

PILATES PROFESSIONAL TEACHER TRAINING CERTIFICATE

Advisory Committee Meeting Minutes

October 6, 2014

Facilitator: Professor Karol Ritz

Attendees:

Amy Nakamura (Dance Dept. Chair, Pilates Certified)
Christine Baltés (Pilates studio owner, Dance & Gyrokinesis instructor)
Pat Lefler (Dance Professor, completed the Phase I Pilates Certificate)
John Vaughan (Dance Professor Citrus College, Pilates Certified)
Grace Hanson (Director, Disabled Student Programs & Services, Mt. SAC)
Carol Cugno (Local business owner & completed Mt. SAC Pilates certificate)
Stephanie Gasparo (Owner of Om Sweet Om Pilates Center)
Karol Ritz (Program Coordinator & double certified in Pilates)

AGENDA: The purpose of the meeting was to go over the certificate plans and approve changes to the existing certificate.

Discussion:

1. Professor Ritz described the new courses in Pilates that focus on incorporating the equipment that were not present when the original courses were developed.
2. New courses are Pilates I, Pilates II, and Pilates III. The Alignment & Correctives I would remain a pre-requisite for the certificate but the Alignment & Correctives II is replaced by the Pilates I.
3. The CPR course can be eliminated since the Pilates Method Alliance no longer requires it as part of the national standards for teacher training programs.
4. The dance department is discussing combining the two phases into one certificate and **if** that were to happen would the committee approve?
5. The committee agreed with the purposed changes.

Conclusions:

The committee unanimously voted to approve the changes to the Pilates Professional Teacher Training Certificates.

Special Notes: It was decided to stay with the plan of two certificates as approved originally by the committee while going forward with the changes in courses.