

PILATES PROFESSIONAL TEACHER TRAINING: CADILLAC, CHAIR, AUXILIARY (CERTIFICATE N0665)

Kinesiology, Athletics and Dance Division Certificate N0665

The 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 curriculum meets the industry standards for a comprehensive Pilates teacher training technique course. The program covers Pilates theory, anatomy, pedagogy and the exercise repertoire for the Mat, Reformer, Cadillac, Wunda Chair, Barrels, Ped-a-Pul and accessory equipment. The certificate includes lecture, self-study and practice teaching hours and after completing the certificate, students will be qualified to all levels of the Pilates exercise repertoire in Mat and apparatus, including special populations and remedial programs.

Required Courses

| Course Prefix | Course Name | Units |
|--|--|----------------|
| DN-T 27 | Theory and Principles of Pilates | 3 |
| DN-T 28 | Functional Anatomy for Pilates | 2 |
| 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 |
| DNCE 39 | Pilates Fundamentals | 0.5-1 |
| Choose two courses. Must take 1 unit from each course selected | | 2 |
| DNCE 41 | Pilates I | |
| DNCE 42 | Pilates II | |
| DNCE 43 | Pilates III | |
| Total Units | | 16.5-17 |

Kinesiology, Athletics, and Dance Website (<http://www.mtsac.edu/kinesiology/>)

Program Learning Outcomes

Review Student Learning Outcomes (SLOs) (<http://www.mtsac.edu/instruction/outcomes/sloinfo.html>) for this program.