

Pilates Monterey Comprehensive Teacher Training Course

This comprehensive Pilates Teacher Training Program (PTTP) prepares participants to teach private and group Pilates Mat, Reformer, Trapeze Table, Wunda Chair, Ped-o-pull and other small apparatus classes. The curriculum includes: history of the Pilates Method, classic and modified choreography, basic anatomy as it relates to Pilates, equipment safety guidelines, precautions and special populations. Students will learn how to cue exercises and lead a flowing class. Both a written and practical exam must be passed in order to receive a Pilates Monterey PTTP Certificate of Completion. Successful completion of any or all Modules does not imply certification of any kind, only that the participant has satisfactorily completed a teacher training course. Successful completion of all 6 Modules (450 hours) makes them eligible to sit for the PMA Certification Exam. ***Passing the PMA Certification Exam is not guaranteed***. Included in the course material is 20 hours group study of the PMA Pilates Certification Exam Study Guide. It is highly recommended that each student continue their education with courses approved by the PMA and ultimately take the PMA Certification exam.*

Curriculum and number of course hours

- Movement Science: anatomy, physiology, kinesiology, biomechanics: **24**
- Safety guidelines regarding movement: **15**
- Safety protocols re -equipment: **24**
- Scope of practice: **4**
- Universal precautions: washing hands, disinfecting equipment, etc.: **2**
- Mat: **24**
- Reformer: **24**
- Table: **12**
- Chair: **8**
- Ped-o-pull: **4**
- Self practice: **100**
- Supervised teaching: **50**
- Observation: **50**
- History of pilates: **2**
- Principles of pilates: **5**
- Exercise analysis: **4**

- Modifications:12
- Contraindications:12
- Teaching methodology and pedagogy:24
- Program design:5
- Specific populations:12
- CPR training:8
- Review PMA study Guide domains and tasks:20
- Written and Practical exams: 5

≈Highlighted subjects may be studied wholly or in part out of class≈

Classroom hours: **211**

Self-study/unsupervised hours: **239**

Grand Total: 450

*The PMA has created the only psychometrically validated third party professional certification exam in the Pilates field. The PMA aims to create a critical mass of professionally certified Pilates teachers in order to establish the teaching of Pilates as a profession. We urge you to join this movement to elevate the status of Pilates teachers by becoming a PMA® Certified Pilates Teacher. www.pilatesmethodalliance.org

Proposed Modules and Course Schedule

This course is divided into 6 modules. Each module will be completed in 6 weeks, with either 1 meeting per week for 6 hours or 2 meetings per week for 3 hours each, completing 36 hours of class time each module. Students will be expected to complete 20 hours of self study, 10 hours of observation and 10 hours student teaching , totaling 76 hours per module. Each module will focus on a specific topic but will always include movement science, choreography including historic repertoire, modifications, safety guidelines, contraindications, and PMA study guide material, scope of practice, ethics and universal precautions. All six modules can be taken together or modules may be taken separately, but Module 1 is mandatory and all six modules must be completed to qualify to sit for the PMA certification exam.

Module 1 – Pilates History, Principles and Mat Training

Module 2 – Reformer Training

Module 3 – Trapeze Table Training

Module 4 – Wunda Chair and Ped-o-pull Training

Module 5 – Special Populations and Mat/Apparatus Review

Module 6 – Course review, PMA study guide review, Final Exams

Tuition

Method of payment: Check, Cash, PayPal. No credit cards.

Early registration if entire course is prepaid 2 weeks before the start of Module 1: \$2,275

A payment plan is available for entire course, payable by the first day of each module in the amount of \$400 (totaling \$2400 if making payments)

To take a single module the fee is \$450 per module*

* Module 1 is mandatory before any other modules may be attended.

- Entrance requirements –18 years or older
- Basic knowledge of anatomy is required
- Pre-requisites- prior movement experience plus 12 min. hrs. mat & apparatus experience
- Student liability insurance is required
- Test re-takes – available with \$100 prepaid fee
- All students will sign a contract that acknowledges what is expected of them and what they can expect from their training
- Cancellation/Refund Policy - A minimum of 2 students enrolled for all 6 modules is required to begin this course, with a maximum of 4 students for any module. If the minimum has not been met by 1 week prior to start of class the course will be cancelled and all prepaid fees will be fully refunded. Cancellation by student prior to the first meeting will be refunded minus \$100 service fee. No refunds will be issued after the first meeting.

