

## The Smartbody Pilates Instructor Certification Program:

*Interested in a career as a Pilates instructor?*

Smartbody Pilates Studio will offer a comprehensive *Pilates Instructor Training Program* starting on September 13, 2008.

*Application deadline: JULY 15, 2008 – the course is limited to 8 participants.*

### Course Content:

This 520 hour program is an in-depth study of the Pilates Method, covering:

- Functional anatomy and the basic physics of movement.
- Fundamental through advanced mat and equipment exercises (Reformer, Cadillac, Springboard, Combo Chair and Ladder Barrel).
- The objective behind each exercise, modifications for different skill levels and correct movement sequencing.
- Effective teaching and communication tools, including verbal and tactile cueing.



*Smartbody teacher Jessica Cressey in The Twist*

### Course Structure:

The program is divided into a *Lecture Segment* and a *Self-Study/Student Teaching Segment*.

- The *Lecture Segment*, covering the information laid out above, will occur in scheduled blocks from mid September to early November and total approximately 120 hours. Students must be available for all Lectures.
- The *Self Study and Student Teaching Segment* will consist of approximately 400 hours, divided between observation hours, self practice hours and practice teaching hours. Students will be able to create their own schedule within this segment, as long as their hours are fulfilled on time for the final exam.

The final exam will be scheduled for the summer of 2009.

### Enrollment:

Smartbody's Pilates Instructor training Program is suitable for students who are in excellent physical condition (injured or pregnant candidates will not be considered), who have a minimum of 2 years' movement experience (for example: dance, yoga, martial arts, team sports), and who are prepared to devote an average of 12-15 hours a week to the program.

All interested candidates should call or email Smartbody to schedule an evaluation. During the evaluation, pre-requisite Pilates hours may be assigned to get the student ready for the program.

**Tuition:** 3800 Euros

### Lecture Schedule:

- **Introduction to the Program + Functional Anatomy** (13 hours)  
Saturday and Sunday, September 13 and 14.  
Saturday: 9:30-18:00  
Sunday: 9:30-15:00
- **Mat I and Mat II** (24 hours)  
Monday September 22 – Thursday September 25.  
9:30-16:00
- **Reformer I** (12 hours)  
Saturday and Sunday, October 4 and 5.  
Saturday 9:30-18:00  
Sunday 9:30-14:00
- **Equipment I** (Springboard, Cadillac, Chair, Ladder Barrel) + Movement Clinic I (27 hours)  
Monday-Thursday October 13-17  
9:30-17:00
- **Reformer II** (12 hours)  
Saturday and Sunday October 25-26.  
Saturday 9:30-18:00  
Sunday 9:30-14:00
- **Reformer III, Equipment II** (Springboard, Cadillac, Chair, Ladder Barrel) + Movement Clinic II (27 hours)  
Monday-Thursday November 3-6,  
9:30-17:00 (Thursday 9:30-16:00)
- **Teaching Strategies and Special Populations** (12 hours)  
Saturday and Sunday, November 15 and 16.  
Saturday 9:30-18:00  
Sunday 9:30-14:00



*Anna and Jessica in "The Teaser"*

**Questions? Further Info?:** Please contact Jelena Petrovic at [info@smartbodystudio.com](mailto:info@smartbodystudio.com)

### **Pre-Requisites for Entering the Program:**

- A minimum of 2 year's movement experience (dance, yoga, intensive sports or other similar activity)
- 30 mat classes, of which at least 10 at Smartbody
- 5 private lessons on Pilates equipment (At Smartbody or at other Pilates studio, pending approval)
- Evaluation interview
- Completed Application form and 200 Euro deposit

### **Course Requirements:**

- Attendance of all Lectures (127 hours)
- 50 hours of Observation
- 150 hours of Self-Practice
- 150 hours of Practice Teaching
- 50 hours of Student Teaching
- Successful completion of practical and written exam

***What is Observation:*** Students will observe Smartbody studio teachers both during group mat classes and private lessons. Observation will help the student contextualize the material learned in the Lectures, and offer insights into how exercises are taught or modified for individual clients.

***What is Self-Practice:*** Regular and consistent Self-Practice hours are essential to mastering the complete Pilates repertoire of exercises and becoming ready to teach them. Students should count on spending an average of 5 hours a week practicing Pilates exercises. Mat hours can be done at home or another location outside Smartbody.

***What is Practice Teaching:*** Before beginning to student teach, students will practice, hone and refine their teaching skills on a friend, boyfriend or other volunteer. Mat Practice Teaching hours can be done at home or another location outside Smartbody.

***What is Student Teaching:*** Once their Practice Teaching hours are completed, students will begin to take individual clients, or assist in mat classes at Smartbody. When working with individual clients, it will be made clear to them that they are working with *trainees*, who are *not* equipped with the same skills and experience as certified teachers. The client fee for these lessons will only cover studio costs.

### **Course Literature:**

- *Anatomy of Movement* by Blandine Calais Germain
- *Pilates* by Rael Isacowitz
- *Pilates Reformer* by Ellie Herman
- *Pilates Springboard* by Ellie Herman
- *Pilates Cadillac* by Ellie Herman
- *Pilates Wunda Chair* by Ellie Herman

With the Exception of *Pilates Wunda Chair* and *Pilates Cadillac*, all of the above books can be purchased via Amazon.co.uk.. *Pilates Wunda Chair* and *Pilates Cadillac* can be purchased via Amazon.com.



## The Smartbody Pilates Instructor Certification Program 2008 Application Form

### **Contact Details:**

Name:

Mailing Address:

Telephone Number(s):

Email Address:

### **Experience:**

Number of Pilates lessons attended to date: Mat \_\_\_\_\_ Equipment \_\_\_\_\_

Describe your movement background: \_\_\_\_\_

Do you currently teach, if so, what and where?

### **Motivation:**

How did you hear about Smartbody's Pilates Teacher Certification Program?

Why are you interested in becoming a Pilates instructor?

Do you have any injuries or postural issues?

Are you currently pregnant? Yes      No

I, the undersigned \_\_\_\_\_, certify that all information provided in the application is accurate and truthful. In addition, I have read and understood all requirements and policies listed in the



## Amsterdam's Centre for Contemporary Pilates

Smartbody Pilates Studio: Molenpad 15 1st Floor, Amsterdam

[www.smartbodystudio.com](http://www.smartbodystudio.com) email: info@smartbodystudio.com, phone: 06 48 270 752

Enrollment Contract, and agree to abide by all of Smartbody Studio's requirements and policies while enrolled in the Pilates Instructor Certification Program 2008.

I have included the following, along with my application:

- Signed Enrollment Contract
- Detailed CV of professional and education experience
- A reference letter
- 200 Euro Deposit (to be transferred to **Smartbody**, account number **48 62 371** at time of application)

Signature \_\_\_\_\_ Date \_\_\_\_\_ -