaluation
- GSCE alignment

However:

4.7.3 Certification Requirement for Long-Term Placement

Long-term or full-time coaching roles require CCT Level 1 or higher.

4.8 Progression Philosophy

The GSCE Level System is built upon:

- competency → not just physical skill
- coaching mastery → not just strength benchmarks
- long-term development
- safety and professionalism
- evidence-based progressions

Each level represents a higher mastery of:

- knowledge
- skill
- coaching communication
- movement analysis
- professional responsibility

(Later we can add

Can train competitive level athletes

Street lifting athletes

Advanced programming am

Advance psychology of training

Meo cycle micro cycle micro cycle)

SECTION 5 - CCT LEVEL 1 PURPOSE & OUTCOMES

The Certified Calisthenics Trainer – Level 1 (CCT Level 1) designation is the foundational professional qualification under the GSCE framework. It establishes essential competencies in movement instruction, coaching communication, safety, and fundamental calisthenics methodology. CCT Level 1 serves as the global entry point into calisthenics education and professional coaching.

5.1 Purpose of CCT Level 1

The purpose of CCT Level 1 is to:

- provide a structured and accessible pathway into calisthenics coaching
- equip candidates with essential knowledge for teaching foundational movements
- develop competence in regressions, progressions, and safe practice
- build strong communication and cueing skills

- ensure foundational understanding of biomechanics and injury prevention
- establish coaching professionalism from the start of a trainer's career

CCT Level 1 prepares individuals to begin coaching within the calisthenics and general fitness environment with confidence, clarity, and professional conduct.

5.2 Candidate Entry Requirements

CCT Level 1 is designed to be accessible.

Candidates must:

- have no prior mandatory calisthenics or fitness experience
- be physically capable of participating in training sessions
- complete all learning modules and assessments
- follow GSCE ethics and standards

This inclusive entry approach supports the growth of a global calisthenics education ecosystem.

5.3 Learning Objectives

Upon completing CCT Level 1, candidates are expected to demonstrate competency in:

Knowledge-Based Competencies

- fundamental human anatomy (upper body, lower body, core)
- basic biomechanics and movement analysis
- foundational calisthenics progressions and regressions
- injury-prevention basics and safety-first training methodology
- fundamental mobility and flexibility principles
- training variables (volume, intensity, tempo, rest)
- warm-up and cooldown design
- basic coaching communication

Skill-Based Competencies

- controlled execution of foundational movements
- ability to identify and correct basic movement faults
- ability to deliver clear and effective coaching cues
- understanding how to adjust exercises for different individuals
- ability to maintain safe training environments

These competencies represent the global baseline for responsible and effective calisthenics instruction.

5.4 Practical Skill Competencies

CCT Level 1 focuses on foundational physical abilities required to coach safely and effectively.

The required competencies include:

Foundational Strength & Control

- strict push-up
- negative pull-up or controlled active hang
- bodyweight squat
- basic dip pattern (bench or bar)
- plank variations
- hollow body basics

Foundational Mobility

- scapular engagement
- shoulder mobility essentials
- hip mobility fundamentals
- basic active flexibility patterns

Foundational Balance & Body Awareness

- crow stand preparation (optional)
- headstand preparation (optional)
- hollow–arch body coordination

These standards ensure trainers understand and can demonstrate the quality of movement expected at the foundation level.

5.5 Coaching & Communication Outcomes

A CCT Level 1 trainer must demonstrate the ability to:

- teach and demonstrate fundamental calisthenics movements
- apply regressions and progressions confidently
- communicate coaching cues clearly
- identify common movement issues
- apply safe training practices
- structure beginner and intermediate sessions
- maintain professional presence in a training environment

CCT Level 1 emphasizes coaching clarity, safety, and foundational teaching skill.

5.6 Safety, Professional Conduct & Responsibility

Certified trainers are expected to:

- apply safety-first methodology at all times
- recognize common risk factors
- understand when and how to scale movements
- manage group training environments responsibly
- act with integrity and follow GSCE ethics principles
- behave professionally in all training scenarios
- maintain a supportive, respectful training environment

These principles establish the professionalism expected from all GSCE-certified trainers.

5.7 Role of CCT Level 1 Within the GSCE Ecosystem

CCT Level 1 serves as:

- the official entry qualification for calisthenics coaching
- the foundation upon which Levels 2, 3, and 4 are built
- the base standard for coaching competency
- the global benchmark for beginner-level calisthenics education
- the stepping stone toward advanced professional development

CCT Level 1 builds the foundation of the global calisthenics coaching pipeline.

SECTION 6 - EDUCATIONAL STANDARDS

The Educational Standards define the required learning content, instructional structure, practical development, and competency expectations for candidates enrolled in the **Certified Calisthenics Trainer – Level 1 (CCT L1)** program under the GSCE framework.

These standards ensure consistency, professionalism, and international-level educational quality across all CALIBAF Institute teaching environments.

6.1 Overview of the CCT Level 1 Educational Structure

CCT Level 1 follows a **16-session, fully offline, instructor-led training model**, supplemented by a mandatory **75-hour hands-on internship** at CALIBAF Studios.

Total Program Structure:

- **16 in-person theory + practical sessions**
 - Each session is **2 hours**
 - Delivered over **8 weeks**, Saturday & Sunday (9:30 AM – 11:30 AM)
 - Total structured instructional time: **32 hours**
- **75-hour supervised offline internship**
 - Completed at CALIBAF Studios
 - Mandatory for certification
 - Provides real coaching experience

This structure ensures balanced learning:

Component	Hours	Description
Instructor-Led Offline Classes	32 hours	Core theory + practical
Mandatory Internship	75 hours	Real-life coaching & supervision
Additional Self-Study (Suggested)	10–25 hours	Reading, practice, videos
Total Learning Hours (Approx.)	117–132 hours	International-level depth

6.2 Learning Philosophy

The CCT Level 1 curriculum is built upon:

- **Progression-based mastery**
- **Skill readiness before skill performance**
- **Movement quality > movement complexity**
- **Clear communication and coaching fundamentals**
- **Evidence-based practice**
- **Safety-first methodology**
- **Real-world coaching immersion** (via internship)

GSCE aims to create trainers who are not just strong movers, but strong **educators**.

6.3 Theory Curriculum Standards

The CCT Level 1 theory curriculum covers all essential knowledge areas required for safe and effective calisthenics coaching at the foundational level.

