



# 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 Instructor Training (Mat and Apparatus)

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

#### Prerequisites and Application

The student must:

- 1) have completed 30 private/semiprivate hours of Pilates instruction before start of program (25 minimum to apply). Logged hours submitted on Prerequisite Log Sheet. 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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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 is 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 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.

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.

#### **Pilates 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 attending each training level of the Apparatus Module and completing the required log hours.

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



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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)

### **Tuition and Fees**

Full Instructor Training Tuition: \$6,500 if paid in full

\$500 deposit with application and \$6,000 balance paid prior to Training Module I

Optional Payment Plan Tuition: \$7,000 total

\$500 deposit with application

\$2,000 prior to Training Module I

\$2,500 prior to Training Module II

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

### Additional Fees:

Initial Evaluation: \$130

Administrative Fee: \$200

Private Sessions are not included in the tuition

Anatomy Course Requirement: \$250 + \$75 exam fee

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

Written Exams: \$100 (\$130 for retakes)

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

Apprentices must carry Liability Insurance.

### **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.

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