



ACTIVE PILATES
ALIGNMENT · BREATHE · CONTROL

ACTIVE PILATES EDUCATION

600 HOURS COMPREHENSIVE
PILATES TEACHER TRAINING PROGRAM
COURSE BREAKDOWN



ITTAP
International Teacher Training
Accreditation for Pilates

Credentials: Pilates Method Alliance (PMA) International Teacher Training Approval Program (ITTAP)



Module 1: Fundamentals of 3D Human Anatomy and Kinesiology (Functional Anatomy for Pilates and Rehab)

Objectives:

To provide students with foundational knowledge of human structure, movement functionality, and Pilates exercise analysis. This module helps students master body assessment through the principles of kinesiology.

Course Content:

- **Skeletal and Muscular Systems:** Understanding the human skeletal structure, major muscle groups, and their functions.
- **Connective Tissue and Movement Chain Analysis:** Exploring the role of connective tissues and analyzing movement chains and their impact on motion.
- **Range of Motion and Postural Analysis:** Identifying common limitations in range of motion and conducting posture and gait analyses.
- **Common Injuries and Functional Analysis:** Recognizing common injuries in Pilates training and their impact on body structures.
- **Muscle Function and Structural Analysis:** Delving into the principles of muscle operation and their relationship to movement.

Course Duration:

- Online Foundational Course: 20 video lessons, 15–30 minutes each
 - In-person Advanced Course (optional): 4 days, 28 hours
 - Practice and Assignments: 10 hours
- Total Duration: 58 hours**



Module 2: Mat Foundation and Intermediate

Objectives:

To master foundational Pilates mat exercises, understand Pilates principles and theory, teach students of varying levels, enhance core stability and body coordination, deepen the understanding of Pilates movements, and learn teaching techniques for group classes, private lessons, and special populations.

Course Content:

- **History and Principles of Pilates:** Understanding the origins of Pilates and learning its core principles.
- **Dynamic Stability of Major Joints:** Analyzing stability in key joints such as the shoulders, hips, and spine for targeted teaching.
- **Breathing Patterns:** Learning and adapting different breathing techniques to match specific movements.
- **Intermediate and Advanced Mat Exercises:** Teaching advanced mat exercises to improve stability and flexibility.
- **Group and Private Class Templates:** Providing templates for group and private classes to prepare students for immediate teaching roles.
- **Special Population Training:** Designing exercises for individuals with special needs (e.g., back pain, scoliosis).

Course Duration:

- On-campus Course: 4–5 days, ~35 hours
 - Practice Course: 100 hours (40 hours of self-practice, 40 hours of teaching practice, 20 hours of observation/mentorship)
- Total Duration:** 135 hours



Module 3: Reformer Foundation and Intermediate

Objectives:

To learn Reformer-based training and adapt exercises to meet client needs, providing personalized training plans with a focus on private lessons and small group classes.

Course Content:

- **Foundational Reformer Exercises:** Mastering the basics of Reformer use, including leg, arm, and spinal series.
- **Intermediate and Advanced Exercises:** Learning complex combinations to increase training intensity.
- **Shoulder, Hip, and Spine Correctional Training:** Using the Reformer for postural and spinal alignment.
- **Functional and Balance Training:** Enhancing overall stability, focusing on core and lower-body strength.

Course Duration:

- On-campus Course: 6–7 days, ~49 hours
 - Practice Course: 100 hours (40 hours of self-practice, 40 hours of teaching practice, 20 hours of observation/mentorship)
- Total Duration:** 149 hours

Module 4: Cadillac Foundation and Intermediate

Objectives:

To teach students basic and intermediate exercises using the Cadillac, addressing spinal pain, posture issues, and enhancing teaching techniques with diverse tools and ideas.

Course Content:

- **Basic and Intermediate Cadillac Exercises:** Mastering foundational exercises, including spinal correction and suspension series.
- **Lumbar-Pelvic Rehabilitation Training:** Using the Cadillac for rehabilitation of the lumbar-pelvic region.
- **Postural Correction Training:** Conducting full-body postural adjustments with a focus on spinal flexibility and stability.



