

TAG VITAAL-K™ Course One

**Foundational Certification Course
The Academic Gym (TAG)**

Course Overview

TAG VITAAL-K™ Course One is a comprehensive introduction to the neuroscience-informed, movement-integrated structured literacy system developed by The Academic Gym. This course prepares educators and clinicians to deliver VITAAL-K routines with fidelity, integrating cognitive-motor activation with evidence-based literacy instruction.

Participants learn how phonological, orthographic, semantic, and syntactic systems develop in the reading brain — and how movement-based activation accelerates learning for all students, including those with dyslexia, ADHD, and executive function challenges.

Learning Outcomes

Upon successful completion of this course, participants will be able to:

1. Explain foundational principles of the Science of Reading and their connection to cognitive-motor learning.
 2. Demonstrate accurate modeling of phonemic, syllabic, and orthographic patterns using VITAAL-K movement routines.
 3. Apply semantic and syntactic analysis strategies to support decoding, spelling, and comprehension.
 4. Conduct basic diagnostic observations using TAG VITAAL-K tools and protocols.
 5. Integrate VITAAL-K routines into instructional or therapeutic sessions with fidelity and confidence.
-

Course Structure

The course is divided into two phases:

Phase One: Foundations (asynchronous learning + one synchronous evaluation)

Phase Two: Application & Analysis (asynchronous learning + practicum + assessment)

All modules below reflect the complete Course One curriculum.

PHASE ONE — FOUNDATIONS

Module 1 — Course Introduction

Orientation to TAG VITAAL-K, course expectations, and the learning pathway.

Module 2 — Foundations of Structured Literacy

Core Science of Reading principles, reading brain development, and instructional pathways.

Module 3 — Sound Foundations: Phonemic & Syllabic Awareness

Phoneme manipulation, syllable types, and movement-based activation routines.

Module 4 — Mastering Alphabetic Awareness

Letter-sound mapping, orthographic pattern recognition, and kinesthetic encoding.

Module 5 — Syllable Tables: Order of Instruction

TAG VITAAL-K syllable progression and instructional sequencing.

Module 6 — Sound Foundations: Building Words from Sounds

Encoding, blending, segmenting, and multisensory-motor integration.

Module 7 — Long Vowels

Vowel teams, silent-e patterns, and movement-supported vowel routines.

Module 8 — Blends & Silent Letter Combinations

Consonant blends, silent letters, and orthographic mapping strategies.

Module 9 — Science of Reading: Deep Dive

Research synthesis, application to diverse learners, and common misconceptions.

Module 10 — Science of Reading Reference Charts

Instructional visuals and quick-reference guides.

Module 11 — Reviewing Main Ideas

Consolidation of key concepts and application to practice.

Module 12 — Summary & Application Assignment

Written reflection and application to a real or hypothetical learner.

Module 13 — Synchronous Summative Evaluation

Live session including knowledge check, Q&A, and skill demonstration.

PHASE TWO — APPLICATION & ANALYSIS

Module 14 — Semantic Analytical Spelling

Twenty-four video lessons introducing meaning-based spelling strategies, semantic networks, and vocabulary development.

Module 15 — Introduction to Syntactic Elements

Sentence structure, grammar for comprehension, and movement-supported syntax routines.

Module 16 — Research Articles

Foundational readings on neuroscience, literacy development, and cognitive-motor integration.

Module 17 — TAG Telecare

Guidance for delivering TAG VITAAL-K remotely through teletherapy.

Module 18 — Reviewing Foundational Terms & Concepts

Terminology consolidation and fidelity checks.

Practicum — Consolidated Practicum Experience

Eleven-lesson practicum combining both original practicum sequences.
Includes:

- Guided practice
- Video submissions
- Instructor feedback
- Fidelity checks
- Application to real learners

Module 20 — Diagnostic Training

Observation protocols and identification of patterns in student performance.

Module 21 — Final Assessment

Comprehensive evaluation of knowledge and skills.

Module 22 — Certification

Completion requirements and issuance of TAG VITAAL-K™ Level One Certification.

Module 23 — Clinician Tools

Downloadable templates, checklists, session planners, and diagnostic forms.

Module 24 — Reviewing TAG VITAAL-K

Final synthesis, implementation planning, and next steps in the VITAAL-K pathway.

Certification

Participants who complete all modules, practicum requirements, and assessments earn:

TAG VITAAL-K™ Level One Certification

This credential verifies foundational competency in delivering TAG VITAAL-K routines with fidelity.

Technology Requirements

- Reliable internet connection
 - Ability to record short practicum videos
 - Access to the course platform
-

Policies

- Attendance and participation expectations
 - Academic integrity
 - Accessibility accommodations
 - Refund and withdrawal policies (program-specific)
-