This Pilates Teacher Training course provides the knowledge needed to teach groups and individuals Pilates mat-work exercises to a beginner through to advanced level.

Starting with the foundations and fundamentals of Pilates, the course aim is to marry functional anatomy with Pilates exercises, modified from the original 34, in a safe and effective way. In doing so, we aim to give participants a true understanding of Pilates Method and a deeper understanding of the teaching skills needed to teach this method to the public.

Duration

The full training takes 140 hours.

50 contact hours, 50 0nline Anatomy and Physiology hours, 20 prerequired learning hours and 20 apprenticeship/supervised teaching hours

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Course modules

* Pilates history, philosophy and principals
* Applied anatomy
* Pilates mat exercises level I&II including modifications and progressions
* Teaching skills, cuing, safety & effective communication
* Postural analysis and its impact on Pilates students
* Pilates fundamentals
* Pilates warm up exercises
* Pilates Improvers
* Cautions and contraindications
* General health and safety practices
* The business, hospitality and ethics of Pilates.

Prerequisites

20 hours Pilates experience

Certification

After passing the final examination and students must fulfil hours of observation and supervised teaching with a recognised Pilates Mat-work teacher. Yogalates, reformer or any other Pilates Fusion classes are not accepted.

These hours must be signed off and returned to PTTI.

**Syllabus**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Topic** | **Method** | **Contact hours** | **Online learning hours** | **Self/****supervised study hours** |
| Pre required Pilates Classes with a qualified Pilates Teacher | Face to face |  |  | 20 |
| **Anatomy and Physiology** |  |  |  |  |
| **\*Anatomy and Physiology Certification ITEC level 3 or higher.** [**https://www.anatomyandphysiologyonline.com/items/anatomy-physiology-certificate-course**](https://www.anatomyandphysiologyonline.com/items/anatomy-physiology-certificate-course) | **Online/or face to face** |  | 50 |  |
| **Pilates Mat Foundations to level 1** |  |  |  |  |
| Course introduction, with explanation of learning outcomes. Discipline requirements: timekeeping, ethics, hygiene, kit and materials needed. Q & A | Classroom discussion | .5 |  |  |
| Pilates Breathing and the anatomy of breathing | Practice/class | 1.5 |  |  |
| Pilates mat class, fundamentals to beginners’ level | Workshop | 1.5 |  |  |
| The history and principals of Pilates | Lecture | 1 |  |  |
| Pilates fundamental exercises set up | Workshop/lecture | 2 |  |  |
| Warm up exercises | Workshop/lecture | 1 |  |  |
| Pilates mat class fundamental level Q&A | Practice/class | 1.5 |  |  |
| Anatomy for Pilates | lecture | 3 |  |  |
| Supine exercises followed by Q&A | workshop | 2 |  |  |
| Pilates mat level 1 class with Q&A | practice | 1.5 |  |  |
| Teaching skills- | workshop | 1.5 |  |  |
| posture and Pilates | Workshop/lecture | 1.5 |  |  |
| Pilates mat level I class with Q&A | practice | 2 |  |  |
| Articulating, all fours, plank | workshop | 1 |  |  |
| Seated exercises in detail | workshop | 2 |  |  |
| Prone exercises in detail | workshop | 1.5 |  |  |
| Side – lying exercises in detail | workshop | 1 |  |  |
| Pilates exercises modifications and progressions | Lecture/ workshop | 1.5 |  |  |
| Pilates exercises cautions and contraindications | Lecture/workshop | 2 |  |  |
| Class planning | Lecture/workshop | 1.5 |  |  |
| **Pilates Mat level 2-3 plus equipment** |  |  |  |  |
| Advanced Pilates exercises practice and teaching | Workshop/discussion/lecture | 7 |  |  |
| Business and ethics of Pilates  | Lecture | 2 |  |  |
| Pilates with small equipment | Practice/ workshop | 7.5 |  |  |
| Individual Case studies- applied Pilates | Workshop | 2.5 |  |  |
| Class observation | Self-study with qualified teacher |  |  | 10 |
| Apprenticeship/ supervised teaching | Self-study with qualified teacher |  |  | 10 |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| **Total training hours** |  | **50** | **50** | **40** |

\*\*\***\*Anatomy and Physiology Certification ITEC level 3 or higher. Students must take a written examination in this A&P course in a recognised ITEC school. The A&P Certificate must be presented to PTTI before Pilates Certification.**

**The fee for this is not included in the PTTI fees\*\*\*\*\*\***

**Pilates Comprehensive Mat Examination Criteria**

The examination is composed of two parts

1. Practical Skills

**Demonstrations**

Each student is required to demonstrate two Pilates Exercises for the examiner. These will be chosen from the manual, on the day. Demonstrations will be marked on the following: Each category carries equal marking and the pass mark required is 60%

* Exercise Set Up
* Breathing
* Execution
* Verbal answers to Modifications and progressions of the exercise

**Teaching**

Each student is required to Teach, to their fellow students, two Pilates Exercises from the manual, to the requested level. Demonstrations will be marked on the following: Each category carries equal marking and the pass mark required is 60%

* Exercise Set Up
* Breathing
* Clarity
* Use of Imagery
* Health/ Safety/hospitality
1. Written exam

Students are required to meet the 60% pass mark for the Theory Paper.