

CURRICULUM FOR **PILATES COMPREHENSIVE** TEACHER EDUCATION

1) Professionalism

- Scope of Practice
- Code of Ethics
- Professional Conduct
- General Precautions
- Pilates Philosophy
- Pilates History

2) Movement Analysis / Program Design /Teaching techniques (includes Matwork and all Apparatus)

**Note: Study of the material covered in #2 above should be integrated throughout 3 – 8 below.*

3) Movement Science / Anatomy e Kinesiology

4) Special Populations / Precautions and Contraindications

5) Observation

Definition: Students engage in observation at a location approved by their school when they watch teachers conduct Pilates sessions with their clients. During the observation, the students do not interact with the teacher or client, but are actively noting components such as exercise choice, cueing techniques, safety considerations, teacher-client interaction and program design.

6) Personal Practice

Definition: Students engage in self-practice when they practice performing the Pilates repertoire at a location and in a manner approved by their school.

7) Student Practice Teaching

Definition: Students engage in practice teaching when they teach Pilates to actual clients in a location and in a manner approved by their school.

8) Practical and Written Assessments

Total Hours: 450

SUGGESTED PROGRAM REQUIREMENTS

- 1) Required reading: **Return to Life**
- 2) Periodical practical movement and teaching assessment for both Matwork and apparatus
- 3) Final Assessment which takes into consideration all parts of a comprehensive program

SUGGESTED ADMINISTRATIVE PROCEDURES:

- 1) Obtain a signed agreement / contract regarding price, time limits, graduation requirements, etc.
- 2) Establish a sexual harassment policy
- 3) Create a non-discriminatory policy that addresses race, color, creed, age, gender, sexual orientation, nationality, or disabilities