

Active Pilates Education 500 Hours Pilates Teacher Training Program COURSE BREAKDOWN

Module 1.

3-Dimensional Human Anatomy and Kinetics Foundation

Skeleton System, Muscular System, Connective Tissue, Exercise Planes Analysis, Movements Analysis, Exercise Chain Analysis, Common Range of Motion Restriction, Muscular Function and Structural Analysis, Common Injury Analysis. Posture and Gait Analysis.

Campus: 50 Hours

Practice: 20 Hours

Total: 70 Hours

Module 2.

Mat Work

Pilates History, Pilates Principles, Posture Clinic, Breathing Pattern Analysis, Shoulder Stability Analysis, Hip Stability Analysis, Mat Foundation Movements, Coaching Methodology, Teaching and Cueing and Modifications. , Intermediate and Advance Movements, Training Methods for Special Groups, Safety and Pathology. Training for Low Back Pain Symptoms, Training for Scoliosis, Balance Series, Posture Analysis, Gait Pattern Analysis.

Campus: 50 Hours

Practice: 50 Hours

Total: 100 Hours

Module 3.

Reformer Work

Essential Movements, Pilates Principles, Small Tools, Foot Series, Back Rowing Series, Front Rowing Series, Midback Series, Short Box, Long Box, Standing Series, Spine Articulation Series, Hip Hinge Series, Arm Series. Intermediate and Advance Movements, Pilates Principles, Balance Series, Foot Series, Swan Dive Analysis, Thoracic Spine Movements Analysis, Foot Arc Analysis, Scoliosis Rehabilitation Movements, Advance Standing Series, Advance Rowing Series, Shoulder Girdle Rehabilitation Movement, Mindfulness Practice.



Campus: 80 Hours

Practice: 100 Hours

Total: 180 Hours

Module 4.

Cadillac

Essential and Intermediate Cadillac Movements, Low Back Rehabilitation Movements, Spine Articulation Movements, Hanging Positions and Posture Corrections. Pilates History with Cadillac Work, Rehab Training with Cadillac.

Campus: 20 Hours

Practice: 10 Hours

Total: 30 Hours

Module 5.

Wunda Chair

Essential and Intermediate Chair Movements, Shoulder and Thoracic Spine Movements, Arm Series on Chair, Spine Articulation on Chair, Leg Series on Chair.

Campus: 10 Hours

Practice: 10 Hours

Total: 20 Hours

Module 6.

Ladder Barrel

Basic Movements on Barrel, Safety and Special Group Cautions, Spine Articulation Movements, Scoliosis Rehabilitation Treatment on Barrel. Lateral Series, Leg and Midback Series. Barrel Training Principles.

Campus: 10 Hours

Practice: 10 Hours

Total: 20 Hours



Module 7

Spine Corrector, Arc, and Accessory Tools

Pilates Principles, Spine Corrector Movements, Arc Movements, Swiss Ball Movements, Bosu Movements, Pilates Magic Circle Movement, Barr Movement, Glides Movements, Resistance Band Movements, Principles of Combining Accessory Tools with Reformer, Principles of Combining Accessory Tools with Mat Work.

Campus: 10 Hours

Practice: 10 Hours

Total: 20 Hours

Module 8

Special Group Population Training

Training Methods for Pregnant Population, Training Methods for Seniors, Training Methods for Low Back Pain, Training Methods for Scoliosis, Training Methods for Athlete, Training Methods for Professional Dancers, Training Methods for Youth, Training Methods for Professional Models.

Campus: 10 Hours

Practice: 10 Hours

Total: 20 Hours

Total Training Hours: 500 Hours

Module 9

Cervical and Shoulder Rehab

Training methods for cervical and shoulder pain. Basic Palpation techniques, basic orthopedic tests teaching, muscle testing, basic mobilization and muscle energy techniques. Identifying the differences between nerve root pinching and soft tissue injury etc.

Campus: 10 Hours

Practice: 10 Hours

Total: 20 Hours

Module 10.

Lumbar and Pelvic Rehab



Training methods for lumbar and pelvic pain. Basic Palpation techniques, basic orthopedic tests teaching, muscle testing, basic mobilization and muscle energy techniques. Identifying the differences between nerve roots pinching and soft tissue injury etc.

Campus: 10 Hours

Practice: 10 Hours

Total: 20 Hours

****Practice Hours Tracking Instructions:**

1. Students may invite friends / family members as the practical clients without any charge.
2. Students should log in the hours every time they finish a session.

****On Campus Course Instructions:**

1. The on-campus course runs from 9:30 am to 4:30 pm on the scheduled dates, each course's date will be arranged at least 3 months before we post on Internet. Students can register according to your own schedule. If the course dates do not match with your schedule, you can postpone or put a hold with written notice with the condition that certain deposit has been submitted.
2. Course usually operates as live course but if any uncontrollable circumstance happens such as lockdown order or natural disasters then our school owns the right to switch the course to online format.