

ATTUNE MOVEMENT PILATES TEACHER TRAINING

Course lead Instructor: Andrea Tutt, she/her, other faculty
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Time: Tuesday's 630-830pm, Saturdays 2-5pm
Self-Practice hours Thursday 630-830pm

REQUIRED TEXTS:

- *Return to Life Through Contrology*, by Joseph Pilates
- *Journey Through Pilates*, by Dan Baker

Recommended Texts:

- *All About Joe*, by Cathy Strack
- Balanced Body Mat and Reformer Manual
- Ellie Herman Mat and Reformer Manual
- *Pilates*, by Rael Isacowitz
- *Science of Pilates*, by Tracy Ward
- National Pilates Certification Study Guide

PRE-REQUISTES:MODULE 1 -3 none, MODULE 4 - module 1-3.

COURSE DESCRIPTION: A comprehensive Pilates teacher training specializing in full spectrum education including the following:

MODULE 1

- History of Joseph Pilates, and Pilates lineage
- Classical Mat Pilates
- Anatomy, and physiology regarding Pilates theories, movements, and repertoire.

MODULE 2

- Contemporary Reformer Pilates repertoire, including elevated sequencing.

MODULE 3

- Use of props including ball, ring and weights for creative and targeted content.
- Integration of therapeutics.
- Specialized populations and adaptations.

MODULE 4

- Collate modules 1-3 into high performance holistic Pilates teaching.
- Reading bodies, cueing, sequencing, adjustments, adaptations and modifications.
- Full comprehensive teacher certification test out.

Each modules includes access to unlimited classes for the duration of that module.

All modules structured in content, and preparation for National Pilates Certification. (NPCP, formally PMA)

TRAINER LEARNING OUTCOMES in TRAINING:

1. Demonstrate critical thinking, reasoning skills, research, and practical application of human movement as related to the discipline of Pilates.
2. Demonstrate the knowledge, skills, and versatility of the discipline of Pilates repertoire from conceptualization, therapeutics, to contemporary application.
3. Through a focused learning and committed practice for the duration of the training, trainers will finish with the ability to demonstrate and perform various levels of Pilates techniques including:
 - a. Alignment, posture, turnout and parallel work, foot articulation, line, precision, flexibility, strength, clarity of movement and sequencing.
 - b. Core control, change of direction, stabilization, growth goals, combinations of movement strategies performed simultaneously, breath and muscle recruitment adaptation.
4. Ability to communicate contemporary and enduring concepts concerning human movement through the philosophy of Pilates and its therapeutic use.
5. Through the creation of progressively more challenging principals, develop higher intellectual and/or practical skills, and specified techniques through teaching.
6. Demonstrate collaborative teamwork with application of problem-solving skills through cooperative teaching projects.

REQUIRED MATERIALS:

- Supplemental materials as provided by the instructor should be stored in a binder or folder for future use.
- Movement attire and layers for comfort.
- Laptop or other portable device for note taking, notebook, pen/pencil, video and/or recording device as needed.

COURSE POLICIES:

Trainer will:

- Be expected to participate in person physically, creatively, critically, and artistically in every session. Should there be necessity to not be in person (work travel, illness), trainer may attend online through zoom 2 sessions per

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module. Each session will be recorded for missed attendance for trainer to catch up before the next session.

- Demonstrate the various principles, processes, and structures as they apply to Pilates. Trainers receive an unlimited class pass during their training. This is to cultivate an advanced and practiced understanding of all concepts of study.
- Identify various anatomical/musculoskeletal systems of the human body as related to Pilates critically and while teaching.
- Apply and demonstrate critical and creative thinking skills while teaching Pilates, particularly in relation to skilled choreography in class planning.
- Teach multiple levels of students in a well- integrated, clearly thought out, purpose lead class. Class should always reflect (or adapt to) the students in the room in real time.
- Apply modifications, and adaptations to individual needs while teaching group classes.
- Record practice teaching, and mentoring log to be submitted for full certification.

Because the nature of this class is about training the physical body, it will sometimes be necessary for the instructor to utilize haptic practices in class. This clinical touch is kinesthetic information that is shared with dignity and respect for the individual and their body. This form of localized movement learning and the communication of the possibility of movement potential is meant to inform the individual's approach to movement. The student maintains the freedom to decline this haptic approach at any time. This respect for the training and individual is maintained in expectation for all teaching.

Studio cleaning protocol - You will find a large spray bottle with a disinfecting solution that should be lightly sprayed on the mat, reformer and/or any props used at the end of your class period. Reformer, mat, and props should all be placed back where they were set after use.

In the case of additional cleaning needed - There is a large Swiffer as well as broom and vacuum that can be used to ensure the studio and under the reformer carriages are ready for business. The towels should be placed in the closet bin after use. Trainers are not expected to clean more than 10 mins after class.

COMMITMENT OUTLINE and FEES:

Module 1 – Aug.20 – Sept 17, 7 classes

Mat Pilates, Pilates History, Human Anatomy as related to movement.

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Tuesday September 17- TEST OUT of MODULE ONE

\$1000

Module 2 – Sept 21 – Oct.22, 9 classes

Reformer Pilates – Contemporary foundations and Intermediate, Physiology, Sequencing.