6.3.1 Human Anatomy (Basic Level)

- Major upper body muscles (name, function, major action)
- Major lower body muscles
- Major core muscles
- Functional training relevance
- Basic joint actions (flexion, extension, abduction, adduction, rotation)
- Basic planes of motion (sagittal, frontal, transverse)
- Basic movement patterns (push, pull, squat, hinge, carry, rotation)

6.3.2 Biomechanics Fundamentals

- Understanding bodyweight leverage
- Center of gravity
- Mechanical advantages/disadvantages
- Basic force production
- Joint stacking principles
- Hollow and arch body mechanics

6.3.3 Calisthenics Training Science

- Volume, intensity, tempo

- RPE (Rate of Perceived Exertion) basics
- Time-under-tension
- Motor learning principles
- Progressive overload (foundational definition)

6.3.4 Safety & Injury-Prevention Fundamentals

- Warm-up science
- Cooldown principles
- Red flags and contraindications
- Movement quality markers
- Early-stage overuse warnings

6.3.5 Coaching Communication

- How to cue effectively
- Verbal vs visual cues
- Feedback timing
- Group management basics
- Communication with different personality types

6.3.6 Professional Conduct & Ethics

- Professionalism in training environments
- Trainer-client conduct rules
- Respect, inclusivity, boundaries
- GSCE ethics overview

6.3.7 Introduction to Program Design

- Basic session structure (warm-up → skill → strength → cooldown)
- Progression/regression logic
- Simplified weekly planning

6.4 Practical Curriculum Standards

The practical curriculum focuses on movement quality and foundational skill development. It is designed to prepare trainers to coach real people with confidence.

6.4.1 Foundational Movement Mastery

(Required for demonstration-level proficiency)

- Push-up variations
- Negative pull-up / Active hang

- Bodyweight squat + variations
- Hollow / Arch basics
- Front plank + side plank
- Basic hip hinge
- Dip pattern (bench or bar)

6.4.2 Mobility & Flexibility Fundamentals

- Shoulder mobility essentials
- Thoracic spine control
- Hip mobility basics
- Active flexibility patterns
- Introductory CARS (Controlled Articular Rotations)
- Core stabilisation

6.4.3 Early Skill Preparation

The curriculum introduces foundational preparation for all major calisthenics skills:

- **Handstand basics** (line drills, wall alignment, scapular control)
- **Back lever prep** (tuck holds, scap engagement)
- **Front lever prep** (tuck, active hang hollow mechanics)
- **Muscle-up intro** (swing mechanics, false grip intro, transition understanding)
- **Planche prep** (lean mechanics, scapula protraction control)
- **Human flag prep** (grip awareness, rotational control)
- **Press to handstand basics** (compression awareness)

These do NOT require mastery, only safe, structured understanding and introductory ability.

6.4.4 Practical Coaching Skills

Candidates must practice:

- Coaching a full session
- Cueing beginners
- Teaching progressions & regressions
- Spotting basics
- Demonstrating safety protocols
- Managing small groups
- Presenting a structured warm-up and cooldown

6.5 The 75-Hour Mandatory Internship

The internship is a core component of GSCE's global-level standard.

Purpose of Internship

- Real-life exposure to different client types
- Observation of expert trainers
- Coaching under supervision
- Practice applying learned theory in real situations
- Building professional confidence

Internship Environment

Internship must be completed at:

- **CALIBAF Studios (any branch)**
- Under supervision of approved trainers

Internship Breakdown

Suggested structure:

Component	Hours	Description
Observation	15–20 hrs	Watch trainers coach live sessions
Assisting	20–30 hrs	Help trainers cue, demonstrate, organize
Independent Coaching (supervised)	20–25 hrs	Teach parts of sessions
Trainer Development Tasks	10–15 hrs	Lesson planning, feedback sessions

Completion Requirement

Internship completion is mandatory for certification.

6.6 Learning Outcomes of the Educational Process

Upon completing the educational standards, candidates must demonstrate:

Knowledge Outcomes

- Understanding of basic anatomy
- Understanding of foundational biomechanics
- Ability to explain regressions & progressions
- Understanding of basic coaching principles

Skill Outcomes

- Demonstration of foundational movement patterns
- Ability to teach and cue safely
- Ability to structure a basic session
- Ability to manage a training environment

Professional Outcomes

- Consistent safety-first training approach
- Ethical coaching behaviour
- Professional communication
- Respect for GSCE standards

6.7 Curriculum Design Integrity

All educational content:

- must follow GSCE Learning Objectives
- must align with global calisthenics coaching science
- must be delivered by GSCE-qualified educators
- must be consistent across all batches
- must be updated annually in alignment with Section 3 standards

SECTION 7 - ASSESSMENT STANDARDS

The Assessment Standards define how candidates must demonstrate their knowledge, practical ability, coaching skill, and professional conduct to earn the **Certified Calisthenics Trainer – Level 1 (CCT L1)** credential.

These standards ensure every assessment is fair, consistent, measurable, and aligned with global expectations for fitness and movement-education certifications.

7.1 Assessment Philosophy

The GSCE assessment system is designed to:

- measure true competency, not memorisation
- evaluate safe and effective coaching ability
- confirm movement-quality understanding
- uphold fairness and transparency
- maintain global-level credibility
- protect client safety and the profession

CCT L1 assessments evaluate *what a trainer knows, what a trainer can do, and how a trainer behaves* in a real coaching environment.

7.2 Overview of Assessment Components

CCT Level 1 requires candidates to complete **three** assessment components:

1. **Theory Examination**
2. **Practical Movement Examination**
3. **Practical Coaching Examination**

Completion of all components is mandatory for certification.

7.3 THEORY EXAMINATION (Hybrid Format)

The theory exam evaluates the candidate's understanding of:

- fundamental anatomy
- basic biomechanics
- movement science
- regressions/progressions
- coaching communication
- safety & injuries basics
- foundational program structure
- mobility & flexibility principles
- GSCE ethics and professionalism

7.3.1 Exam Format

The theory examination includes **four question types**:

1. **MCQ (Multiple Choice Questions)**
 - 40–50 questions
 - Tests definitions, concepts, and applied understanding
2. **Short-Answer Questions**
 - 5–8 questions
 - Require brief explanation (1–4 sentences)
 - Examples: “Explain scapular retraction,” “Why is hollow position important?”
3. **Scenario-Based Questions**
 - 3–5 questions
 - Candidate must apply knowledge to a real situation
 - Example: “Your client cannot hold a plank without sagging...”
4. **Mini Case Study (3–5 lines)**
 - 1 case per exam
 - Candidate must analyse the problem and recommend an approach
 - Example case: beginner client struggling with negative pull-ups & wrist pain

7.3.2 Duration

- 60–75 minutes

7.3.3 Scoring

- Theory exam weight: **100 marks**
- Passing requirement: **70% (70/100)**

7.3.4 Allowed Materials

- No study materials
- No mobile devices
- Paper and writing tools provided by the examiner

7.3.5 Assessment Integrity

- Candidates must avoid help, discussion, or external resources
- Cheating results in immediate failure and disciplinary review

7.4 PRACTICAL EXAMINATION - OVERVIEW

The practical examination is a **hybrid assessment** combining:

1. **Movement Demonstration** (Option B element)
2. **Coaching & Cueing Evaluation** (Option B element)
3. **Mini Coaching Session** (Option C element)

This format ensures candidates demonstrate not only physical proficiency but also teaching capability, essential for real-world calisthenics coaching.

