

## The Art and Science of Contrology® Pilates Instructor Training (ASCPIT) in Headquarters (The United States)

### Mat Instructor Training

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.

### Structure of the Instructor Training Program

#### 1. Prerequisites and Application

**The student must:**

- 1) have completed 16 hours of Pilates instruction before the start of the program—8 private Mat sessions and 8 Mat classes (submit a Prerequisite Log Sheet).
- 2) attend a private evaluation session with an ASCPIT representative;
- 3) be able to demonstrate proficiency in Mat workouts;
- 4) submit the following paperwork:

a. signed application	b. medical release	c. apprentice agreement
d. referral letter from a studio, teacher, or employer	e. non-compete form	f. make payment of applicable tuition fees
g. Initial evaluation form filled out by an ASC approved teacher		

#### 2. 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

#### 3. Practicum

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. 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.

Observation in-person & online	Observation Pilatesology	Practicing	Teaching	Total
30	10	30	30	100

**Pilates Mat Module I (Pre-Pilates & Beginner)** Explore the life of Joseph H. Pilates and how he created 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:

Observation in-person, online, Pilatesology	Practicing	Teaching	Total
10	10	10	30

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.

**Pilates Mat Module II (Intermediate)** 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 30 Logged Hours of Observation/Practice/Teaching and a two-part exam:

Observation in-person & online	Practicing	Teaching	Total
10	10	10	30

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)** 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 30 Logged Hours of Observation/Practice/Teaching and a two-part exam:

Observation in-person & online	Practicing	Teaching	Total
10	10	10	30

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

#### 4. Instructional Training Modules

**Pilates Mat Instructor: Simona Cipriani**

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

Module Level	Mat
Module I	Pre-Pilates & Beginner
Module II	Intermediate
Module III	Advanced
Anatomy	Anatomy and Physiology for Pilates (on-line distance-learning course)

#### 5. 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.

**6. Pilates Exams**

Module Level	Written exam	Practical exam
Module I	30 min	55 min
Module II	30 min	55 min
Module III	30 min	55 min

**7. Tuition and Fees:**

Full Payment (Non-refundable)	Cost
Deposit	\$500
Tuition (balance paid prior to Training Module I)	\$1,500
<b>Total</b>	<b>\$2,000</b>

Mandatory Monthly Membership Mat Classes	Cost
Two classes per week (mandatory)	\$216/month
Three classes per month (optional)	\$300/month

Additional Fees	Cost
Initial Evaluation	Price varies
Anatomy Course Requirement	\$250
Anatomy Exam	\$75
Written Exams (Retake Fee*)	\$100 (\$130)
Practical Exams (Retake Fee*)	\$100 (\$130)

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

\*\* Private sessions are not included in the tuition

\*\*\*Apprentices must carry liability insurance

### 8. Continuing Education (CE)

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.



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OF CONTROLGY<sup>®</sup>**

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**PILATES INSTRUCTOR TRAINING**

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

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