

## **The Art and Science of Contrology Pilates Instructor Training (ASCPIT) Bridge Program**

The Art and Science of Contrology Pilates Instructor Training (ASCPIT) created the Bridge Program for those who have already been certified through another school or have not yet finished their Program. Do you sometimes think to yourself when working with a client that you have more questions than answers, or you started an Instructor Training and feel that your questions are not being answered? ASCPITs Program is rooted in the tradition of the Work as Joseph and Clara Pilates practiced it and in turn taught to Romana Kryzanowska. We believe that there is a wholeness to the Classical philosophy that when learnt in its fullness will give you insight and confidence in your teaching. You will recognize the harmony of the Classical order, as well as how all of the Apparatus work together to create a workout program that will address any client's needs.

### **Structure of the Bridge Instructor Training**

#### **Prerequisites and Application**

The student must:

- 1) have completed 25 private/semiprivate hours of Pilates instruction at The Art of Control before start of program;
- 2) attend a private evaluation session with an ASCPIT representative;
- 3) be able to demonstrate proficiency in Intermediate Mat and Reformer workouts, as well as familiarity with exercises on the Cadillac, Chairs, and Barrels;
- 4) submit the following paperwork:
  - 1) signed application
  - 2) medical release
  - 3) apprentice agreement
  - 4) referral letter from a studio, teacher, or employer
  - 5) non-compete form
  - 6) make payment of applicable tuition fees

#### **Training**

The ASCPIT is divided into three levels of training, each one covering both a Mat module and an Apparatus module. All the modules are distinct yet interconnected, building on the foundation of Joseph Pilates' teachings and exercise system. Attendance and participation in each module is required, as the full repertoire of movement is addressed in a sequential fashion. This includes modification, progression, and proper instruction technique.



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## PILATES INSTRUCTOR TRAINING

Dedicated to a Tradition of Teaching and Movement

### **Practicum**

Apprentices must complete a total of 325 Apprentice hours of coursework, including observation, teaching, personal practice, and meetings. The program can be finished within one year (less time than the full Program) of the start date (it is possible to finish in less than a year). Extensions are available; they are granted on a case-by-case basis. An extension request must first be submitted in writing to be considered. The 325 hours shall be divided among the three training levels. All hours must be completed at the AOC, except 20 hours, which may be done at an affiliated studio (these hours should not be confused with the prerequisite hours)

### **325 hour breakdown as follows:**

#### **First 100 hours**

20 hours observation, 20 private hour-sessions, 20 Mat beginner hour-classes, 30 teaching hours; plus 10 hours viewing Pilatesology videos.

#### **Second 100 hours**

30 hours observation, 15 private hour-sessions, 10 Mat intermediate hour-classes, 15 hour-duets, 30 teaching hours. (Up to 10 hours of observation may be done at an affiliated studio.)

#### **Third 100 hours**

25 hours observation, 15 private hour-sessions, 10 Mat advanced hour-classes, 20 hour-duets, 30 teaching hours. (Up to 10 hours of observation may be done at an affiliated studio.)

### **25 hours of Mandatory Meetings (you may choose which meetings to attend)**

Marketing outside of Studio

Open House one Saturday every three months (4 Open Houses)

Monthly Apprentice Meetings, exam preparation, critique/discussion with

Simona and/or her assistants, creating a business plan.

All meetings must be completed in a single year



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### **Instructional Training Modules**

#### Three separate Mat Modules

Pilates Mat Module (Pre-Pilates & Beginner)

Pilates Mat Module (Intermediate)

Pilates Mat Module (Advanced)

Thursdays & Fridays from 2:00pm to 6:00pm

**Note:** A separate Mat Program is awarded after the participant has completed all requirements of the Mat training modules. This allows the participant to begin teaching Mat Pilates before the Full Program is achieved.

#### Three separate Apparatus Modules

Pilates Apparatus Module (Beginner)

Pilates Apparatus Module (Intermediate)

Pilates Apparatus Module (Advanced)

Two full days each Module: Saturday & Sunday, from 9:30am to 5:30pm

### **Anatomy and Physiology for Pilates (On-Line Distance-Learning Course)**

**Dates:** Can be taken any time during the Certification Program

**Required text:** *Kinesiology: The Skeletal System and Muscle Function, 3<sup>rd</sup> Edition* by Joseph E. Muscolino.

Prerequisites: None (this course can be taken any time during the Certification Program).

#### **Course Description**

This course is a self-paced distance-learning course in which you read and study the content and show proficiency by passing a written exam taken on-line. It covers the same content as the in-person course.

Learn the basic anatomy and physiology (kinesiology) of the musculoskeletal system by studying the bones, joints, and major muscles of the body, as well as how the nervous system coordinates muscle function. Study postural concepts used to describe body position, as well as concepts of dynamic movement patterns to understand how the body moves spatially. By learning and understanding fundamental kinesiology, you can begin to critically understand, discuss, and teach the strengthening and stretching exercises of the Pilates Method of body conditioning!

#### **This course ends with an exam:**

The exam is written and taken on-line. It takes approximately 30-60 minutes to complete.

#### **Exams**

Each Mat Level Module practicum/oral exam takes approximately 45 minutes; the written exam takes approximately 30 minutes.

Apparatus practical and written testing is scheduled by appointment after attendance of each training Level Apparatus Module and completed required log hours.



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An Apprentice must first pass the Module's written exam before taking the Practical  
Module 1 - 1 hour for written exam (\$100.00); practical exam 1.5 hours (\$195.00)  
Module 2 - 1 hour for written exam (\$100.00); practical exam 1.5 hours (\$195.00)  
Module 3 - 4 hours for case study (\$100.00); practical exam 1.5 hours (\$195.00)

### **Tuition and Fees**

Bridge Program Tuition: \$4,500.00 must be paid in full

### Additional Fees:

Initial Evaluation: \$130.00

Administrative Fee: \$200.00

Private Sessions are not included in the tuition

Anatomy Course Requirement: \$450.00 + \$75 exam fee

Practical Exams for Apparatus Modules (exams and retakes): \$150.00 per hour

Written Exams: \$100.00 (\$150.00 for retakes)

An extra 10 hours Practice/Teaching must be logged before an exam retake

### **Continuing Education**

Teachers certified by The Art and Science of Contrology Pilates Instructor Training will receive the ASCPIT Certificate. A minimum of eight hours of Continuing Education classwork at The Art of Control is required each year to maintain this Certificate.

\*\*Continuing Education Module Credits: \$120 per day (inquire about details)

Must carry Liability Insurance

I have read and understand the requirements of The Art and Science of Contrology Pilates Instructor Training (ASCPIT), including all required training hours, payments, and mandatory dates.

**Applicant's Name (print):** \_\_\_\_\_ **Applicant's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_