7.5 PRACTICAL MOVEMENT EXAMINATION

The Movement Exam tests the candidate's ability to perform GSCE-approved foundational movements with:

- control
- safe technique
- correct alignment
- awareness of scaling

7.5.1 Required Movements

Candidates must demonstrate:

- Strict push-up
- Negative pull-up / Active hang control
- Bodyweight squat

- Plank + side plank
- Hollow body basics
- Basic dip pattern
- Shoulder mobility & scapular control
- Hip mobility fundamentals
- Optional: crow stand / headstand prep

7.5.2 Evaluation Criteria

Each movement is evaluated on:

- starting position
- alignment and control
- range of motion
- tempo / rhythm
- stability
- safe mechanics
- adherence to GSCE Movement Standards

7.5.3 Scoring

Each movement is marked:

- **Meets Standard**
- **Partially Meets Standard**
- **Does Not Meet Standard**

Final score converted to **100 marks**.

Minimum passing score: **70%**

7.6 PRACTICAL COACHING EXAMINATION

This exam evaluates the candidate's ability to **teach, cue, correct, and manage** a client safely.

Candidates must:

1. Teach a basic warm-up
2. Teach 1–2 foundational movements
3. Explain progression & regression options
4. Demonstrate cueing and verbal clarity
5. Correct a “fault” demonstrated by a mock client

6. Manage a mini coaching flow safely

7.6.1 Coaching Skills Assessed

Examiners evaluate:

- clarity and confidence
- accuracy of technical knowledge
- cue quality (short, simple, correct)
- safety awareness
- correction technique
- tone & communication
- ability to identify movement faults
- presence and professionalism

7.6.2 Scoring

- Marked out of **100 marks**
- Passing score: **70%**

7.7 COMBINED ASSESSMENT SCORING

To pass CCT Level 1, a candidate must pass all components:

Theory Exam:

Minimum 70%

Practical Movement Exam:

Minimum 70%

Practical Coaching Exam:

Minimum 70%

Failure in any one component = overall failure (must retake only the failed component).

7.8 RETAKE / REASSESSMENT POLICY

CALIBAF Institute follows a fair and globally balanced retake model.

7.8.1 Retake Policy

- **1 free retake** for any failed component
- All further attempts are subject to a fee
- Fees set by CALIBAF Institute and may vary by batch

7.8.2 Retake Window

Candidates must complete retakes within **6 months** of the original exam date.

7.8.3 Retake Component Rule

Candidates only retake the component they failed , not the entire exam structure.

7.9 EXAMINER STANDARDS

Examiners must:

- be CCT Level 1 or Level 2 certified
- have minimum 2+ years coaching experience
- complete the GSCE Examiner Training Module
- remain unbiased and objective
- follow scoring checklists exactly
- document all decisions clearly

7.10 ASSESSMENT ENVIRONMENT STANDARDS

All assessments must be conducted in:

- safe, clean, and organized studios
- controlled environments
- GSCE-compliant spaces
- appropriate lighting & ventilation
- with approved equipment

Recording of exams (video) may be used for:

- audits
- appeals

- quality assurance

7.11 APPEALS PROCESS

Candidates may file an appeal if they believe:

- an examiner made an error
- a standard was misapplied
- procedure was not followed correctly

Appeals must be made within **7 days** of receiving the result.

The appeal is reviewed by **1–2 senior CALIBAF reviewers** (as defined in Section 3).

Their decision is final.

SECTION 8 - PRACTICAL MOVEMENT STANDARDS

This section defines the official GSCE standards for foundational calisthenics movements required at the CCT Level 1 certification. These standards ensure consistency, clarity, safety, and fairness in assessment.

Each movement includes:

- **Purpose**
- **Starting Position**
- **Movement Standards** (ROM, alignment, control)
- **Common Faults**
- **Fail Conditions**
- **Safety Notes**

These movement standards apply to **BOTH**:

- candidate demonstration
- candidate coaching assessment

8.1 PUSH MOVEMENTS

8.1.1 Push-Up (Standard)

Purpose

To assess upper-body pushing strength, core stability, and foundational movement control.

Starting Position

- Hands placed slightly wider than shoulder-width
- Arms fully extended
- Body in straight line from head to heels
- Core braced; glutes lightly engaged

Movement Standards

- Lower chest towards the floor with controlled tempo
- Elbows track at $\sim 45^\circ$ angle (natural variation allowed)
- Chest reaches near-floor level
- Press back to full elbow extension
- Maintain straight body line throughout

Common Faults

- Hips sagging or hiking
- Flaring elbows excessively
- Short ROM
- Neck craning or tucking

Fail Conditions

- Any loss of body alignment
- Incomplete lockout
- Incomplete ROM
- Using momentum to bounce off the floor
- Knees touching the ground (unless performing a knee push-up variation)

Safety Notes

- Avoid excessive lumbar extension
- Cue core engagement and glute activation

8.1.2 Incline Push-Up

Purpose

Regression for developing pushing strength and teaching alignment fundamentals.

Standards (Abbreviated Since Similar to Push-Up)

- Hands elevated on bench/bar
- Maintain full-body alignment
- Chest touches object (bench/bar)
- Full lockout on top

Fail Conditions

- Hips dropping or rising
- Incomplete ROM
- Shoulder collapse at bottom

8.1.3 Knee Push-Up

Purpose + Standards similar to above, with knees on the ground.

Fail = Same alignment breakdowns.

8.1.4 Scapular Push-Ups

Purpose

To develop scapular control, protraction/retraction awareness, and prep for handstands, planche, and push-up stability.

Starting Position

- High plank
- Elbows locked
- Body straight

Movement Standards

- Retract shoulder blades fully
- Protract fully without bending elbows
- Movement isolated to scapula

Common Faults

- Elbow bending
- Hips shifting
- Partial scapular motion

Fail Conditions

- Elbow bend
- Excessive torso movement
- Inability to differentiate scapular action

8.2 PULL MOVEMENTS

8.2.1 Active Hang

Purpose

Teaches grip strength, shoulder stability, and scap control.

Standards

- Hang from bar with full arm extension
- Engage scapula lightly downward
- Maintain hollow or straight-body position

Fail Conditions

- Passive hanging with shoulder elevation
- Excessive swinging
- Loss of grip before 5 seconds

8.2.2 Scapular Pull

Purpose

Builds foundation for pull-ups and levers.

Movement Standards

- Start in active hang
- Pull shoulder blades down/back
- Arms remain straight
- Body elevates slightly

Fail Conditions

- Arm bend
- Incomplete scapular movement

8.2.3 Flexed Hang

Purpose

Builds isometric pulling strength required for pull-ups.

Standards

- Chin above bar (or at bar)
- Feet off the ground
- Body stable

Fail Conditions

- Dropping below bar
- Excessive kicking or swinging

8.2.4 Negative Pull-Up

Purpose

Teaches controlled eccentric pulling strength.

