



# Pilates Teacher Training Institute

This Pilates Teacher Training course provides the knowledge needed to teach groups and individuals Pilates mat-work exercises to a beginner through to advanced level.

Starting with the foundations and fundamentals of Pilates, the course aim is to marry functional anatomy with Pilates exercises, modified from the original 34, in a safe and effective way. In doing so, we aim to give participants a true understanding of Pilates Method and a deeper understanding of the teaching skills needed to teach this method to the public.

## Duration

The full training takes 140 hours.

50 contact hours, 50 Online Anatomy and Physiology hours, 20 prerequired learning hours and 20 apprenticeship/supervised teaching hours

## Course modules

- Pilates history, philosophy and principals
- Applied anatomy
- Pilates mat exercises level I&II including modifications and progressions
- Teaching skills, cuing, safety & effective communication
- Postural analysis and its impact on Pilates students
- Pilates fundamentals
- Pilates warm up exercises
- Pilates Improvers
- Cautions and contraindications
- General health and safety practices
- The business, hospitality and ethics of Pilates.

## Prerequisites

20 hours Pilates experience

## Certification

After passing the final examination and students must fulfil hours of observation and supervised teaching with a recognised Pilates Mat-work teacher. Yogalates, reformer or any other Pilates Fusion classes are not accepted.

These hours must be signed off and returned to PTTI.



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## Syllabus

Topic	Method	Contact hours	Online learning hours	Self/supervised study hours
Pre required Pilates Classes with a qualified Pilates Teacher	Face to face			20
<b>Anatomy and Physiology</b>				
<b>*Anatomy and Physiology Certification ITEC level 3 or higher.</b> <a href="https://www.anatomyandphysiologyonline.com/items/anatomy-physiology-certificate-course">https://www.anatomyandphysiologyonline.com/items/anatomy-physiology-certificate-course</a>	Online/or face to face		50	
<b>Pilates Mat Foundations to level 1</b>				
Course introduction, with explanation of learning outcomes. Discipline requirements: timekeeping, ethics, hygiene, kit and materials needed. Q & A	Classroom discussion	.5		
Pilates Breathing and the anatomy of breathing	Practice/class	1.5		
Pilates mat class, fundamentals to beginners' level	Workshop	1.5		
The history and principals of Pilates	Lecture	1		
Pilates fundamental exercises set up	Workshop/lecture	2		
Warm up exercises	Workshop/lecture	1		
Pilates mat class fundamental level Q&A	Practice/class	1.5		
Anatomy for Pilates	lecture	3		
Supine exercises followed by Q&A	workshop	2		
Pilates mat level 1 class with Q&A	practice	1.5		
Teaching skills-	workshop	1.5		
Posture and Pilates	Workshop/lecture	1.5		
Pilates mat level I class with Q&A	practice	2		
Articulating, all fours, plank	workshop	1		



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Seated exercises in detail	workshop	2		
Prone exercises in detail	workshop	1.5		
Side – lying exercises in detail	workshop	1		
Pilates exercises modifications and progressions	Lecture/ workshop	1.5		
Pilates exercises cautions and contraindications	Lecture/worksh op	2		
Class planning	Lecture/worksh op	1.5		
<b>Pilates Mat level 2-3 plus equipment</b>				
Advanced Pilates exercises practice and teaching	Workshop/disc ussion/lecture	7		
Business and ethics of Pilates	Lecture	2		
Pilates with small equipment	Practice/ workshop	7.5		
Individual Case studies- applied Pilates	Workshop	2.5		
Class observation	Self-study with qualified teacher			10
Apprenticeship/ supervised teaching	Self-study with qualified teacher			10
<b>Total training hours</b>		<b>50</b>	<b>50</b>	<b>40</b>

**\*\*\*Anatomy and Physiology Certification ITEC level 3 or higher. Students must take a written examination in this A&P course in a recognised ITEC school. The A&P Certificate must be presented to PTTI before Pilates Certification.**

**The fee for this is not included in the PTTI fees\*\*\*\*\***

## **Pilates Comprehensive Mat Examination Criteria**

The examination is composed of two parts

### 1. Practical Skills

#### **Demonstrations**

Each student is required to demonstrate two Pilates Exercises for the examiner. These will be chosen from the manual, on the day. Demonstrations will be marked on the following: Each category carries equal marking and the pass mark required is 60%

- Exercise Set Up
- Breathing



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- Execution
- Verbal answers to Modifications and progressions of the exercise

## Teaching

Each student is required to Teach, to their fellow students, two Pilates Exercises from the manual, to the requested level. Demonstrations will be marked on the following: Each category carries equal marking and the pass mark required is 60%

- Exercise Set Up
- Breathing
- Clarity
- Use of Imagery
- Health/ Safety/hospitality

## 2. [Written exam](#)

Students are required to meet the 60% pass mark for the Theory Paper.