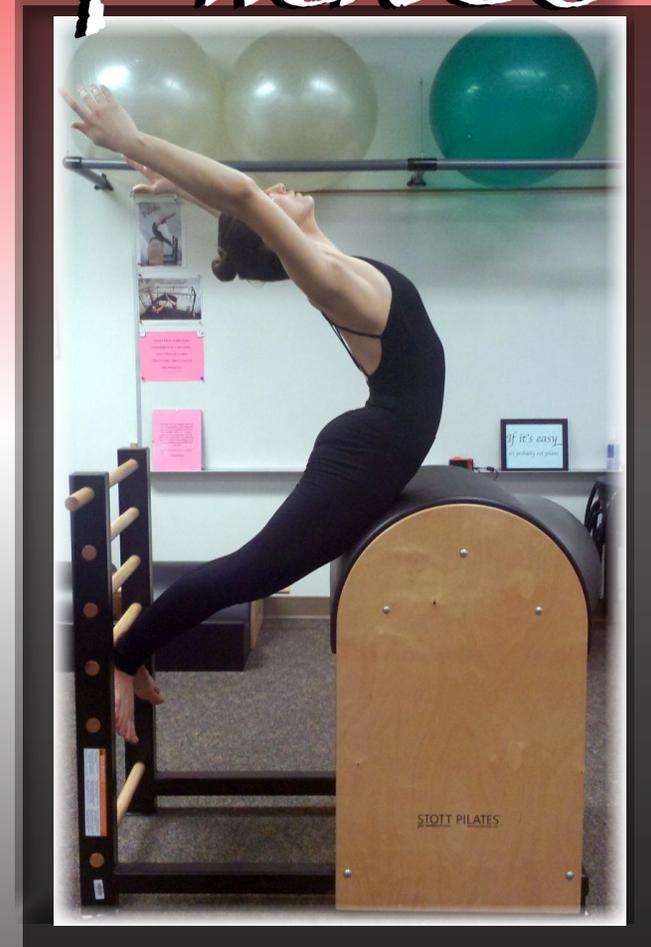


About The Certificate

The Pilates Professional Teacher Training Certificate prepares students for careers as pilates instructors/trainers in professional pilates studios, dance studios, corporate fitness facilities, wellness centers, public/private health clubs and private training in a home studio. The certificate curriculum meets the standards of the Pilates Method Alliance and includes lecture, self study, and teaching hours.



Pilates



For More Information:

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Comprehensive
Pilates Teacher
Training

PILATES

Comprehensive Pilates Teacher Training Program

Mt. San Antonio College



Pilates Professional Teacher Training: Mat and Reformer

Covers pilates theory along with Mat and Reformer repertoire of exercises.

Course	Title	Units
DN-T 27	Theory And Principles of Pilates	3.0
DN-T 28	Functional Anatomy for Pilates	2.0
DN-T 29	Teaching Pilates Mat Repertoire	1.5
DN-T 30	Teaching Pilates Reformer Repertoire	1.5
DN-T 31	Pilates Teaching Mat and Reformer	3.0
KIN 24	Applied Kinesiology	2.0
DNCE 39A	Alignment and Correctives	0.5
DNCE 41	Pilates I	1.0
Plus Select 2 Courses From Below:		
DNCE 40	Conditioning Through Dance	1.0
DNCE 42	Pilates II	1.0
DNCE 43	Pilates III	1.0
Total Units		16.5

Pilates Professional Teacher Training: Cadillac, Chair, Auxiliary

Covers Cadillac, Wunda Chair, Ped-A-Pull, Barrels and auxiliary equipment repertoire of exercises.

Course	Title	Units
DNCE 39A	Alignment and Correctives	0.5
DN-T 27	Theory And Principles of Pilates	3.0
DN-T 28	Functional Anatomy for Pilates	2.0
DN-T 29	Teaching Pilates Mat Repertoire	1.5
DN-T 30	Teaching Pilates Reformer Repertoire	1.5
DN-T 32	Teaching Pilates Cadillac and Wunda Chair Repertoire	1.5
DN-T 33	Teaching Pilates Ped-a-Pul, Barrels and Auxiliary Equipment Repertoire	1.5
DN-T 34	Pilates Teaching-Cadillac, Wunda Chair & Auxiliary Equipment	3.0
Plus Select 2 Courses From Below:		
DNCE 41	Pilates I	1.0
DNCE 42	Pilates II	1.0
DNCE 43	Pilates III	1.0
Total Units		16.5

TEACHER TRAINING:

Formal comprehensive training to prepare the student to teach pilates in private and group sessions. Included is the study of theory, anatomy, biomechanics, the full mat and equipment repertoire (beginning, intermediate, advanced), use of props, working with special populations and teaching styles. This thorough, rigorous training conducted by certified and experienced instructors, prepares the student to teach pilates or to incorporate the pilates method into other movement modalities.

PILATES:

Developed by Joseph H. Pilates over 80 years ago, this conditioning method uses proper body alignment to strengthen muscles, increase flexibility and improve endurance. This discipline sculpts the body, creating harmony in the body, mind and spirit.