Standards

- Start with chin at bar
- Lower with control (2–5 seconds)
- Full elbow lockout at bottom
- Minimal swing

Fail Conditions

- Fast uncontrolled descent

- Swinging or kipping

8.2.5 Pull-Up (Strict)

Purpose

Assesses baseline vertical pulling ability.

Standards

- Full dead hang
- Pull chin above bar
- Control on descent
- No kipping

Fail Conditions

- Half reps
- Kipping or momentum
- Chin not clearing bar

8.2.6 Band-Assisted Pull-Up

Same standards as strict pull-up, except assisted by band.

Fail = Same technical breakdowns.

8.3 DIP MOVEMENTS

8.3.1 Bench Dip

Standards

- Hands on bench
- Body moves down with elbows bending behind
- Shoulder stays externally rotated
- Press to full lockout

Fail Conditions

- Shoulders collapsing forward
- Excessive elbow flare
- Incomplete ROM

8.3.2 Bar Dip (Basic)

Standards

- Support on parallel bars
- Lower until upper arms parallel to ground
- Press to full lockout
- Minimal forward lean

Fail Conditions

- Shoulder collapse
- Incomplete lockout
- Swinging

8.3.3 Band-Supported Dip

Same as bar dip but with band support.

Fail = Same technical breakdowns.

8.4 LOWER BODY MOVEMENTS

8.4.1 Bodyweight Squat

Standards

- Feet hip–shoulder width
- Neutral spine
- Hips below knee level (candidate's comfortable depth)
- Knees track naturally

- Full extension on top

Fail Conditions

- Knee collapse
- Excessive forward lean
- Incomplete ROM

8.4.2 Hip Hinge

Standards

- Maintain neutral spine
- Push hips back
- Minimal knee bend
- Strong hamstring tension

Fail Conditions

- Rounding back
- Squatting instead of hinging

8.4.3 Split Squat

Standards

- Front shin vertical
- Back knee drops under control
- Torso upright

Fail Conditions

- Knee valgus
- Instability or wobbling

8.5 CORE MOVEMENTS

8.5.1 Plank

Standards

- Straight line head–feet
- Elbows under shoulders
- No sagging/hiking

Fail Conditions

- Loss of alignment
- Excessive shaking or collapse

8.5.2 Side Plank

Standards + fail similar to plank.

8.5.3 Hollow Hold

Standards

- Lower back pressed into floor
- Legs extended or bent
- Arms overhead or by sides
- Ribs down

Fail Conditions

- Lower back losing contact
- Excessive shaking
- Shoulder shrugging

8.5.4 Hollow-to-Arch Transition

Standards

- Smooth transition
- No jerky motion
- Controlled body line

Fail Conditions

- Loss of tension
- Poor timing

8.6 BALANCE & EARLY SKILL PREP

8.6.1 Frog Stand

Standards

- Knees balanced on triceps
- Elbows bent slightly
- Stable hold

Fail Conditions

- Falling immediately
- Inconsistent balance

8.6.2 Crow Stand Prep

Similar to frog, but knees on elbows.

Fail = immediate loss of balance.

8.6.3 Wall Handstand Hold

Standards

- Hands shoulder-width
- Body aligned (as close as achievable)
- Controlled hold
- No excessive arch

Fail Conditions

- Feet leaving wall unexpectedly

- Elbow bend
- Unsafe entry or exit

8.6.4 Skin the Cat (Introductory Range Only)

Standards

- Controlled tuck rotation
- Shoulders engaged
- Controlled return to hang

Fail Conditions

- Dropping through bottom position
- Shoulder collapse
- Excessive swing

8.7 MOBILITY STANDARDS

8.7.1 Shoulder Mobility

- Controlled overhead range
- Ability to maintain scapular control

Fail = excessive compensation, pain signals.

8.7.2 Hip Mobility

- Controlled external/internal rotation
- Basic flexion/extension

Fail = alignment breakdown.

8.7.3 Thoracic Mobility

- Controlled extension + rotation

Fail = lumbar compensation.

8.7.4 Wrist Preparation

- Wrist flexion/extension tolerance
- Scapular support in hand-loaded positions

Fail = unsafe pressure, collapsing wrist.

SECTION 9 - SAFETY & ETHICAL TRAINING STANDARDS

This section defines the mandatory safety protocols, risk-management procedures, ethical boundaries, and professional conduct expectations required of all candidates, trainers, educators, and examiners operating under the GSCE framework.

The aim is simple:

to protect clients, protect trainers, protect CALIBAF, and protect the credibility of the CCT certification.

9.1 Safety Philosophy

The GSCE operates with a **high-strictness safety model**, prioritizing:

- prevention of injuries
- proper warm-up and preparation
- safe movement progressions
- early identification of risk factors
- responsible coaching behaviour
- appropriate emergency response

Safety is not optional; it is a professional expectation.

9.2 Mandatory Safety Standards for All CCT Level 1 Trainers

All certified trainers must:

- ✓ Conduct appropriate warm-ups before any training**
- ✓ Ensure equipment is safe, stable, and in good condition**
- ✓ Maintain supervision of all clients at all times**
- ✓ Use progressions and regressions appropriately**
- ✓ Stop any exercise that becomes unsafe**
- ✓ Communicate clearly and confidently in all training situations**
- ✓ Maintain physical and mental readiness to coach**

Trainers must uphold these standards during classes, personal training, workshops, online coaching, and any CALIBAF-affiliated environment.

9.3 Safety Red Flags - Immediate Intervention Required

CCT trainers must stop or modify training immediately when any of the following occur:

Client Physical Red Flags

- sharp or sudden pain
- chest discomfort
- dizziness or visual disturbances
- fainting or near-fainting
- unusual breathlessness
- joint instability or collapse
- severe cramping
- numbness or tingling during training
- recent injury showing signs of aggravation

Environmental Red Flags

- overcrowded training space
- hazards: wet floors, unstable equipment, loose bars
- insufficient lighting or ventilation
- unsafe temperature (extreme heat or cold)
- unsafe distances between clients

Trainer Discretion Red Flags

Trainers may stop or rescale an exercise when they observe:

- lack of mental readiness or fear in a client
- poor technique after multiple cues
- fatigue that compromises form
- equipment setup that appears unsafe

In GSCE, **trainer judgment is an essential skill**, not an optional one.

9.4 Emergency Response Requirements

All CCT Level 1 candidates must complete and hold an active:

✓ CPR Certification

✓ AED Certification

(included within the CCT L1 course)

Candidates must demonstrate theoretical and practical understanding of:

- how to respond to fainting or collapse
- how to secure the environment
- when and how to activate emergency medical services
- how to initiate CPR
- how to operate an AED
- how to report and document incidents

This requirement elevates GSCE above many global certifications.

