

## **ABOUT THE PSC PILATES PROGRAM**

The Directors of the PSC Program are Pilates Method Alliance (Gold) Certified Pilates Teachers™ who hold multiple Certifications in related fields and have collaborated with many physical therapists and sports medicine professionals to design and refine this Program. PSC has studied this method of exercise and has integrated modern principles of exercise science and spinal rehabilitation to make it safer and more effective. We are dedicated to providing the most current information available and to maintaining the highest quality of instruction. We are constantly refining our Programs.

### **We offer the following paths of education:**

- Pilates Teacher Training:
- Fundamentals / Philosophy (“Nuts & Bolts”) - prerequisite
- Comprehensive Apparatus (Mat / Reformer / Cadillac / Chair / Anatomy)
- Pilates Transition Program (Bridging)
- Workshops / Continued Education (for CECs’ or Home Study)
- Mobile Education (host PSC workshops at your location)
- Master Trainer Pilates Program – become a PSC Pilates affiliate
- Burn at the Barre Teacher Training Level I & II to add Barre to your Studio
- Burn a the Barre Master Trainer Program – become a PSC Barre affiliate

## **PILATES TEACHER TRAINING COURSE DESCRIPTION**

This comprehensive 450-hour program is offered in a modular or comprehensive 16-week format. The class size is limited to achieve a high level of attention and service. A fully photographic Manual will be provided for the course or module(s) you will attend. Each student will learn:

- Fundamental Pilates principals and philosophies
- Client assessment and alignment protocol
- Anatomy and biomechanics taught using visual aids in an interactive environment
- Pilates Mat / Reformer / Cadillac / Chair Repertoire
- Small apparatus skills utilizing the jump board, magic circle, rotating discs, balance/wobble board, foam rollers, thera bands and balls
- Classical and Progressive Pilates styles with modifications and variations
- Creative training and program development skills for any level of proficiency
- Medical anatomical terminology
- Verbal and tactile cueing skills
- Attitude, confidence and composure of a professional instructor
- Studio etiquette and equipment safety
- Ethics and scope of practice
- Understanding indications and contraindications for specific injuries/dysfunctions and special circumstances
- Graduates will the meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

## **PILATES TEACHER TRAINING PRE-REQUISITES**

- 30+ documented hours of well-rounded Pilates instruction with a Qualified Pilates Instructor. (*PSC Host Studio will offer you a Student Discount to complete*)
- Completed Application and deposit
- Medical and liability release form (provided)
- Personal Liability Insurance if practicing in your Host Studio

## **REQUIRED HOURS**

**Assessment Based Certificate/Diploma** issued upon completing all course requirements including, but not limited to:

- 120 hours of Classroom Experience with a PSC Master Trainer - Provided
- 75 hours of Observation/ Apprenticeship: Observation (50)/ Apprenticeship (25) of/ with a qualified instructor
- 100 hours of Practice Teaching/ Charting with classmates/ friends etc.
- 40 hours of Self Integration (additional Pilates private, semi private or mat class experience with qualified instructor)
- 45 hours Client Assessment and Programming Project - assignment
- 25 hours of an Anatomy Thesis Project - assignment
- 15 hours Pilates Professional Video/ DVD Observation
- Passing scores on tests, practical exams and projects

*Requirements are different for Mat only or any Modular Course*

- 25 hours of Observation/ Apprenticeship of/ with a qualified instructor
- 25 hours of Practice Teaching/ Charting with classmates/ family/ friends etc.
- 10 hours of Self Integration (additional Pilates private, semi private or mat class experience with qualified instructor)
- 12 hours Client Assessment and Programming Project - assignment
- 5 hours Pilates Professional Video/ DVD Observation
- Passing scores on tests, practical exams and projects

## **TIMELINE & FEES**

Depending on your location and if you take a modular or comprehensive program, a comprehensive program is taught in a 16-week format. You will meet 2X week for 4 hours each class = 120 hours of classroom time.

### **Comprehensive Program:**

**\$4,900.00** (all inclusive) 2014

### **Modules:**

• Fundamentals / Philosophy ("Nuts and Bolts") AKA "Start Up Course" is required	<b>\$300</b>	7 hours
• Mat	<b>\$1000</b>	24 hours
• Reformer	<b>\$2000</b>	48 hours
• Cadillac	<b>\$1000</b>	24 hours
• Chair	<b>\$1000</b>	20 hours
• Transitional Pilates Program (Bridging) (Includes a Fundamentals Program and processing)	<b>\$500</b>	

*Please note the price increase for individual modules. PSC encourages completing a full program and gives a price incentive to participate in a Comprehensive Program.*

**Course Fee Includes:** 1 photographic manual pertaining to each module(s) registered and paid for, class room lecture/lab with a PSC Master Trainer, use of Studio for self practice and classmate practice, DVD loaning (with a CC deposit on file), and 1 (one) Assessment Based Certificate/Diploma.

