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

Bridge Program

The Art and Science of Contrology Pilates Instructor Training (ASCPIT) created the Bridge Program for those who have already been certified through another school or have not yet finished their program. Do you sometimes think to yourself when working with a client that you have more questions than answers, or you started an Instructor Training program and feel that your questions are not being answered? The ASCPIT Program is rooted in the tradition of the work as Joseph and Clara Pilates practiced it and in turn taught to Romana Kryzanowska. We believe that there is a wholeness to the Classical philosophy that when learned in its fullness will give you insight and confidence in your teaching. You will recognize the harmony of the Classical order, as well as how all of the Apparatus work together to create a workout program that will address any client's needs.

Structure of the Instructor Training Program

1. 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:

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. 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.

3. Practicum

Apprentices must complete a total of 325 Apprentice hours of coursework, including observation, teaching, personal practice, and meetings. The program can be finished within one year (less time than the Full Program) of the start date (it is possible to finish in less than 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 325 hours shall be divided among the three training levels. All hours must be completed at the AOC, except 20 hours, which may be done at an affiliated studio (these hours should not be confused with the prerequisite hours).

325-hour breakdown is as follows:

First 100 hours

Observation in-person & online	Observation Pilatesology	Practicing private session	Practicing - classes beginner Mat	Teaching	Total
20	10	20	20	30	100

Second 100 hours

Observation in-person & online	Observation Pilatesology	Practicing private session	Practicing - classes intermediate Mat	Teaching	Total
30	15	15	10	30	100

(Up to 10 hours of observation may be done at an affiliated studio.)

Third 100 hours

Observation in-person & online	Observation Pilatesology	Practicing private session	Practicing - classes advanced Mat	Teaching	Total
25	15	20	10	30	100

(Up to 10 hours of observation may be done at an affiliated studio.)

25 hours of Mandatory Meetings

Marketing outside of studio	Open House Four times*	Apprentice Meeting**	Total
5	4	16	25

*Open House one Saturday every three months (4 Open Houses)

**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.

4. Instructional Training Modules

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

There are separate Mat & Apparatus Modules

Module Level	Mat	Apparatus
Module I	Pre-Pilates & Beginner	Beginner
Module II	Intermediate	Intermediate
Module III	Advanced	Advanced

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.

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, 3rd 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

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.

Module Level	Mat Written exam	Mat Pratical exam	Apparatus Written exam	Apparatus Practical exam
Module I	1 hour cost $100	1 hour cost $100	1 hour cost $100	1.5 hours cost $195
Module II	1 hour cost $100	1 hour cost $100	1 hour cost $100	1.5 hours cost $195
Module III	1 hour cost $100	1 hour cost $100	4 hours cost $100	1.5 hours cost $195

7. Tuition and Fees:

Option 1: Full Payment	Cost
Deposit	$800
Tuition (balance paid prior to Training Module I)	$5,000
Total	$5,800

Option 2: Payment Plan Tuition	Cost
Deposit	$800
Prior to Training Module I	$2,000
Prior to Training Module II	$2,000
Prior to Training Module III	$1,500
Total	$6,300

Mandatory Private Sessions	Cost
Choose Package (w/ Instructor or Teacher-Trainer)	Price varies (Not included in tuition)

Additional Fees	Cost
Initial Evaluation	Price varies
Anatomy Course Requirement	$250
Anatomy Exam	$75
Written Exams (Retake Fee)	$100 ($130)
Practical Exams for Mat Modules (Retake Fee*)	$100 ($130)
Practical Exams for Apparatus Modules (Retake Fee*)	$195 ($195)

* An extra 10 hours Practice/Teaching must be logged before an practical 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.

ASC
Art & Science of Contrology®
Pilates Instructor Training

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: _____