Textbooks

The following book(s) are **required** prior to first day of course/module:

- A Return to Life through Contrology by Joseph Pilates
- The Complete Guide to Joseph H. Pilates' Techniques of Physical Conditioning by Allan Menezes
- The Pilates Reformer by Christine Ruby-Romani and Marci Clark
- Pilates Cadillac Training Manual by Melinda Bryan
- Pilates Chairs Training Manual by Melinda Bryan

(All above books are available on Amazon.com; sometimes you can find them used)

- PMA Pilates Certification Exam Study Guide – available at PMA website

Suggested reading:

Anatomy of Movement by Blandine Calaise-Germaine

Anatomy of Exercise by Blandine Calaise-Germain

Anatomy coloring book by Wynn Kapit and Lawrence Elson

Pilates Monterey PTPP manuals and other handouts will be distributed at the first meeting of each module.

Please see each Module syllabus for specific textbook requirements.

Module 1

Syllabus for Pilates Monterey Mat Teacher Training

This Pilates Reformer Teacher training course will prepare the participant to teach one on one or small group Pilates Mat classes.

The curriculum includes: history of Joseph Pilates and of the Pilates method, basic choreography, basic anatomy and kinesiology as it pertains to Pilates, respiration and special populations. Participants will learn the PMA guidelines for teaching Domains and their tasks, as well as how to cue Mat exercises and lead a flowing class.

During the 36 class hours in this module, students may be asked to perform a short practical demonstration or take a short written quiz. Students will be expected to complete 20 hours of self study, 10 hours of observation and 10 hours student teaching. At the end of the course each participant must pass both a written and practical exam. These exams will test the participants' knowledge of choreography progression, anatomy, basic teaching skills and performance Domains put forth by the PMA.

Successful completion of this course does not imply certification of any kind, only that the participant has satisfactorily completed this Teacher Training course. A Certificate of Completion will be issued to the participant upon completion with 76 hours credited for the course subject. It is highly recommended that each student continue their education with comprehensive programs taught by PMA certified instructors, and ultimately take the Pilates Certification test designed by PMA and Castle Worldwide.

Please have a copy of "Return to Life through Contrology" by J. Pilates by the first day of class.

Module 2

Syllabus for Pilates Monterey Reformer Teacher Training

This Pilates Reformer Teacher training course will prepare the participant to teach private/semi-private Pilates Reformer classes.

The curriculum includes: history of Joseph Pilates and of the Pilates method, basic choreography, basic anatomy and kinesiology as it pertains to Pilates, respiration and special populations. Participants will learn the PMA guidelines for teaching Domains and their tasks, as well as how to cue Reformer exercises and lead a flowing class.

During the 36 class hours in this module, students may be asked to perform a short practical demonstration or take a short written quiz. Students will be expected to complete 20 hours of self study, 10 hours of observation and 10 hours student teaching. At the end of the course each participant must pass both a written and practical exam. These exams will test the participants' knowledge of choreography progression, anatomy, basic teaching skills and performance Domains put forth by the PMA.

Successful completion of this course does not imply certification of any kind, only that the participant has satisfactorily completed this Teacher Training course. A Certificate of Completion will be issued to the participant upon completion with 76 hours credited for the course subject. It is highly recommended that each student continue their education with comprehensive programs taught by PMA certified instructors, and ultimately take the Pilates Certification test designed by PMA and Castle Worldwide.

Please have a copy of "Return to Life through Contrology" by J. Pilates and "The Pilates Reformer" by Marci Clark and Christine Romani-Ruby by the first day of class.

Module 3

Syllabus for Pilates Monterey Trapeze Table Teacher Training

This Pilates Trapeze Table Teacher training course will prepare the participant to teach clients the classical repertoire on the Trapeze Table.

The curriculum includes: history of Joseph Pilates and of the Pilates method, basic choreography, basic anatomy and kinesiology as it pertains to Pilates, respiration and special populations. Participants will learn the PMA guidelines for teaching Domains and their tasks, as well as how to cue Trapeze Table exercises.

During the 36 class hours in this module, students may be asked to perform a short practical demonstration or take a short written quiz. Students will be expected to complete 20 hours of self study, 10 hours of observation and 10 hours student teaching. At the end of the course each participant must pass both a written and practical exam. These exams will test the participants' knowledge of choreography progression, anatomy, basic teaching skills and performance Domains put forth by the PMA.

Successful completion of this course does not imply certification of any kind, only that the participant has satisfactorily completed this Teacher Training course. A Certificate of Completion will be issued to the participant upon completion with 76 hours credited for the course subject. It is highly recommended that each student continue their education with comprehensive programs taught by PMA certified instructors, and ultimately take the Pilates Certification test designed by PMA and Castle Worldwide.

