

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

Kinesiology Division

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
KIN 24	Applied Kinesiology	2
DNCE 39	Pilates Fundamentals	0.5-1
DNCE 41	Pilates I	1
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/>)

Guided Pathways of Study Suggested Course Sequence (<https://www.mtsac.edu/guided-pathways/pathway-results.html?pthwyvar=E0315&desc=Pilates+Professional+Teacher+Training%3A+Mat+and+Reformer%2C+Certificate+E0315>)

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 \(SLOs\)](#) for this program.