Tuesday Oct.22 - TEST OUT of MODULE TWO

\$1250

Module 3 – Oct.26 – Dec 10, 9 classes

Pilates Props, Weights, Therapeutics, Special Populations.

Tuesday Dec 10 – TEST OUT of MODULE THREE

\$1250

Module 4 – Dec 14 – Jan 25, 8 classes

Teaching, Cueing, Adjusting, Class sequencing and preparation

Jan 14, 18, 21 - Full Certification Test out

Graduation Jan 25

---- included in price of FULL PROGRAM/CERTIFICATION ----

Test out Criteria:

Trainer will be given a set of exercises learnt in the module to prepare and teach to the other trainers/volunteer participants. This teaching will be assessed by lead teacher on the following criteria in order for trainer to advance to the next module/receive certification for completion of that module.

1. **PREPARATION**- Demonstrate the knowledge, concepts, and progression of Pilates repertoire of study.
2. **SKILL** - Demonstrate and perform various levels (and modifications) of Pilates techniques of study.
3. **TEACH** - Ability to communicate contemporary and enduring concepts concerning safe human movement through the philosophy of Pilates. This includes adaptations and modifications for students present in the class.

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4. **INTIGRATE** - Through the creation of progressively more challenging principals, demonstrate higher intellectual skills, and specified techniques through teaching.

FULL CERTIFICATION TOTAL HOURS:

| TOTAL HOURS | | | Log Required | |
|--|------|---------------------|---|--|
| Tuesday repertoire and teaching | 19x2 | 38 | no | |
| Saturday TT Practice, tech, and concepts | 18x2 | 36 | no | |
| Thursday Self Study and Practice | 22x2 | (44 to choose from) | 32 hrs. Required - log submitted for graduation | |
| Class requirement x2 per week | 22x2 | 44 | no | |
| Practice Class Teaching (at least 2 students) | | 25 | log submitted for graduation | |
| Mentoring | | 10 | log submitted for graduation – may include video, additional materials, privates (purchased in addition to training) and mentoring 1x1 included in training. | |
| GRAND TOTAL needed for full certification | | 185 | | |

Weekly Schedule:

NOTE - Subject to change due to teacher availability

MODULE 1 – MAT PILATES, Foundations

Week 1

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T 8/20 Introduction, Syllabus, assignments, mat series exercises 1-5

SAT 8/24 Trainer class, mat series exercises 6-11

Week 2

T 8/27 Lecture, mat series exercises 12-16

SAT 8/31 NO CLASS – Holiday wknd

Week 3

T 9/3 Lecture, mat exercises 17-22

SAT 9/7 Trainer class, mat exercises 23 - 28

WEEK 4

T 9/10 Lecture, mat exercises completed

SAT 9/14 Trainer class, overview and prep

WEEK 5

T 9/17 **TEST OUT MODULE ONE**

MODULE 2 - Reformer

SAT 9/21 Trainer class, syllabus, assignments, exercise 1-5 foundations

Week 6

T 9/24 Lecture, exercises foundations

SAT 9/28 Trainer class, exercises, foundations

WEEK 7

T 10/1 Lecture, foundations

SAT 10/5 Trainer class

WEEK 8

T 10/8 Lecture, Intermediate

SAT 10/12 Trainer class

WEEK 9

T 10/15 Lecture, Intermediate

SAT 10/19 Trainer class

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WEEK TEN

M 10/22 TEST OUT MODULE 2

MODULE 3 – PROPS, WEIGHTS, THERAPUTICS, SP.POP

SAT 10/26 Intro

WEEK ELEVEN

T 10/29 Props

SAT 11/2 Weights

WEEK TWELVE

T 11/5 Therapeutics

SAT 11/9 Therapeutics

WEEK THIRTEEN

T 11/12 Therapeutics

SAT 11/16 Therapeutics

WEEK FOURTEEN

T 11/19 Special Populations

SAT 11/23 Special Populations

WEEK FIFTEEN

T 11/26 NO CLASS HOLIDAY

SAT 11/30 NO CLASS HOLIDAY

WEEK SIXTEEN

T 12/3 Integration and class prep

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SAT 12/7 Reading bodies

WEEK SEVENTEEN

T 12/10 **TEST OUT MODULE THREE**

MODULE FOUR – FULL CERTIFICATION

SAT 12/14 Class prep, scaffolding

WEEK EIGHTEEN

T 12/17 Class prep, scaffolding

SAT 12/21 Reading bodies, adjustments

WEEK NINETEEN

T 12/24 OFF HOLIDAY

SAT 12/28 OFF HOLIDAY

WEEK TWENTY

T 12/31 OFF HOLIDAY

SAT 1/4 Bringing everything together

WEEK TWENTY-ONE

T 1/7 Test out assignments

SAT 1/11 Test out preparations, rehearsal run through

WEEK TWENTY-TWO

T 1/14 FULL CERTIFICATION Test out

SAT 1/18 FULL CERTIFICATION Test out

WEEK TWENTY-THREE

T 1/21 FULL CERTIFICATION Test out

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SAT 1/25 **GRATDUATION!!!**