



## Program Requirements for Pilates Teacher Training Program *Immersion/Independent Study*

The Pilates Teacher Training Program at Excel Movement Studios is dedicated to providing high-quality training in the original work of Joseph H. Pilates. Our comprehensive and in-depth one-year training program requires a minimum of 700 hours of hands-on training in all levels of the Pilates Method mat and apparatus exercises. Apprenticeship involves 50 training hours, observations and practice teaching. In addition to Pilates exercises, training topics cover anatomy, teaching skills and session design. The program involves readings, free solo workouts, mat classes, teaching feedback, access to the studio and a teaching manual. There are prerequisites and testing requirements.

### Program Outline:

#### **Immersion/Independent Study 730 Hours**

- **30 one-on-one immersion workout sessions to advance personal study.**

These sessions must be completed within the first 4 months of the program.

- **50 training hours of one-on-one instruction with supervising instructors.**

These hours will focus on learning basic through advanced systems on all Pilates equipment, teaching methods and application. Apprentice will learn basic as well as functional anatomy, exercise sequencing and layering, working with injuries, pregnancies and disabilities, and developing an eye for corrective teaching.

- **20 hours of case study.**
- **630 hours of apprenticeship.**

**0-200**

Practice and observation.  
Teach friends and family with permission of advising instructor.  
Maintain log and journal.  
Meetings with advising instructor as needed.  
Test on Basic Systems at 200.  
One one-on-one session per week with certified instructor.

**200-425**

Practice Teaching under supervision of certified instructor. Observation.  
Maintain log and journal.  
Meetings with advising instructor as needed.  
Mat Class Demonstration.  
Minimum of two solo workouts per week. Test on Intermediate Systems at 425.

**425-630**

Solo Teaching.  
Maintain log and journal.  
Meetings with advising instructor as needed.  
Minimum of two solo workouts per week.  
Final Test at 630 includes - 2 teaching practical's, one written exam and one performance exam.

Observations, solo workouts, demonstrations, one-on-one sessions, and teaching hours at Excel Pilates DC apply toward program. While enrolled in the Pilates Teacher Training Program, all teaching must take place at Excel Pilates DC, Excel Pilates Annapolis, or Excel Pilates Northern Virginia.

## **Content Outline:**

All topics outlined below are covered during the training hours with supervising instructor.

Basic Systems All Equipment  
Weights Introduction to Basic Anatomy  
Muscle/Bone names

Advanced Systems All Equipment  
Session Design  
Corrective Teaching, Developing an Eye  
Working with Injuries/Illnesses/Pregnancy  
Functional Anatomy

Intermediate Systems All Equipment  
Magic Circle  
Anatomy/Attachments and Insertions/  
Injuries

Guillotine  
System Review  
Magic Circle Matt  
Reformer Mat  
Working with Disabilities  
Clara Stretches

## **Program Fee:**

- Payment of \$7,050 required at time of acceptance.
- Refund Policy - A refund of 75% of full tuition is available if apprentice withdraws from the program before start of program. A refund of 50% of full tuition is available if apprentice withdraws from the program within the first 2 months. After 2 months of the start of the program, tuition refunds are not available both for withdrawals and if apprentice is unable to complete or pass examinations with grades of 85% or higher.

## **Program Fee Includes:**

- teaching manual
- 50 hours of teacher training
- free solo workouts
- free mat classes (based on space availability)
- observation hours • feedback on teaching
- access to Excel Movement Studios for practice and practice teaching during Excel Movement Studios' hours of operation
- 40 one-on-one sessions (30 immersion workout sessions + 10 one-on-one sessions)
- access to Excel Movement Studios' Pilates library

Evaluation Session - Separate Fee 630 hour final performance exam - Separate Fee of \$100 Prerequisite Seminar As Needed - Separate Fee Continuing Education Courses - Separate Fee

The Excel Pilates DC Pilates Teacher Training Program is a one-year program. Extensions require an application and additional fees. Holds require application and are for emergency situations only. Certification requires completion of all phases of the Pilates Teacher Training Program and passing of all written and practical exams with a score of 85% or higher. Re-testing is limited to one retest (for practical and written exams or final performance exam) during the entire apprenticeship. Apprentices have one year from date of first training session to complete and graduate from the Teacher Training Program. By sixth months in program, apprentice shall take and pass 200 hour examinations, failure to do so may result in discontinuation from the Teacher Training Program.

During the Pilates Teacher Training Program, apprentices can only teach at Excel Movement Studios (once evaluated and approved for practice teaching), and must present themselves as apprentices until certified. **Teaching during first 200 hours** involves one-on-one sessions and participants include friends, family, apprentices and Excel Movement Studios staff. There is a studio fee of \$10 for participants, all sessions are one-on-one, and apprentices do not receive pay. **Practice Teaching in hours 200-630 continues.** During this time apprentices can be evaluated and approved for Apprentice Teaching. **Apprentice Teaching** consists of one-on-one sessions with Excel Movement Studios clients. Reaching the stage of Apprentice Teaching varies by

individual. Some apprentices will enter this phase before 400 hours, others perhaps not until closer to 600 hours. **Between hours 425-630**, once evaluated and approved, Apprentice Teachers can also teach mat classes at Excel Pilates DC.

In all phases of teaching, apprentices must refer to the goals of Excel Pilates DC:  
*To empower all participants in the Pilates Method of Body Conditioning to be in control of their own health and well being, and to provide a supportive atmosphere in which clients may grow, learn, and be guided towards a fitter lifestyle and honor the Code of Ethics, Standards of Practice and Excel Pilates DC Policies.*

Upon approval for **Apprentice Teaching**, apprentices are required to sign an Apprentice Teaching Agreement (sample available upon request) and attend monthly staff meetings. Upon **completion** of the **Pilates Teacher Training Program**, graduates will receive a certificate of completion They will also be listed on the Excel Pilates DC's website, in good standing with continuing education requirements.

It is expected that graduates of the Excel Pilates DC Teacher Training Program will honor the Code of Ethics and Standards of Practice. Teachers must renew certification annually, which involves the completion of 16 hours of pre-approved continuing education.