This **CPD Pilates Mat Level 1 & 2 Teacher Training** course provides the knowledge needed to teach groups and individuals Pilates mat-work exercises to a beginner through to intermediate 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 65+ hours.

35 contact hours, 20 prerequired learning hours and between 10 and 20 observation/supervised teaching hours after the training has commenced.

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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
* Pilates fundamentals
* Pilates warm up exercises
* 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**

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| **Topic** | **Method** | **Contact hours** | **Online learning hours** | **Self/****supervised study hours** |
| Pre required Pilates Classes with a qualified Pilates Teacher | Face to face |  |  | 20 |
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| **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 | 2.5 |  |  |
| Warm up exercises | Workshop/lecture | 2 |  |  |
| 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 | 2.5 |  |  |
| posture and Pilates | Workshop/lecture | 1.5 |  |  |
| Pilates mat level I class with Q&A | practice | 2 |  |  |
| Articulating, all fours, plank | workshop | 1.5 |  |  |
| 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 | 2 |  |  |
| Pilates exercises cautions and contraindications | Lecture/workshop | 2 |  |  |
| Class planning | Lecture/workshop | 1 |  |  |
| Business and ethics of Pilates  | Lecture | 1 |  |  |
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|  |  |  |  |  |
| Class observation | Self-study with qualified teacher |  |  | 10-20 |
|  |  |  |  |  |
| **Total training hours** |  | **35** | **---** | **30-40** |

**Pilates 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.