Course Duration:

- On-campus Course: 3 days, ~21 hours
 - Practice Course: 30 hours (15 hours of self-practice, 15 hours of teaching practice)
- Total Duration:** 51 hours

Module 5: Wunda Chair Foundation and Intermediate

Objectives:

To utilize the Wunda Chair for full-body training, with a particular focus on improving flexibility and stability in the shoulders, spine, and hips.

Course Content:

- **Basic and Intermediate Wunda Chair Exercises:** Training for shoulders, spine, and legs.
- **Spinal Flexibility and Joint Mobility:** Enhancing spinal mobility and joint stability with the Wunda Chair.

Course Duration:

- On-campus Course: 10 hours
 - Practice Course: 20 hours (10 hours of self-practice, 10 hours of teaching practice)
- Total Duration:** 30 hours

Module 6: Ladder Barrel Foundation and Intermediate

Objectives:

To master foundational training with the Ladder Barrel, especially for rehabilitation exercises for special populations like those with scoliosis.

Course Content:

- **Foundational Ladder Barrel Training:** Learning basic spinal extension and corrective exercises.
- **Scoliosis Rehabilitation Training:** Conducting corrective practices for scoliosis using the Ladder Barrel.



Course Duration:

- On-campus Course: 10 hours
 - Practice Course: 20 hours (10 hours of self-practice, 10 hours of teaching practice)
- Total Duration: 30 hours**

Module 7: Spine Corrector and Accessories Course

Objectives:

To utilize various accessories (e.g., Spine Corrector, Swiss Ball, Bosu) for full-body training, improving coordination and flexibility.

Course Content:

- **Spine Corrector and Arc Training:** Teaching spinal correction exercises in private lessons.
- **Application of Other Accessories:** Designing diverse training programs using tools like resistance bands and Pilates rings.

Course Duration:

- On-campus Course: 3 hours
 - Practice Course: 10 hours (5 hours of self-practice, 5 hours of teaching practice)
- Total Duration: 13 hours**

Module 8: Pre and Post Natal Pilates Course

Objectives:

Learn to design personalized Pilates programs tailored for pregnant and postpartum clients to meet their unique training needs.

Course Content:

- **Prenatal Training:** Develop safe and effective Pilates exercises for different stages of pregnancy.
- **Postpartum Training:** Design rehabilitation programs to address posture and pain issues specific to postpartum conditions.
- **Theory:** Gain in-depth theoretical knowledge for teaching pregnant and postpartum clients safely and effectively.

Course Duration:

- On-campus Course: 6 days, 48 hours
 - Practice Course: 40 hours (20 hours of self-practice, 20 hours of teaching practice)
- Total Duration:** 88 hours

Module 9: Cervical Spine and Shoulder Girdle Rehab Course**Objectives:**

Learn rehabilitation techniques for common cervical spine and shoulder issues, focusing on related muscles, nerves, and soft tissues.

Course Content:

- **Pain Management Training:** Teach rehabilitation exercises targeting the cervical spine and shoulders, including basic palpation techniques and joint mobility assessments.
- **Muscle Testing and Manual Therapy:** Learn foundational techniques in muscle energy therapy and soft tissue treatment.

Course Duration:

- On-campus Course: 3 days, 21 hours
 - Practice Course: 20 hours (teaching practice)
- Total Duration:** 41 hours



Module 10: Lumbar and Pelvis Rehab Course

Objectives:

Focus on rehabilitation techniques for the lumbar spine and pelvis, addressing issues such as lumbar curvature and pain through targeted training.

Course Content:

- **Pain Management Training:** Learn therapeutic movements for the lumbar spine and pelvic region, including basic muscle testing and joint mobilization techniques.
- **Soft Tissue and Nerve Root Compression Identification:** Understand how to differentiate between soft tissue injuries and nerve root compression symptoms and their respective treatments.

Course Duration:

- On-campus Course: 3 days, 21 hours
 - Practice Course: 20 hours (teaching practice)
- Total Duration: 41 hours**

Full Program Total Duration: 600 hours