Please have a copy of "Return to Life through Contrology" by J. Pilates and "Pilates Cadillac Training Manual" by Melinda Bryan by the first day of class.

Module 4

Syllabus for Pilates Monterey Wunda Chair/Ped-o-Pull Teacher Training

This Pilates Teacher Training course will prepare the participant to teach clients the classical repertoire on the Wunda Chair and Ped-o-Pull.

The curriculum includes: history of Joseph Pilates and of the Pilates method, basic choreography, basic anatomy and kinesiology as it pertains to Pilates, respiration and special populations. Participants will learn the PMA guidelines for teaching Domains and their tasks, as well as how to cue Wunda Chair and Ped-o-Pull exercises.

During the 36 class hours in this module, students may be asked to perform a short practical demonstration or take a short written quiz. Students will be expected to complete 20 hours of self study, 10 hours of observation and 10 hours student teaching. At the end of the course each participant must pass both a written and practical exam. These exams will test the participants' knowledge of choreography progression, anatomy, basic teaching skills and performance Domains put forth by the PMA.

Successful completion of this course does not imply certification of any kind, only that the participant has satisfactorily completed this Teacher Training course. A Certificate of Completion will be issued to the participant upon completion with 76 hours credited for the course subject. It is highly recommended that each student continue their education with comprehensive programs taught by PMA certified instructors, and ultimately take the Pilates Certification test designed by PMA and Castle Worldwide.

Please have a copy of "Return to Life through Contrology" by J. Pilates and "Pilates Chairs Training Manual by Melinda Bryan by the first day of class.

Module 5

Syllabus for Pilates Monterey Special Populations/Mat and Apparatus Review

This module will focus on modifications for people with health issues including but not limited to MS, Pregnancy, Osteoporosis and Spondylolisthesis. Students will review PMA guidelines for scope of Practice and Code of Ethics.

Students will also have a chance to review all Mat and Apparatus choreography, both classical and adapted.

During the 36 class hours in this module, students may be asked to perform a short practical demonstration or take a short written quiz. Students will be expected to complete 20 hours of self study, 10 hours of observation and 10 hours student teaching. At the end of the course each participant must pass both a written and practical exam. These exams will test the participants' knowledge of modifications of Mat and Apparatus exercises that correspond to special populations, anatomy, adapted teaching skills and performance Domains put forth by the PMA.

Successful completion of this course does not imply certification of any kind, only that the participant has satisfactorily completed this Teacher Training course. A Certificate of Completion will be issued to the participant upon completion with 76 hours credited for the course subject. It is highly recommended that each student continue their education with comprehensive programs taught by PMA certified instructors, and ultimately take the Pilates Certification test designed by PMA and Castle Worldwide.

Please have a copy of "Return to Life through Contrology" by J. Pilates by the first day of class.

Module 6

Syllabus for Pilates Monterey Course Review, PMA Study Guide Review and Final Exams

This module will allow students to review modules 1 through 5 in their entirety. Past tests will be reviewed and the instructor will have ample time to address any questions they may have regarding Mat and Apparatus choreography as well as Special Populations.

During the 36 hours in this class module the PMA Certification Study Guide will be thoroughly studied and analyzed and practice tests will be administered. Students will have ample time to ask any questions regarding the PMA Certification Exam. Procedures for the application of the PMA exam as well as the methods of taking the PMA exam will be thoroughly covered. ***Passing the PMA Certification Exam is not guaranteed.*** Students will be expected to complete 20 hours of self study, 10 hours of observation and 10 hours student teaching.

At the end of the course each participant must pass both a written and practical exam. These exams will test the participants' knowledge of choreography progression, anatomy, basic teaching skills, special populations and performance Domains put forth by the PMA.

The final written exam for Pilates Monterey Teacher Training Course will consist of multiple choice, true/false questions as well as short essay questions. The final practical exam will be 15 minutes teaching each Pilates apparatus as well as Mat. Successful completion of this course does not imply certification of any kind, only that the participant has satisfactorily completed this Teacher Training course. A Certificate of Completion will be issued to the participant upon completion with 450 hours credited for all 6 Modules. It is highly recommended that each student continue their education with comprehensive programs taught by PMA certified instructors, and ultimately take the Pilates Certification test designed by PMA and Castle Worldwide.

