



**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. And of course you will gain control of your health and well-being through the Pilates Method of Mind Body Conditioning. Provision is available to transfer/bridge into Full Instructor Training upon 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, physiology and 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 (distance-learning course).

**Prerequisites and Application**

The student must:

- 1) have completed 16 hours of Pilates instruction before start of program (8 private Mat sessions and 8 Mat classes).
- 2) attend a private evaluation session with an ASCPIT representative;
- 3) be able to demonstrate proficiency in Mat workouts;
- 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



# ART & SCIENCE OF CONTROLOGY

## PILATES INSTRUCTOR TRAINING

Dedicated to a Tradition of Teaching and Movement

### Training

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.

### Tuition and Fees:

\$1,200 Non-Refundable. (\$500 deposit + \$700)

Not including the following:

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

Initial Evaluation: \$130

Administrative Fee: \$200

Written Exams: \$100 (\$130 for retakes) Practical Exam retake: \$130

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

Must carry Liability Insurance

Tuition \$1,200 (\$500 deposit plus \$700) (Price does not include Practice/Private Sessions; Administrative Fees; Written & Practical Exam)

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

### 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 your own 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, your own Thera-band, mat, and 2-4 lb. free weights). The written exam takes approximately 30 minutes.



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### **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 Mat Module I, learn to use small equipment such as 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 your own 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 your own mat). The written exam takes approximately 30 minutes.

### **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 your own 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 and your own mat). The written exam takes approximately 30 minutes.

### **Program Completion**

The program must be finished within eight 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.

### **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.



# ART & SCIENCE OF CONTROLOGY

## PILATES INSTRUCTOR TRAINING

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### **Pilates Mat Instructor:**

**Simona Cipriani**, owner of the Art of Control Pilates studio and educational director of the Art and Science of Contrology Pilates Instructor Training (ASCPIT), has been a certified instructor of the Authentic Pilates Method since 1993. Ms. Cipriani, a Second-Generation Pilates Instructor, studied extensively with Romana Kryzanowska at Drago's Gym in New York City, where she taught by Romana's side for many years. A dancer for more than 45 years, Ms. Cipriani started performing professionally at the age of 14 in Italy, and continued to dance throughout Europe and the United States. During the past years she has traveled throughout the US, Europe, Asia, and Australia teaching Pilates seminars and workshops. Ms. Cipriani served as a massage therapist for the athletes at the 2004 Olympic games in Athens, Greece and 2006 in Torino, Italy. She has published two Pilates DVD series and a book.

### **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.

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

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