

PILATES PROFESSIONAL TEACHER TRAINING: MAT AND REFORMER (CERTIFICATE N0667)

Kinesiology, Athletics and Dance Division Certificate N0667

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 meets the industry standards for a Pilates Teacher Training technique course in Mat and Reformer, and includes lecture, self-study, and teaching hours. The program includes Pilates theory, anatomy, the Mat and Reformer repertoire of exercises and after completing the certificate, students will be qualified to teach all levels of the Pilates exercises in Mat and Reformer, 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 31 | Pilates Teaching-Mat and Reformer | 3 |
| DNCE 39 | Pilates Fundamentals | 0.5-1 |
| DNCE 41 | Pilates I | 1 |
| KIN 24 | Applied Kinesiology | 2 |
| Choose two courses. Must take 1 unit from each course selected | | 2 |
| DNCE 40 | Conditioning Through Dance | |
| 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

Upon successful completion of this program, a student will be able to:

- Develop a portfolio of lesson plans, a teaching resume, and a personal Pilates brand.
- Teach, with attention to alignment, Pilates exercises while incorporating the Pilates concepts and principles.
- Develop a log of the Pilates mat and Reformer exercises that includes muscular analysis, objectives, cueing, and modifications (approximately 150 exercises).

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