

2 Day Fundamental Pilates Mat Program

50 Hour Pilates Mat Program

- There is a pre-requisite of 10 hours pre-course work (see pre-requisites below)
- Two lectures (14 hours total). The weekend Lecture series includes learning the principles of Pilates, the language and terminology of Pilates, the traditional exercises, basic modifications, contraindications, special populations, safety guidelines and building a safe and effective group class.
- 2 weeks of documented practice and observation (20 hours), the student will schedule the practical and written test. The student is expected to complete a minimum of 10 hours with a live model, attend mat classes at the studio and/or practice the classical method for the remainder of the 20 hours. The model will need to be present for the practical test only. After successful completion of this program, and testing, the instructor will be well equipped to teach Pilates Mat Classes. If the student wishes to continue on to the Comprehensive Program, they have already successfully completed a minimum of 44 hours of practice toward the 450 hours in the Comprehensive Program.

It is **strongly** recommended that the student joins the PMA with a Student Membership. K Pilates is a member of the PMA. Each student is eligible to join the PMA as a Student Member and participate in the Fostering Future Professionals program.

Day 1, 6 hour lecture (4 hours of anatomy, 2 hours of Pilates terms and exercises)

Day 2, 8 hour lecture (3 hours on Basic/Int exercises, 2 hours on teaching skills, 2 hours Precautions and Contrindications for Special Populations)

Saturday, March 28, 2009. Day 1: (12:00 p.m. – 6:30 p.m.) 6 hours, 30 minute break

- 12:00 – 1:00 History, Principles, Language and Terminology of Pilates (discuss kinetic terms, anatomical terms, muscle function and planes of motion)
- 1:00 – 5:00 Anatomy specific to Pilates (Discussion of the Spine, Pelvis, Shoulder Girdle, Respiratory System and Musculoskeletal Structure. Dynamic assessments and postural alignment).
- 5:00 – 6:30 Pre Pilates and Wall Exercises. Building the basics for a safe class.

Sunday, March 29, 2009, Day 2 (8:00 – 5:00 p.m.) 8 hours, 60 minute lunch

- 8:00 – 10:30 Pilates Mat exercises Beginning, Lecture of the proper execution, modifications and variations.
- 10:30 – 12:00 Intermediate Exercises, Lecture of proper execution, modifications etc.
- 12:00 – 1:00 Lunch
- 1:00 – 3:00 Intermediate Exercises Lecture cont. Using Props to enhance the class (circle, stability ball, foam roller, bands, weights)
- 3:00 – 4:00 Precautions and Contraindications for Pilates Classes (Discuss ACL, HNP, Hip Replacement, Shoulder Issues, Glaucoma, MS, Arthritis, Pregnancy etc.) Special Populations and Pregnancy Lecture
- 4:00 – 5:00 Teaching Skills (discuss learning styles, communication, tactile cueing, PMA legal guidelines).

Schedule Testing (Written and Practical with a live model). A passing exam is 90% written, 90% Practical.

The Fundamentals of Pilates Mat Pre Requisites:

1. Purchase The Fundamentals of Pilates Mat Workbook, by R. Brackney
2. Read: Pilates, Return to Life Through Contrology, by Joseph H. Pilates and William John Miller
3. For certified group fitness instructors with a minimum of 2 years documented teaching experience, or Certified Personal Trainer with a minimum of 1 year client experience, K Pilates will require you to acquire 10 hours of observation or practical work at KPilates before program begins. *(see below for more details)*

Or

If less than 2 years or no certified teaching experience 20 hours documented observation or practical Pilates is required before program begins.

4. Attend minimum of 5 hrs of classes at KPilates (Tower/Reformer, Mat, Private, Duet) *(This can be included in your pre program hours in item 3)*

K Pilates will allow students with the Fundamentals Matwork Program, or the Comprehensive Training Program to observe private sessions for free with client/instructor approval after full course fee is paid.

In addition, special pricing is available for program participants:

- Private Pilates: \$50 per hour
- Duets \$35 per hour
- Tower/Reformer Classes \$25 per class
- Mat Classes: regular fee applies (\$20 or less per class depending on package purchased)

Please see the front desk for more information on these special rates!

**If moving on to the Comprehensive Training Program, you can use these hours toward your 450 comprehensive hours.*

Suggested Reading and Preparation for the Fundamentals Matwork Program:

The Pilates Method of Physical and Mental Conditioning by Philip Friedman and Gail Eisen

Return to Life Through Contrology and Your Health, both books by Joseph H. Pilates (A new edition with William J. Miller is out titled “A Pilates’ Primer: The Millennium Edition”)

Anatomy of Movement, by Balandine Calais-Germain

Pocket Atlas of the Moving Body, by Mel Cash

Video/DVD:

Classical Pilates Technique, the Complete Mat Workout