9.5 Touch, Assistance & Physical Contact Protocols

Because calisthenics involves spotting, alignment correction, and balance support, GSCE defines strict guidelines:

9.5.1 Consent Protocol

Before any physical contact, trainers must:

- inform the client what contact is needed and why
- ask for clear verbal consent
- proceed only after consent is given

9.5.2 Appropriate Contact

Permitted contact includes:

- spotting for balance
- alignment guidance
- safety support during skill prep

Contact must always be:

- professional
- minimal
- purposeful
- safe

9.5.3 Prohibited Contact

- Any unnecessary or prolonged physical touch
- Touch in areas unrelated to movement correction
- Flirtatious or ambiguous gestures
- Physical contact after consent is withdrawn

Violation results in disciplinary action.

9.6 Ethical Conduct Standards

CCT trainers must uphold an expanded code of ethics that reflects CALIBAF's culture and global professionalism.

9.6.1 Respect & Inclusivity

Trainers must:

- treat all clients with respect
- maintain a supportive environment
- avoid bias, judgement, or discrimination

9.6.2 Professional Behaviour

- punctuality
- preparedness
- clean attire and hygiene
- maintaining studio discipline
- positive contribution to CALIBAF culture

9.6.3 Communication Conduct

Trainers may not:

- use abusive or demeaning language
- raise their voice aggressively
- embarrass, shame, or mock clients
- gossip about clients or colleagues

9.6.4 Boundaries & Relationship Rules

- no flirting
- no romantic behaviour
- no inappropriate personal comments
- maintain professional distance at all times

9.6.5 Social Media & Messaging Ethics

- no unsolicited personal messaging to clients
- no negative posts about candidates or colleagues
- no misleading marketing claims
- no promises of unrealistic results

9.6.6 Supplement & Advice Integrity

- no selling unregulated supplements
- no medical advice or diagnosis
- no nutrition plans beyond basic guidance
- no false claims about abilities or results

9.7 Confidentiality & Data Protection

Trainers must protect all client information, including:

- health details
- fitness history
- performance data
- progress photos
- contact details

Sharing any client information without permission is prohibited.

9.8 Prohibited Practices

The following behaviours are strictly not allowed under GSCE:

- training clients while intoxicated or impaired
- encouraging dangerous skill attempts
- using harassment, intimidation, or manipulation
- falsifying assessment results
- unsafe or reckless spotting
- video recording clients without permission

Violation may result in suspension or revocation of certification.

9.9 Trainer Responsibility & Authority

A CCT trainer:

- must intervene when safety is compromised
- must stop any hazardous exercise immediately
- must maintain control over the training environment
- must communicate with calm authority
- must uphold GSCE's reputation and integrity

This responsibility applies in group classes, one-on-one training, workshops, events, and studio environments.

SECTION 10 - PROFESSIONAL CONDUCT STANDARDS

The Professional Conduct Standards define the behavioural expectations for all CCT-certified trainers, educators, assessors, interns, and candidates operating within the CALIBAF and GSCE ecosystem.

These standards reinforce professionalism, consistency, and integrity across all CALIBAF environments.

A CALIBAF trainer is not only a movement educator , they are an ambassador of safety, trust, and culture.

10.1 Professional Identity of a CALIBAF Trainer

CALIBAF-certified trainers are expected to maintain:

- high personal standards
- disciplined behavior
- controlled communication
- consistent professionalism
- respect for clients and colleagues
- responsibility for their training environment

Professional conduct is a core competency,not an optional trait.

10.2 Appearance & Presentation

All CCT trainers and interns must maintain a professional appearance in all CALIBAF environments.

Mandatory Standards

- Clean, well-fitted workout attire

- Appropriate training shoes (no slippers/sandals)
- Good personal hygiene
- Groomed hair and tidy appearance
- CALIBAF uniform **recommended** for all official duties and **mandatory** during internship sessions

Prohibited

- Jeans or non-training clothing during coaching
- Clothing with inappropriate graphics or language
- Excessive perfume/deodorant that affects training environments

Appearance should reflect professionalism and the CALIBAF brand image.

10.3 Communication Standards (Enhanced CALIBAF Standard)

CALIBAF trainers are expected to communicate with clarity, authority, and respect.

Required Communication Behaviour

- Clear, confident instruction
- Calm tone under pressure
- Respectful verbal cues
- Professional body language
- Neutral, non-aggressive attitude

Strictly Prohibited

- abusive language
- shouting in anger
- mocking, teasing, or taunting clients
- sarcasm disguised as coaching
- personal jokes that may offend
- “street slang,” “bro talk,” or overly casual language during coaching
- playful or flirty communication
- reels-style theatrics or trolling behaviour
- demeaning comparisons (e.g., “you’re weak,” “this is easy for others”)

A CALIBAF trainer speaks in a professional, encouraging, and controlled manner at all times.

10.4 Punctuality, Preparedness & Session Presence

Trainers must:

- arrive at least **10 minutes** before every session
- set up equipment beforehand
- keep sessions structured and on time
- maintain presence, focus, and attention
- avoid distractions (including mobile phones)
- remain alert and responsive to client needs

Prohibited During Sessions

- unnecessary phone usage
- personal conversations
- eating during coaching
- leaving clients unsupervised

10.5 Trainer–Client Boundaries (Expanded Rules)

CALIBAF enforces strict professional boundaries to protect clients and trainers.

10.5.1 Personal Boundaries

- No romantic or flirtatious behaviour
- No inappropriate compliments
- No discussing personal life beyond light courtesy
- No personal gossip
- No emotional dependence on clients

10.5.2 Communication Boundaries

- Personal messaging only for training-related communication
- No unnecessary chatting outside professional hours
- No late-night texting
- No social media DM conversations unrelated to fitness
- Trainers may follow clients on social media only if interactions remain professional

10.5.3 Social Boundaries

- Trainers must avoid meeting clients socially unless part of a CALIBAF event
- No partying, drinking, or hangouts with active clients
- No accepting gifts of high value

These boundaries maintain professionalism and protect both parties.

10.6 Conduct Inside CALIBAF Studios

Trainers must:

- maintain discipline and structure in sessions
- uphold CALIBAF culture and environment standards
- keep equipment organised and clean
- foster a supportive and inclusive atmosphere
- de-escalate conflicts calmly and professionally
- collaborate respectfully with colleagues

Prohibited Behaviours

- arguing with clients or trainers
- displaying anger or frustration
- intentionally ignoring clients
- competing with clients during training
- creating cliques or internal politics

A CALIBAF studio must remain a neutral, positive training environment.

10.7 Digital & Social Media Conduct

Trainers represent the CALIBAF brand online and offline.

Required Standards

- maintain respectful digital communication
- share accurate and science-based content
- represent CALIBAF positively and professionally

Prohibited Online Conduct

- posting false fitness claims
- mocking or exposing clients

- sharing client images without consent
- unprofessional reels, trolling, or “ego content”
- arguing or insulting others online
- creating drama or negativity involving CALIBAF

Digital behaviour must reflect credibility and maturity.

