



Mat Teacher Training Program

There is a 34-hour lecture requirement for the Mat Teacher Training Program. The curriculum must have the following components:

Standard 1

34 Lecture/Classroom hours that include the following modules: History of Pilates, Anatomy, Special Populations, Teaching/Cueing*, Business Practices and Networking Curriculum:

Standard 2

20 Observation hours by Student

Standard 3

16 Self-Practice hours

Standard 4

12 Student Teaching hours (must have a minimum of 2 clients)

Standard 5

3 Assisted Teaching hours with QTT

Standard 6

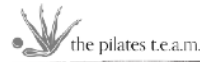
12 Mat Pilates Private or Group Session hours with QTT

Standard 7

1 Observation hour of Student Teaching a Mat Pilates Class by QTT

Standards 8 and 9

Written Exam and Practical Exam



Comprehensive Mat Training Program

The Pilates Team Training for Comprehensive Mat Training Program consists of 100+ hours of requirements. The curriculum includes the following:

Standard – Fundamentals of Pilates

- 28 Lecture/Self-Study hours that include: History of Pilates, Principles, Anatomy, Movement Fundamentals, Postural Analysis/Special Populations.
- 10 Hours Critical Thinking/Teaching & Cueing.

Standard – Classroom Hours

- 16 Hours of Lecture/Self-Integration of Mat Exercises

Standard – Apprenticeship Hours

- 20 Observation Hours
- 10 Practice Teaching Hours
- 5 Assisted Teaching Hours
- 5 Mentorship Hours; Special Populations, Business and Marketing, and Class Programming

Standard – Projects: Client Assessment, Intake Forms and Anatomy

- 10 Hours Business Practices (Waivers and Intake Forms), Business Networking Curriculum.
- 30 Hours Anatomy Project

Standard – Written and Practical Exams

- Quizzes for all Lecture/Classroom Modules
- Written Mat Exam
- Practical Mat Class Exam



Reformer Teacher Training Program

Standard 1

85 Lecture/Classroom hours that include the following modules: History of Pilates, Anatomy, Special Populations, Teaching/Cueing*, Business Practices and Networking

Curriculum:

There is an 80-hour lecture requirement for the Reformer Teacher Training Program.

Note: It is understood that Joseph Pilates created more apparatus than those currently required for compliance with this standard. Therefore, the apparatus required for compliance may be subject to change based upon commonly used industry apparatus at that time.

Standard 2

60 Observation hours by Student

Standard 3

60 Self-Practice hours

Standard 4

40 Student Teaching hours (must have a minimum of 2 clients)

Standard 5

10 Assisted Teaching hours with QTT

Standard 6

40 Private Reformer or Groups Session hours with QTT

Standard 7

5 Observation hours of Student Teaching a Reformer Pilates Class by QTT.

Standards 8 and 9

Written Exam and Practical Exam



Comprehensive Mat and Reformer Training

The Pilates Team Training for Comprehensive Mat and Reformer Training Program consists of 300+ hours of requirements. The curriculum includes the following:

Standard – Fundamentals of Pilates

- 28 Lecture/Self-Study hours that include: History of Pilates, Principles, Anatomy, Movement Fundamentals, Postural Analysis/ Special Populations.
- 20 Hours Critical Thinking/Teaching & Cueing.

Standard – Classroom Hours

- 80 Hours of Lecture/Self-Integration of Mat and Reformer Exercises

Standard – Apprenticeship Hours

- 60 Observation Hours
- 40 Practice Teaching Hours
- 25 Assisted Teaching Hours
- 5 Mentorship Hours; Special Populations, Business and Marketing, and Class Programming

Standard – Projects: Client Assessment, Intake Forms and Anatomy

- 20 Hours Business Practices (Waivers and Intake Forms), Business Networking Curriculum.
- 30 Hours Anatomy Project

Standard – Written and Practical Exams

- Quizzes for all Lecture/Classroom Modules
- Written Mat and Reformer Exams
- Practical Mat and Reformer Class Exams



Comprehensive Teacher Training Program

Standard 1

125 Lecture/Classroom hours that include the following modules: History of Pilates, Anatomy, Special Populations, Teaching/Cueing*, Reformer, Mat, Wunda Chair, Barrels – Ladder Barrel, Spine Corrector, Cadillac/Tower, Magic Circle, Business Practices and Networking

Curriculum:

There is an 80-hour lecture requirement for the Reformer Teacher Training Program.

Note: It is understood that Joseph Pilates created more apparatus than those currently required for compliance with this standard. Therefore, the apparatus required for compliance may be subject to change based upon commonly used industry apparatus at that time.

Standard 2

110 Observation hours by Student

Standard 3

75 Self-Practice hours

Standard 4

40 Student Teaching hours (must have a minimum of 2 clients)

Standard 5

10 Assisted Teaching hours with QTT

Standard 6

50 Private or Groups Session hours on All Apparatus with QTT

Standard 7

15 Observation hours of Student Teaching a Pilates Class on All Apparatus by QTT

Standards 8 and 9

Written Exam and Practical Exam



Comprehensive Full Equipment Training

The Pilates Team Training for Comprehensive Full Equipment Training Program consists of 500+ hours of requirements. The curriculum includes the following:

Standard – Fundamentals of Pilates

- 28 Lecture/Self-Study hours that include: History of Pilates, Principles, Anatomy, Movement Fundamentals, Postural Analysis/ Special Populations.
- 32 Hours Critical Thinking/Teaching & Cueing.

Standard – Classroom Hours

- 200 Hours of Lecture/Self-Integration of Mat, Reformer, Trapeze Table, Chair, Barrels, Magic Circle Exercises

Standard – Apprenticeship Hours

- 110 Observation Hours
- 65 Practice Teaching Hours
- 20 Assisted Teaching Hours
- 5 Mentorship Hours; Special Populations, Business and Marketing, and Class Programming

Standard – Projects: Client Assessment, Intake Forms and Anatomy

- 30 Hours Business Practices (Waivers and Intake Forms), Business Networking Curriculum.
- 30 Hours Anatomy Project

Standard – Written and Practical Exams

- Quizzes for all Lecture/Classroom Modules
- Written Mat, Reformer, Trapeze Table, Chair, Barrels, Magic Circle Exams
- Practical Mat and Reformer Class Exams
- Practical Full Equipment Session Exam