## **MATERIALS**

Required: (you will need to purchase these books, not included in course or course fees)

**Trail Guide to the Body 4<sup>th</sup> Edition Text** – by Books of Discovery

A user friendly musculoskeletal anatomy & palpation text that includes 3 hour DVD

**Trail Guide to the Body Student Workbook**- designed to be used with the text, this study guide offers matching, coloring and fill-in-the-blank exercises.

*Trail Guide “Pack” includes all of the above at a discount:*

<http://www.booksofdiscovery.com/products.php?cat=9>

Optional Additions, at a discount if you purchased the above items (same company):

**Flash Cards**- 2 volumes covering the muscles, bones, joints, ligaments and movements of the human body

**Audio Guide**- 100 muscle tracks on 4 CDs. Each track includes information and palpation instructions.

Optional for your library: Available new or used on Amazon.com

Joe Pilates wrote the following two books that you should add to your library.

- Your Health: A Corrective System of Exercising That Revolutionizes the Entire Field of Physical Education (1934)
- Return to Life through Contrology (1945)

Also available:

- The Complete Writings of Joseph H. Pilates - Joseph H. Pilates
- The Anatomy Coloring Book Second Edition - Wynn Kapit / Lawrence M. Elson
- Anatomy of Movement - Blandine C. Germain & Anatomy of Movement: Exercises - by Blandine C. Germain, Stephen Anderson
- Atlas of Human Anatomy - by Frank N. Netter
- The Joseph H. Pilates Archive Collection - Edited by Sean P. Gallagher and Romana Kryzanowska
- The Complete Guide to Joseph H. Pilates' Techniques of Physical Conditioning - by Allan Menezes
- The Pilates Method of Body Conditioning - by Gallagher and Kryzanowska
- Illustrated Essentials of Musculoskeletal Anatomy - Sieg and Adams

## **REFUND / CANCELLATION**

**Deposit** refund is given only if cancellation is received 14 days prior to the course start date that the applicant has applied to. **No deposit refunds are given after that date.** Deposit can be credited one time to the next scheduled course at the same location or transferred to another student who meets PSC pre-requisites within a 6/six month period.

**Tuition** payments made prior to the course start will be refunded if cancellation meets the above requirements. Any tuition paid is NOT refundable once the course has begun. A **Non Refundable Deposit** of \$500.00 (\$100 for Mat or a Module) is due with registration to reserve a place in the course.

## **PSC's TRANSITIONAL PILATES / BRIDGE PROGRAM**

Should you wish to review or were unsatisfied with your education experience elsewhere, PSC offers a 'bridge' program. The program can accomplish two things:

1. An instructor with incomplete education may add a PSC module in any desired mat or apparatus program to improve your skills and your credentials.
2. An instructor with an education that was sub standard may wish to "re-certify" thru PSC in a comprehensive or modular program. We offer a 50% discount to any instructor who wishes to study with us. (*proof / certificate from previous education required per module*)

### **Why Bridge with PSC?**

Pilates Sports Center is internationally recognized and upholds all of the PMA criteria for a Pilates educational program. We offer Pilates Instructor training in over 20 locations in the USA, Canada, Israel and Turkey. The PSC program is growing rapidly. Bridging is a great way for instructors to continue their journey or re-visit Pilates instructor skills. It is also a great way to add diversity to your training background. PSC and its Master Trainers are actively running Pilates Studios of their own and can give you the best insight into the world of successful business and client instruction. PSC's respects our classic heritage, while infusing new ideas that are both science based and creative. Become part of a growing team of professionals and part of renowned training program.

### **Requirements to Transition with PSC**

- Application
- Payment
- PSC's Fundamentals / Philosophy ("Nuts & Bolts") Program
- Supply a certificate of completion as proof of previous education
- A Mat certificate of completion, required prior to any PSC apparatus module

Once prior education is verified, you will be admitted to PSC's Bridge Program.

For more information contact PSC at [info@PilatesSportsCenter.com](mailto:info@PilatesSportsCenter.com)

Or call us at 800-604-PSCI (7724) or 818-788-8112