10.8 Responsibility to the Profession

CCT trainers must:

- uphold GSCE standards
- continue learning
- act with maturity and professionalism
- support the growth of the calisthenics community
- maintain integrity in all training environments

A CALIBAF trainer is expected to display leadership, humility, and respect at all times.

SECTION 11 - INTERNSHIP STANDARDS

The CCT Level 1 Internship is a mandatory practical component of the GSCE certification system. It ensures that every candidate gains real-world coaching exposure, develops practical coaching confidence, and learns to operate within CALIBAF’s professional environment under supervision.

The internship bridges the gap between theoretical knowledge and practical application, ensuring graduates are competent, safe, and ready to coach.

11.1 Purpose of the Internship

The CCT Level 1 internship exists to:

- expose candidates to real calisthenics coaching environments
- help them apply learned techniques in practical situations
- develop confidence in teaching real clients
- build foundational coaching instincts
- improve communication, cueing, and correction skills
- teach session flow, safety awareness, and environment management
- introduce professional studio etiquette and culture

The internship is a core requirement of GSCE certification and cannot be skipped or replaced.

11.2 Internship Duration

All CCT Level 1 candidates must complete a **mandatory 75-hour internship** at any CALIBAF Studio.

The structure follows a **coaching-heavy model** (Option B):

Hour Breakdown

Phase	Hours	Description
Observation	15 hours	Watching experienced trainers lead real sessions.
Assisting	20 hours	Helping with cueing, correcting, demos, setup, and client organization.
Supervised Coaching	40 hours	Intern leads parts of real sessions with a trainer supervising.

This structure ensures candidates not only observe and assist but also practice meaningful hands-on coaching.

11.3 Internship Environment

Internships must be completed **only inside official CALIBAF Studios**, ensuring:

- safe, controlled training spaces
- access to qualified supervisors
- exposure to real CALIBAF coaching systems
- consistency in training methodology
- adherence to studio culture and professionalism

Internships outside the CALIBAF system are not permitted.

11.4 Internship Supervision Standards

To ensure quality without limiting scalability:

✓ Any CALIBAF trainer with 1+ years of coaching experience

is qualified to supervise interns, regardless of certification level.

Supervisors must:

- model CALIBAF coaching standards
- provide opportunity for interns to practice teaching
- observe interns during their tasks
- give feedback and corrections
- ensure safety of clients during intern involvement
- maintain a professional learning environment

Supervisors may delegate basic observation tasks but remain responsible for intern evaluation.

11.5 Intern Responsibilities

Interns must:

- follow all studio rules
- arrive before sessions begin
- keep equipment organized
- behave professionally
- maintain communication standards defined in Section 10

- stay attentive and ready to assist
- avoid distractions (mobile phones, social conversations)
- interact respectfully with clients and trainers

Internship is a professional period, not a practice workout.

11.6 Allowed Tasks During Internship

Under the mixed-supervision model (Combination of A + B), interns may perform:

Observation Phase

- watch full sessions
- study trainer cueing, demonstrations, progressions
- observe different client types and common faults

Assisting Phase

- demonstrate basic movements
- help set up equipment
- help correct basic alignment issues
- guide clients during warm-ups
- help supervise mobility/warm-up segments
- help beginners understand regressions
- support trainers during busy sessions

Supervised Coaching Phase

Interns may:

- lead warm-ups
- teach 1–2 foundational movements
- cue and correct clients
- manage small segments of group sessions
- deliver progressions/regressions
- assist in handstand or skill-prep drills (intro level only)

Important:

Supervision may be active (trainer next to intern) or passive (trainer in room but watching intermittently).

Trainers must always remain present in the studio to monitor safety.

11.7 Prohibited Actions During Internship

Interns may NOT:

- coach high-risk advanced skills
- spot inversions or dynamic movements without supervision
- train clients alone without a qualified trainer present
- change training plans without approval
- initiate physical contact without consent
- argue, confront, or discipline clients
- attempt to “take over” a session
- advise on injuries, therapy, or medical conditions
- give detailed nutrition/diet plans
- promote personal branding inside CALIBAF sessions

These rules protect clients, interns, and the CALIBAF brand.

11.8 Internship Professional Conduct

Interns must maintain the conduct standards listed in Section 10, including:

- appearance and hygiene requirements
- communication tone and professionalism
- respect for boundaries
- disciplined behaviour
- adherence to CALIBAF culture
- no slang or casual behaviour during coaching
- no unprofessional social media content involving internship sessions

Internship is a formal, supervised evaluation period, not casual participation.

11.9 Documentation Requirements

To maintain fairness and accountability, internship completion requires:

1. Hour Log (weekly submission)

- Intern logs total hours completed
- Supervisor verifies and signs

2. Weekly Performance Feedback (short format)

Supervisor provides short notes on:

- communication
- cueing
- safety awareness
- attitude and professionalism
- coaching improvement

(Combination of A + B)

3. Final Supervisor Sign-Off

Once all hours are completed, the supervising trainer completes an official GSCE evaluation sheet confirming:

- internship hours completed
- intern is safe to coach
- intern meets professionalism expectations
- intern is ready for certification

This sign-off is mandatory for eligibility to receive the CCT Level 1 certificate.

11.10 Internship Completion Requirements

To complete the internship, a candidate must:

- complete the full **75 hours**
- have all hour logs verified by supervisor
- complete weekly feedback submissions
- receive final sign-off
- maintain professional conduct throughout
- follow all safety and ethical standards

Any violation may result in:

- additional required internship hours
- re-assignment to another supervisor
- temporary suspension
- removal from the course in severe cases

SECTION 12 - CERTIFICATION & RECERTIFICATION STANDARDS

This section defines the requirements for obtaining, maintaining, renewing, and, in certain cases, revoking GSCE certifications.

The standards ensure professional consistency, long-term quality control, and brand protection across all CALIBAF-certified trainers.

12.1 Awarding of Certification

A candidate is awarded the **CCT Level 1** certification after successful completion of:

1. All theoretical and practical assessments (Section 7)
2. The mandatory 75-hour internship (Section 11)
3. Mandatory CPR/AED certification (Section 9)
4. All professionalism and conduct requirements (Section 10)
5. Full payment of course fees

Certificates are issued digitally, with an official GSCE verification ID and registry entry.

CALIBAF Institute maintains a live database of all certified trainers.

12.2 Certification Validity

All GSCE certifications are valid for:

✓ 2 years from the date of issuance

(This validity applies to CCT Level 1, Level 2, Level 3, and Level 4 equally.)

This two-year cycle aligns with global fitness education norms (ACE, NASM, ISSA) and ensures trainers remain updated with evolving science and coaching practices.

12.3 Recertification Requirements (Strict Model)

To renew their certification, trainers must complete the following before expiry:

12.3.1 Renewal Fee

A recertification fee determined by CALIBAF Institute.

12.3.2 Continuing Education Requirement

Trainers must complete **GSCE-approved continuing education**, including:

- attending CALIBAF refresher modules **OR**
- participating in selected workshops **OR**
- submitting proof of relevant professional development

This is analogous to CEUs used by global bodies.