Please have a copy of the PMA Pilates Certification Exam Study Guide by the first day of class– available at PMA website: www.pilatesmethodalliance.org

Pilates Monterey Student/Teacher Contract

(Student please **initial** each bullet point and **sign** and **date** below)

- ❖ Students have a right to expect that on or prior to the first day of class, I will provide them with a course syllabus with the following clearly stated: Course objectives; required books and assignment descriptions
- ❖ Students have a right to expect class sessions will start on time and end on time
- ❖ Students have a right to expect that I will be available to discuss course components (assignments, lectures, presentations, exams) outside of class time
- ❖ Students have a right to expect honest and constructive feedback on their written work and teaching practice
- ❖ Students have a right to expect re-evaluations of work that they think may have been graded or critiqued unfairly
- ❖ Students have the right to expect me to keep anything they say in the studio strictly confidential
- ❖ Students have the right to expect a clean comfortable studio with all the equipment well maintained

I, _____, acknowledge that passing the PMA Certification Exam is **NOT** guaranteed.

I agree to the above:

X_____

(Instructor please **initial** each bullet point and **sign** and **date** below)

- ❖ I have the right to expect that students will arrive on time and prepared
- ❖ I have the right to expect that students needing clarification or assistance will ask for it
- ❖ I have the right to expect that students will turn in assignments on time
- ❖ I have the right to expect that students will immediately inform me when extenuating circumstances affect his/her attendance
- ❖ I have the right to expect that students will share concerns about the class in time for mid-course adjustments to be made
- ❖ I have the right to expect that Pilates Monterey proprietary written materials such as manuals and handouts will be not be shared outside of the studio

I agree to the above:

X_____

Application for Pilates Monterey Comprehensive Pilates Teacher Training Program

Name _____

Address _____

Phone (home) _____ cell _____

Age _____ Date of birth _____

Medical Condition _____

Emergency contact _____ phone _____

Email _____ Occupation _____

Number of hours experience on Mat ____ Reformer ____ Trap Table/other _____

Please list degrees or certifications and where they were acquired:

Do you have basic knowledge of anatomy? Yes _____ No _____

What type of movement experience/fitness or teaching experience do you have?

I understand that successful completion of any or all PTTP Modules does not imply certification of any kind, only that I have satisfactorily completed a teacher training course. Successful completion of all 6 Modules (450 hours) makes me eligible to sit for the PMA Certification Exam, however I understand that ***passing the PMA Certification Exam is not guaranteed.***

Signed _____ Date _____

Contract for payment of Pilates Monterey PTTTP Tuition

Pre-payment of all 6 Modules: \$2,275

Payable by Check _____ Cash _____ PayPal _____

Received on _____

I understand that if the minimum enrollment has not been met by 1 week prior to start of class the course will be cancelled and all prepaid fees will be fully refunded. Cancellation by me (the student) prior to the first meeting will be refunded minus \$100 service fee. No refunds will be issued after the first meeting. I understand that passing the PMA certification exam is NOT guaranteed.

Signed _____ date _____

Contract for payment of Pilates Monterey PTTP Tuition

Payment plan is for entire course, payable by the first day of each module in the amount of \$400. The total tuition paid by the end of the 6 Modules will be \$2,400

Payable by check, cash or PayPal (no credit cards)

Payment #1 received on _____

Payment #2 received on _____

Payment #3 received on _____

Payment #4 received on _____

Payment #5 received on _____

Payment #6 received on _____

I understand that if the minimum enrollment has not been met by 1 week prior to start of class the course will be cancelled and all prepaid fees will be fully refunded. Cancellation by me (the student) prior to the first meeting will be refunded minus \$100 service fee. No refunds will be issued after the first meeting. I understand that all 6 Modules must be successfully completed to be eligible to take the PMA Certification exam. I understand that passing the PMA certification exam is NOT guaranteed.

Signed _____ Date _____

Contract for payment of Pilates Monterey PTTTP Tuition

Tuition for a single module is \$450 per module, payable on or before the first class meeting.
Module 1 is mandatory before any other modules may be attended.

I am applying for:

Module 1 Pilates History, Principles and Mat Training _____ @ \$450

Module 2 Reformer Training _____ @ \$450

Module 3 Trapeze Table Training _____ @ \$450

Module 4 Wunda Chair and Ped-o-pull Training _____ @ \$450

Module 5 Special Populations and Mat/Apparatus Review _____ @ \$450

Module 6 Course review, PMA study guide review, final exams _____ @ \$450

Total: _____

I understand that if the minimum enrollment has not been met by 1 week prior to start of class the course will be cancelled and all prepaid fees will be fully refunded. Cancellation by me (the student) prior to the first meeting will be refunded minus \$100 service fee. No refunds will be issued after the first meeting. I understand that all 6 Modules must be successfully completed to be eligible to take the PMA Certification exam. I understand that passing the PMA certification exam is NOT guaranteed.

Signed _____ Date _____