



# ART & SCIENCE OF CONTROLOGY

## PILATES INSTRUCTOR TRAINING

Dedicated to a Tradition of Teaching and Movement

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

#### Mat Instructor Training

##### Program Description

This four-part program qualifies you as an instructor of the Traditional Pilates Mat Program. Instruction is provided by Simona Cipriani, a Second-Generation teacher of the original Pilates Method with direct lineage from Joseph H. Pilates. Use this Instructor Training to find employment in Pilates studios, chiropractic and physical therapy offices, universities, and fitness/athletic clubs; or to start your own business. Lastly, you will gain control of your health and well-being through the Pilates Mind Body Conditioning! Provision is available to transfer/bridge into Full Instructor Training on completion of Mat Instructor Training.

##### Learn to

Physically perform the Traditional Pilates Mat exercises and instruct clients on how to perform them with clear and detailed step-by-step directions.

Master the physical and mental principles and philosophy of the Traditional Pilates Mat Program.

Gain a solid understanding of the anatomy and physiology of the motion of the body.

**Required Courses :** Pilates Mat Module I (Pre-Pilates & Beginner), Pilates Mat Module II (Intermediate), Pilates Mat Module III (Advanced), Anatomy and Physiology (AP) for Pilates (may be in-person or distance-learning course)

##### Required Observation/Practice/Prerequisites

16 prerequisite private sessions must be fulfilled before acceptance (price not included in the 8 Private Mat sessions and 8 Mat Classes).

Students are required to accumulate a total of 100 apprentice (observation/practice/teaching) hours at instructor-approved studios; up to 10 hours may be accumulated by viewing the recommended Pilates videos. Only original Pilates Mat work is acceptable; no other work, including Pilates equipment/apparatus work, will be counted.

##### 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).

**Tuition:** \$1,200.00 Non-Refundable. (\$500 deposit + \$700)

Required Anatomy Course: \$450.00 + \$75.00 exam fee



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Initial Evaluation: \$130.00

Administrative Fee: \$200.00

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

An extra 20 hours Practice/Teaching must be logged before an exam retake

Must carry Liability Insurance after completion of Module 2

### **Pilates Mat Module I (Pre-Pilates & Beginner)**

Instructor: Simona Cipriani

Required text: *Return to Life Through Contrology* by Joseph H. Pilates

#### Module Description

Explore the life of Joseph H. Pilates and how he evolved the Art and Science of Contrology (the Pilates Method of body conditioning). Learn the Six Major Principles of Pilates and the importance of the “powerhouse” and “core stabilization.” Master the Pre-Pilates and Beginner Pilates Mat exercises, and learn to instruct clients with clear and detailed step-by-step directions. Integrate these Pilates exercises into your daily mind & body conditioning routine. Bring workout clothes and Mat.

Module I ends with completion of 30 Logged Hours of Observation/Practice/Teaching and a two-part exam:

The practicum/oral exam takes approximately 45 minutes (bring workout clothes, Thera-band, Mat, and 2-4 lb. free weights). The written exam takes approximately 30 minutes.

### **Pilates Mat Module II (Intermediate)**

Instructor: Simona Cipriani

Required text: *Return to Life Through Contrology* by Joseph H. Pilates

#### Module Description

Take your Pilates training to a higher level! Beginning with a review of Pilates Mat Module I, learn to use small equipment like the Magic Circle and Pole to facilitate the progression of the client’s workout. Incorporate hands-on skill, imagery, rhythm, and dynamic motion in the exercises to facilitate the client’s learning process. Learn the “Five Elements of the Mind” and the importance of the mind-body-spirit connection. Study the importance of resistance work in the Pilates workout. Bring workout clothes and Mat.

Module II ends with completion of 60 Logged Hours of Observation/Practice/Teaching and a two-part exam:

The practicum/oral exam takes approximately 45 minutes (bring workout clothes and Mat). The written exam takes approximately 30 minutes.



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### **Pilates Mat Module III (Advanced)**

Instructor: Simona Cipriani

Required text: Return to Life Through Contrology by Joseph H. Pilates

#### Module Description

Take your Pilates training to the highest level! Master the most advanced Pilates Mat exercises and learn to instruct clients with clear and detailed step-by-step directions. Focus on the transitions between exercises to create a stronger more fluid practice. Integrate these Pilates exercises into your daily mind & body conditioning routine. Bring workout clothes and Mat.

Module III ends with completion of 90 Logged Hours of Observation/Practice/Teaching and a two-part exam:

The practicum/oral exam takes approximately 45 minutes (bring workout clothes, Mat). The written exam takes approximately 30 minutes.

### **Program Completion**

The program must be finished within 8 months of the start date. Extensions are available; they are granted on a case-by-case basis. An extension request must first be submitted in writing to be considered.

### **Pilates Mat Instructor:**

Simona Cipriani, a former teacher/trainer of the New York Pilates Studio and a Certified Instructor of the Authentic Pilates Method for more than 25 years, studied extensively with master teacher Romana Kryzanowska, who was trained by Joseph H. Pilates and took over Joseph Pilates' gym after he died. Also a dancer for more than 35 years, Ms Cipriani has performed in both Europe and the US. She has appeared frequently as a dancer on television, in commercials, and presenting the Pilates Method of body conditioning. Ms Cipriani has been a faculty member of the State University of New York since 2006 where she teaches Pilates and has created a Pilates Certificate Program for the School of Liberal Studies & Continuing Education Department. She was chosen to assist athletes as a massage therapist at the 2004 Summer Olympics in Athens, Greece, and the 2006 Winter Olympics in Torino, Italy. Ms. Cipriani is also a Feldenkrais practitioner since 2009. She is a member of several professional organizations, including: the nonprofit Pilates Method Alliance (PMA), the AMTA, FAFNA and the Head of the Membership Committee for the Authentic Pilates Union (APU). She has published her Pre-Pilates DVD series and is currently in the process of writing a book.



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### **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.

#### **Anatomy and Physiology Instructor:**

Dr. Muscolino is a licensed chiropractic physician and teaches anatomy and physiology at Purchase College, State University of New York (SUNY). Dr. Joe Muscolino also taught kinesiology and musculoskeletal and visceral anatomy, physiology, pathology, and assessment courses at the Connecticut Center for Massage Therapy (CCMT) from 1986 - 2010.

Dr. Muscolino is the author of numerous textbooks with Elsevier Science and with Lippincott, Williams & Wilkins, including:

- *Kinesiology, The Skeletal System and Muscle Function, 2nd Edition*
- *The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns, and Stretching, 2<sup>nd</sup> Edition*
- *Mosby's Trigger Point Flip Chart with Referral Patterns and Stretching*
- *The Muscular System Manual, The Skeletal Muscles of the Human Body, 3rd edition*
- *Musculoskeletal Anatomy Coloring Book, 2nd Edition*
- *Musculoskeletal Anatomy Flashcards, 2nd Edition*
- *Advanced Treatment Techniques for the Manual Therapist – Neck*
- *Manual Therapy for the Low Back and Pelvis – A Clinical Orthopedic Approach*

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

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