12.3.3 Short Re-assessment (Mandatory)

All renewing trainers must clear:

1. **Mini-Theory Assessment**
 - 15–20 MCQ
 - covers updated knowledge, safety, new coaching practices
2. **Mini-Practical Assessment**
 - short 5–10 minute demonstration + coaching evaluation
 - ensures trainer's skills remain aligned with GSCE standards

This protects the credibility of the certification and ensures skill consistency over time.

12.3.4 No Retrospective Grace Periods

Failure to renew before expiry requires:

- full reassessment
- OR re-enrolment (depending on lapse duration)

CALIBAF may set administrative rules for late renewals.

12.4 Uniform Recertification Rules Across All Levels

The GSCE maintains **one consistent recertification system** for:

- CCT Level 1
- CCT Level 2
- CCT Level 3
- CCT Level 4

This ensures clarity, operational simplicity, and fairness.

For advanced levels (L2–L4), the mini-practical and mini-theory assessments will be level-appropriate, but the renewal structure remains the same.

12.5 Upgrading to Higher Levels (Progression Pathway)

Certification at a lower level does **not** require recertification if a candidate upgrades to the next level *before* the expiry date.

Example:

If a CCT Level 1 trainer upgrades to **Level 2** within two years:

- They automatically carry a new 2-year validity from the L2 date
- There is no need to renew L1 separately

This encourages continuous education and upward progression.

12.6 Certification Suspension & Revocation

GSCE reserves the right to:

- suspend
- restrict
- or revoke

any certification if the trainer violates GSCE standards.

Revocation may occur for:

12.6.1 Ethical Violations

- harassment
- misconduct
- discrimination
- violation of professional boundaries
- inappropriate client relationships

12.6.2 Safety Violations

- unsafe coaching practices
- reckless movement instruction
- ignoring red flags
- causing preventable client injury

12.6.3 Academic Integrity Violations

- cheating on exams
- falsifying internship hours
- aiding or participating in fraud

12.6.4 Professional Misconduct

- misrepresenting CALIBAF credentials
- promoting false fitness claims
- unprofessional online behaviour damaging the CALIBAF brand
- violating GSCE communication standards

12.6.5 Legal Offenses

Any legal misconduct affecting professional integrity.

12.6.6 Non-Compliance

Refusal to follow CALIBAF or GSCE policies.

Revoked certifications require full re-enrolment at CALIBAF Institute to return to active status.

12.7 Certification Verification & Public Registry

CALIBAF Institute maintains an official registry of:

- all certified trainers

- certification levels
- certification expiry dates
- recertification status

Studios, employers, and clients may verify trainer credentials through this registry.

This transparency strengthens global trust in the GSCE.

12.8 Certificate Replacement & Updates

Trainers may request:

- updated certificates
- replacement certificates
- name change updates
- digital access links

Administrative fees may apply.

SECTION 13 - CANDIDATE CODE OF CONDUCT

The Candidate Code of Conduct outlines behavioural expectations for all individuals enrolled in GSCE programs.

These standards ensure a professional learning environment, uphold CALIBAF's brand integrity, and protect the safety and experience of every participant.

All candidates must demonstrate professionalism, discipline, and respect throughout the course, assessments, and internship.

13.1 Professional Behaviour Expectations

All CCT candidates are required to maintain strict professional conduct during:

- classroom sessions
- practical training
- assessments
- internship hours
- communication with instructors and clients
- studio interactions

Candidates must:

- behave respectfully at all times
- communicate clearly and without slang or inappropriate language
- follow instructor directions promptly
- maintain a positive and cooperative attitude
- avoid distracting or disruptive behaviour
- remain attentive and engaged during sessions

Disrespectful comments, confrontational tone, gossip, or negative attitude are not permitted at any time.

13.2 Attendance Standards (Strict Requirement)

CCT Level 1 follows a strict attendance model to preserve the integrity of the education.

13.2.1 Mandatory Attendance

Candidates are expected to attend **all 16 sessions** of the course.

Absence is only acceptable for:

- medical issues
- emergencies
- unavoidable exceptional circumstances

13.2.2 Attendance Tracking

Attendance is recorded for every class.

13.2.3 Missing Sessions

- Missing more than **1–2 sessions** requires mandatory catch-up sessions assigned by educators.

- Repeated absence may result in removal from assessments or postponement to the next batch.

The classroom environment is a core part of the learning process; attendance is not optional.

13.3 Communication & Interaction Guidelines

Candidates must:

- use respectful, neutral, professional tone at all times
- ask questions politely and wait for their turn
- avoid side conversations during class
- avoid slang, “casual bro talk,” or overly informal behaviour
- maintain professionalism even with friends or familiar peers
- follow instructions from trainers without argument or debate during class flow

All CALIBAF sessions operate in a structured learning environment.

13.4 Conduct During Practical Classes

Candidates must:

- follow safety procedures
- maintain focus during demonstrations
- avoid reckless behaviour
- use equipment responsibly
- avoid distracting others
- respect personal space of peers
- avoid giving unsolicited coaching to other candidates

Physical contact must follow the consent rules outlined in Section 9.

13.5 Conduct During Internship

Internship is a professional training period, not a casual participation environment.

Candidates must:

- arrive on time
- obey studio rules
- remain attentive and proactive
- avoid phone usage
- communicate professionally with clients
- maintain boundaries and avoid personal conversations
- follow supervision instructions exactly

Any behaviour that disrupts real client sessions may lead to internship suspension or reassignment.

13.6 Academic Conduct (Simple Integrity Standard)

Candidates must maintain honesty during all assessments.

The following are not permitted:

- cheating in theory exams
- copying from other candidates
- sharing answers
- discussing exam content with future batches
- falsifying internship hours
- misrepresenting performance or abilities

Violation may result in failed assessment, resitting the course, or removal from the certification process.

13.7 Respect for CALIBAF Studio Environment

Candidates must:

- keep the studio clean and organised
- put equipment back properly
- maintain a respectful tone with staff and clients
- avoid interfering with ongoing classes

- follow studio etiquette at all times

The CALIBAF environment must remain professional, safe, and encouraging for everyone.

13.8 Consequences for Violations

Depending on severity, consequences may include:

- verbal warning
- written warning
- removal from class for the day
- withholding of assessments
- internship suspension
- postponement to the next batch
- removal from the course
- future disqualification from GSCE programs

CALIBAF reserves the right to protect the learning environment, its students, and its brand.

SECTION 14 - GSCE GOVERNANCE & CREDENTIAL PROTECTION POLICIES

This section outlines the governance rules that protect the integrity, intellectual property, and global reputation of the GSCE (Global Standards for Calisthenics Education) under CALIBAF Institute.

It defines how certified trainers may represent themselves, how GSCE materials can be used, and what actions are taken when standards are violated.

These policies ensure long-term trust in the CALIBAF brand and consistency across all certifications worldwide.

