



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) Full Program (Mat and Apparatus) Overseas

The Art and Science of Contrology Pilates Instructor Training (ASCPIT) offers a comprehensive Instructor Training following the training of Joseph H. Pilates and his system of body conditioning known as the Art of Contrology. The extensive curriculum of exercise and functional movement is taught in the classical style and technique developed by Pilates and his wife, Clara, as well as his successor, Romana Kryzanowska. This includes work on Joseph Pilates' original studio equipment and Mat exercises. Graduation from ASCPIT prepares you to lead group mat classes or work one-on-one with a client, feeling confident with the many pieces of studio equipment Joseph Pilates invented, and your ability to construct a proper routine fitting your clients' needs.

Structure of the Instructor Training Program

Prerequisites and Application

The student must:

- 1) have completed 30 private/semiprivate hours of Pilates instruction before start of program (25 minimum to apply) If Mat Certified through ASCPIT, prerequisite is already fulfilled;
- 2) attend a private evaluation session with an ASCPIT representative;
- 3) be able to demonstrate proficiency in 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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Practicum

Apprentices must complete a total of 650 Apprentice hours of coursework, including observation, teaching, personal practice, and meetings. The program must be finished within 18 months of the start date (it is possible to finish within 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 650 hours will be divided among the three training levels. All hours must be completed at the AOC, except 75 hours, which may be done at an affiliated studio (these hours should not be confused with the prerequisite hours).

650-hour breakdown as follows:

First 200 hours

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

Second 200 hours

100 hours observation, 15 private hour-sessions, 10 Mat intermediate hour-classes, 15 hour-duets, 60 teaching hours. (Up to 50 hours of observation may be done at an affiliated studio.)

Third 200 hours

50 hours observation, 10 private hour-sessions, 10 Mat advanced hour-classes, 20 hour-duets, 110 teaching hours. (Up to 25 hours of observation may be done at an affiliated studio.)

50 hours of Mandatory Meetings

10 hours - Marketing outside of Studio

16 hours - Open House one Saturday every three months (4 Open Houses)

24 hours - Monthly Apprentice Meetings, exam preparation, critique/discussion with Simona and/or her assistants, creating a business plan.

Only two absences may be excused; apprentice is responsible for missed material.

All meetings must be completed in a single year.



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Instructional Training Modules

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

Three separate Mat Modules

Pilates Mat Module I (Pre-Pilates & Beginner)

Pilates Mat Module II (Intermediate)

Pilates Mat Module III (Advanced)

Thursdays & Fridays from 2 pm to 6 pm

Note: A separate Mat Certification 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 Certification is achieved.

Three separate Apparatus Modules

Pilates Apparatus Module I (Beginner)

Pilates Apparatus Module II (Intermediate)

Pilates Apparatus Module III (Advanced)

Anatomy and Physiology Class

18 hours - Required classwork (Distance Learning Course is also available)

The *Anatomy of Pilates* class with Dr. Joseph E. Muscolino – a college level course; this class is offered by SUNY Purchase or through Continuing Education at The Art of Control. Textbook required.

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.

An Apprentice must first pass the Module's written exam before taking the Practical.

Module I - 1 hour for written exam (\$100); practical exam 1.5 hours (\$195)

Module II - 1 hour for written exam (\$100); practical exam 1.5 hours (\$195)

Module III - 4 hours for case study (\$100); practical exam 1.5 hours (\$195)

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.



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Overseas Tuition and Fees

Full Certification Tuition: \$7,900 if paid in full

\$1,000 deposit with application and \$6,900 balance paid prior to Training Module I

Overseas - Optional Payment Plan Tuition: \$8,400 total

\$1,000 deposit with application

\$2,900 prior to Training Module I

\$2,500 prior to Training Module II

\$2,000 balance paid prior to Training Module III

Overseas - Bridge Certification Tuition: \$6,100 must be paid in full

Approximate tuition based on prior experience/certification.

Overseas - Additional Fees:

Initial Evaluation: \$200

Administrative Fee: \$200

Private Personal Practice Sessions are not included in the tuition

Anatomy Course Requirement: \$450 + \$75 exam fee

Practical Exams for Apparatus Modules (exams and retakes): \$195 per hour

Written Exams: \$100 (\$150 for retakes)

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

Apprentices retaking a Module will be charged \$150 per day (inquire about details)

Must carry Liability Insurance after completion of Module 2 (may be waived)

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: _____