Course Objectives & Expectations

Thank you for your interest in STOTT PILATES®. Please review the course objectives and expectations outlined below, and sign this document before filling out the application to ensure a clear understanding of the course structure and goals.

Prerequisites

Most STOTT PILATES courses have a requirement of prior knowledge for acceptance. Prerequisites are slightly different for each course. Please visit: **www.stottpilates.com/education/prog_intensive.html** for a complete list.

The prerequisites for the Intensive Matwork – IMP and Intensive Reformer – IR courses are:

- working knowledge of functional anatomy
- minimum 30 hours Pilates classes/workouts
- three or more years teaching movements or fitness

Pre-Course

The STOTT PILATES programs provide a balanced and thorough blend of theory, observation and practical experience to help master the repertoire. It is highly recommended that students begin reviewing the required course materials (DVDs, manuals, etc) prior to the start of the course, if they are available for purchase in advance.

Course Objectives

In each course, students will learn:

- how to apply STOTT PILATES biomechanical principles of core stability, breathing and alignment to all exercises
- a complete breakdown of each exercise
- exercise goals, muscular initiation and movement sequencing
- variations to increase or decrease exercise intensity
- modifications for specific body types and postural issues
- how to recognize optimal and less than optimal movement patterns
- a variety of programming options to keep clients motivated
- effective communication, verbal cues and imagery for performance enhancement and client motivation

During Course

Students are required to attend and participate at all times during all course hours. It is essential that students adhere to the course times, including designated breaks during the course.

Participants must be injury-free and are required to physically perform the exercises taught in class. Any injuries acquired during the course that impede physical participation will not exempt the individual from completing all required hours. Any hours missed need to be completed privately at an hourly rate with an Instructor Trainer and/or made up during the next scheduled course where space allows.

For every hour that is missed, a half hour session must be scheduled and completed. Should more than 5 hours be missed, each additional hour must be made up with an equivalent one hour session. Students have six months after the completion of the course to make up any hours missed. If this time is exceeded , the course, including all fees, is forfeited and the entire course must be retaken in order to examine and certify.

In addition to physical participation, students are required to take part in supervised teaching. Students are expected to review material covered before and after each session and be prepared to practice teach in class when requested.

Post-Course

At the conclusion of each course, students receive a letter of completion stating that they have fulfilled the training requirements and are pending certification. and continuing education credits, if applicable. Participants who do not attend and/or participate during any and all course hours will not receive a letter of completion until the hours/objectives are met.

A minimum number of hours of observation, practice teaching and physical review are required for all courses. Practice teaching and physical review hours must be logged outside of class time and submitted at the time of the practical exam. Log sheets can be found in the Support Materials Manual. Additional training may be required to prepare for certification, as indicated by an Instructor Trainer.

Practice teaching hours can be fulfilled by instructing family members, fellow students, friends or clients.

Physical review means physically performing the exercises learned in class. Taking a class with a STOTT PILATES Certified Instructor or working out with a DVD can qualify as physical review hours, and can be completed individually or with other students.

Observation involves watching sessions taught by a STOTT PILATES Certified Instructor or relevant STOTT PILATES videos.

For specific hours pertaining to each course please visit **www.stottpilates.com/education/prog_intensive.html** and click on the specific course (i.e. IMP, IR)

Certification & Examinations

STOTT PILATES certification is awarded upon successful completion of a course plus a written and practical exam. Certification shows clients and employers that an individual is a well-qualified professional. Exam material is cumulative so students can certify in stages by taking an exam after each course or after a series of courses, e.g. students certified in Matwork must take a combined Matwork and Reformer exam should they wish to certify in Reformer. This also applies to students certified in Reformer who wish to move on to CCB (Cadillac, Chair & Barrels) certification.

Please note that exams must be taken within six months of the last course completed and that there is a fee associated with each exam. Successful completion of Matwork; Reformer; Cadillac, Chair & Barrels; Advanced Repertoire; ISP courses and exams are required for full certification.

Please review the additional links below for more information on Certification and Examinations:

Certification: **www.stottpilates.com/education/exams/index.html**

Continuing Education Program: **www.stottpilates.com/education/cont-ed/FAQ-conted.html**

I understand and comply with the policies and guidelines presented in this document and understand my role as a STOTT PILATES student.

signature _____ date _____

witness _____ date _____