14.1 Governance Authority

The CALIBAF Institute is the sole governing authority for:

- GSCE curriculum
- GSCE certification standards
- all CCT certification levels (L1–L4)
- exam materials
- educational frameworks
- brand identity and logos
- progression systems
- internship requirements
- recertification governance

All decisions related to certification, standards, and credential usage fall under CALIBAF Institute leadership.

14.2 Open Brand Usage Policy (Trainer-Friendly)

To support trainer growth and global adoption of the CALIBAF name, GSCE follows an **open-yet-professional** brand usage model.

Certified trainers may freely use:

- “CALIBAF Certified Calisthenics Trainer - Level X”
- “GSCE Certified Trainer - Level X”
- CCT Level title (L1, L2, L3, L4)
- The CALIBAF or GSCE logo on:
 - social media
 - posters
 - coaching pages
 - bios
 - personal branding
 - event promotions
 - training advertisements
 - merchandise (personal, non-commercial scale)

No special permission is required, as long as:

- the trainer is currently certified
- the usage is respectful
- the trainer does not misrepresent themselves
- the logo is not altered in unethical ways

Allowed for Trainers

- independent workshops

- online programming services
- personal branding
- offline coaching and events
- content creation
- resumes and websites using CALIBAF affiliation

CALIBAF encourages trainers to grow and promote themselves using the credential.

14.3 Representation & Claims - Rules and Boundaries

Certified trainers *may* claim:

- they are “CALIBAF CCT Level X Certified”
- they have completed GSCE education
- they trained under CALIBAF Institute
- they use the CALIBAF curriculum for client training

Certified trainers *may NOT* claim:

- they are official CALIBAF staff (unless employed)
- they speak on behalf of CALIBAF Institute
- they represent GSCE in decision making
- they are examiners or educators (unless certified Level 4)
- they own or operate CALIBAF Studios (unless they do)

14.4 Intellectual Property Protection (Strict Copyright)

Although trainers have open rights to use the name and logo, GSCE maintains absolute protection over its intellectual property.

The following materials are fully protected under copyright law and may NOT be:

- copied
- reproduced
- modified
- distributed

- resold
- taught as one's own
- shared publicly
- translated
- re-branded

Protected GSCE Materials Include:

- CCT manuals
- progression charts
- standards documents (Levels 1–4)
- exam questions
- assessments
- scoring rubrics
- internship forms
- teaching scripts
- videos, diagrams, and PDFs
- curriculum structure
- internal training methodologies
- movement standards documents

These materials may only be used **personally** by certified trainers for their own learning or client coaching - not for commercial education or re-publication.

14.5 Restrictions on Educational Use

Certified trainers may *teach clients* using the GSCE training methods, but **cannot**:

- run “trainer certification programs” using GSCE materials
- teach GSCE modules as courses
- teach CALIBAF content as their own content
- sell workshops based *on GSCE curriculum*
- create competing certification products

Only CALIBAF Institute may operate educational programs under the GSCE framework.

14.6 Misuse, Misrepresentation, and Violations

To protect the reputation of the certification, GSCE enforces strict consequences for misuse.

Violations include:

- claiming higher certification level than earned
- faking or altering certificates
- misusing course materials
- teaching GSCE content as one's own
- modifying or altering CALIBAF/GSCE logos
- creating derivative programs using GSCE materials
- presenting oneself as CALIBAF staff without employment
- providing false information on resumes or social media
- misleading the public about CALIBAF affiliation

14.7 Penalties for Misuse (Strict Enforcement)

GSCE follows a strict penalty model:

1. First Warning

Written warning explaining violation and required corrections.

2. Suspension

Temporary suspension of certification:

- removed from active registry
- prohibited from using titles or logos
- denied access to CALIBAF educational offers

3. Revocation

Permanent removal of certification for:

- repeated misuse
- severe misrepresentation
- commercial misuse of GSCE materials
- illegal reproduction or sale of training content

4. Legal Notice (if required)

For cases involving intellectual property theft or financial harm, CALIBAF Institute may pursue legal action.

5. Blacklisting

Trainer becomes permanently ineligible to join future GSCE programs.

These consequences ensure CALIBAF maintains global trust and professional integrity.

14.8 Credential Verification Authority

CALIBAF Institute maintains the only official online registry listing:

- certified trainers
- certification levels
- validity dates
- recertification status
- suspension/revocation status

External studios, gyms, and clients may verify credentials through this registry.

The registry serves as the global authenticity system for GSCE certifications.

SECTION 15 - APPEALS, DISPUTES & REVISION PROCESSES

This section outlines the procedures for candidates to appeal assessment outcomes, resolve disputes, and understand how GSCE standards evolve over time.

It ensures transparency, fairness, and consistent improvement across all CALIBAF Institute certification programs.

15.1 Appeals Process

Candidates who believe their assessment (theory, practical, or internship evaluation) was unfair or inaccurate may submit an appeal.

15.1.1 Submission Requirements

Appeals must:

- be submitted in writing
- be submitted within **7 days** of receiving the result
- clearly explain the reason for appeal
- provide any relevant evidence (if applicable)

15.1.2 Review Procedure (Moderately Formal)

- The appeal is reviewed by **1–2 senior CALIBAF staff** not involved in the original evaluation.
- A short internal review is conducted, including:
 - examiner notes
 - scoring sheets
 - internship evaluations
 - supervisor feedback (if relevant)

15.1.3 Decision Timeline

A final decision will be communicated within **10–15 days**.

15.1.4 Finality of Decision

There is **no second appeal**.

The review decision is final and binding.

This process protects fairness while maintaining operational simplicity.

15.2 Dispute Resolution

In the event of misunderstandings or conflicts involving:

- candidates
- trainers
- assessors
- supervisors
- staff
- internship environments

CALIBAF Institute will:

1. Review the situation impartially
2. Consider statements from all involved
3. Apply relevant GSCE standards
4. Provide a resolution that prioritises safety, professionalism, and fairness

Disputes may result in:

- warnings
- mediation
- reassignment to a different supervisor
- additional training requirements
- disciplinary action (if applicable)

15.3 Standards Revision & Updates

GSCE Standards evolve as calisthenics grows and research develops.

To ensure long-term accuracy and global credibility:

15.3.1 Annual Review Cycle

The GSCE standards document will undergo a **formal review every 12 months**, assessing:

- curriculum gaps
- new scientific evidence
- industry updates
- community feedback
- safety recommendations

15.3.2 Revision When Necessary

In addition to the annual review, GSCE may update standards **whenever necessary**, particularly in cases involving:

- safety concerns
- major curriculum improvements
- introduction of new certifications
- structural or operational upgrades

15.3.3 Version Control

Each update will receive:

- a new version number (e.g., v1.1, v2.0)
- a documented change summary
- an updated publication date

15.3.4 Authority to Amend

Only the CALIBAF Institute leadership team may:

- modify GSCE standards
- approve revisions

- publish new versions
- retire outdated modules
