

PILATES MAT CERTIFICATE

INFORMATION SHEET

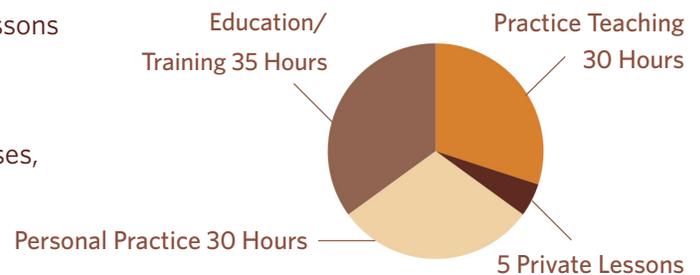
Whether it's time for a career change or you are looking to upskill personal trainer or yoga certification, the Pilates Mat Certificate will take your health and wellness career to the next level. The Mat Certificate can stand alone or be used as a stepping stone to a Comprehensive Pilates Equipment Certificate. In 6 short months, you can become a Mat Pilates instructor. Work for yourself or a gym, online or in-person - create your own flexible teaching schedule to fit your career goals.

You'll be attending seven in-depth training days over 13 weeks. You'll have 13 more weeks of personal practice and practice teaching. Three exams (written, curriculum, teaching) demonstrate your synthesis of the course content.

Tuition Cost: \$1300 for tuition, plus \$300 for 5 private lessons

Additional Fees: \$150 textbooks

Tuition includes access to studios, in-studio & Zoom classes, Sunday education/training sessions (11am-4:30pm)



WEEK 1

Intro to Anatomy Lecture
Pilates Principles
Fundamental Mat

WEEK 2

Trunk Anatomy Lecture
Pilates History & Theory
Beginning Mat
Foam Roller
Curriculum & Teaching Quiz

WEEK 3

Postural Analysis
Intermediate Mat
1 - Foundations Equipment Curriculum Outline
Curriculum & Teaching Quiz

WEEK 4

Shoulder Anatomy
Magic Circle & Small Ball
Hand Weights
Large Ball
Curriculum & Teaching Quiz

WEEK 5

Hip & Knee Anatomy
Advanced Mat
Theraband
Stretching
Curriculum & Teaching Quiz

WEEK 6

Ankle/Foot Anatomy
Pilates Arc/Spine Corrector
Online Teaching Considerations
Curriculum & Teaching Quiz

WEEK 7

Elbow, Wrist Hand Anatomy
Special Populations & Exploration
How to teach on Zoom
Professional Development
Curriculum & Teaching Quiz

FINAL EXAMS

There are three final exams, two of which are offered on the scheduled final exam weekend. If a student needs to re-take any portion of their finals, they must purchase and schedule a make-up session with an instructor. The teaching final is taken by appointment with an instructor for no additional fee. Finals may be taken up to four times. Results will be emailed within 30 days.

WRITTEN FINAL

The written final consists of 15 short essay questions on the topics of Pilates history, theory, principles, anatomy, and special populations. In their answers, students must demonstrate a synthesis of the material presented over the entire term, including the Pilates Manual, lectures, required texts, and anatomy study guides. Students have 2 hours to complete the written final.

CURRICULUM FINAL

The curriculum exam consists of students demonstrating five progressions of exercises. The progressions begin with fundamental, progress through beginning and intermediate, and culminate with an advanced exercise. Students select these advanced exercises from a list provided. Instructors evaluate students based on the same rubric as the curriculum quizzes (page 10). Students provide a written copy of their progressions. Other written material is not allowed. Students have 30 minutes to complete their curriculum exam.

TEACHING FINAL

The teaching final consists of teaching a 50 minute group class to a minimum of three participants. The student's lesson plan must include advanced curriculum and at least one prop. The student is responsible for scheduling space, scheduling participants, and confirming an appointment with a program instructor. It is the student's responsibility to provide instructors plenty of notice and scheduling options. Instructors evaluate students based on the same rubric as the teaching quizzes (page 10). Written materials are not allowed.

