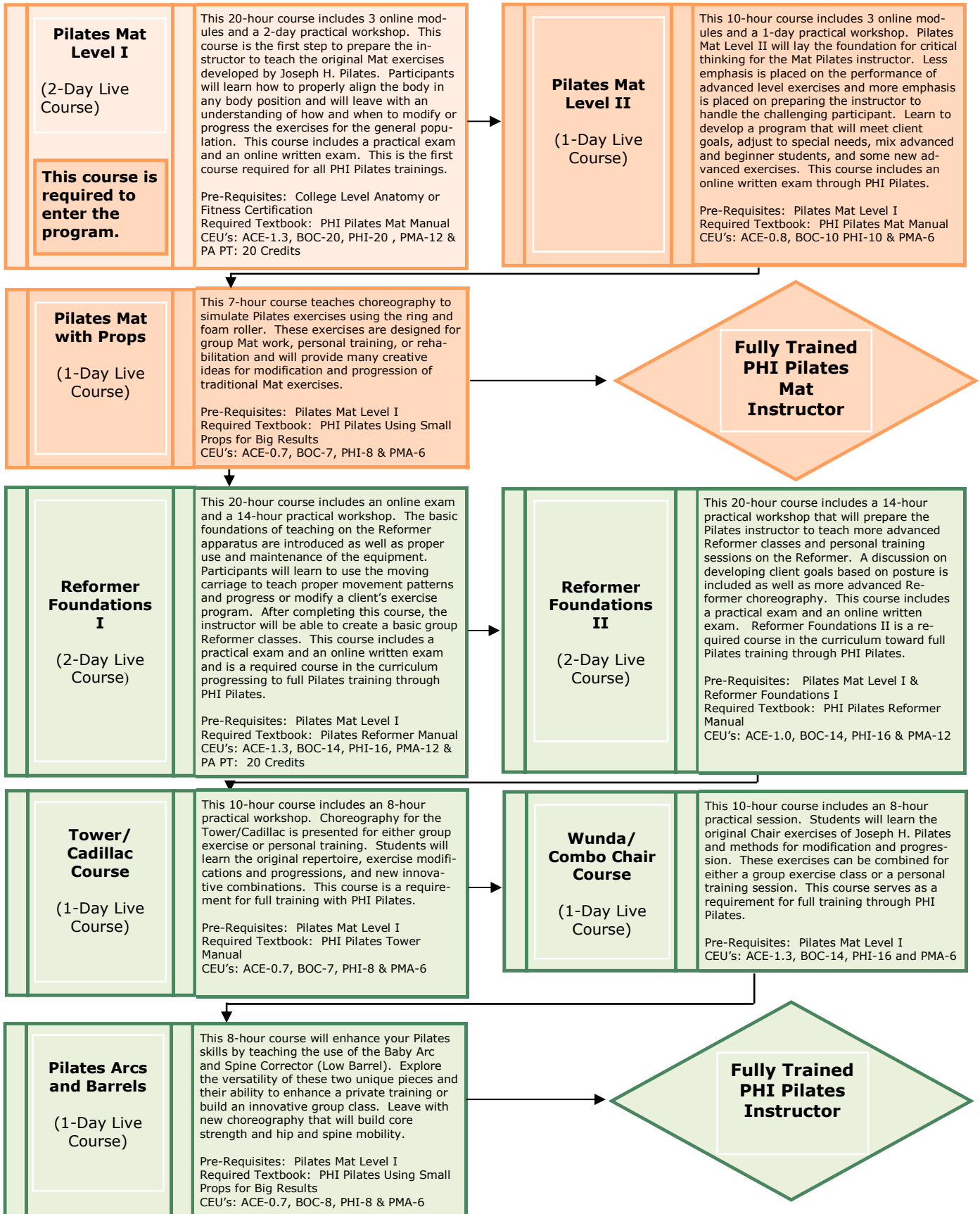




phipilates

Pilates Training Curriculum





Pilates Training Curriculum Continued

ELECTIVES

Integrated Training (1-Day Live Course)	<p>This 8-hour practical workshop introduces the Pilates instructor to the most innovative technique in Pilates exercise. Students learn choreography that combines the Tower with the moving Reformer carriage providing a challenging workout for experienced Pilates teachers and clients. This course serves as an elective with PHI Pilates.</p> <p>Pre-Requisites: Pilates Mat Level I & Reformer Foundations I Required Textbook: PHI Integrated Training Manual CEU's: ACE-0.8, BOC-7, PHI-8 and PMA-6</p>
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Reformer Foundations III (2-Day Live Course)	<p>This 14-hour practical course presents creative and effective choreography that will add new life to your classes and privates. Exercises range from sport-specific to rehabilitative. We will explore the core, the shoulder girdle, the hip, the foot and the knee with exercises to enhance posture and promote healthy movement patterns while making your classes more interesting and challenging.</p> <p>Pre-Requisites: Reformer Foundations I & Reformer Foundations II Required Material: Manual Included CEU's: ACE 1.2, BOC-14 PHI-16, & PMA-12</p>
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Pilates and Pregnancy (1-Day Live Course)	<p>This 1-day course discusses Pilates as an effective method of exercise for the pre-and post-natal client. Precautions, contraindications and prescriptive exercises both on the Mat and on the equipment will be presented. This course will prepare you to confidently lead healthy pre-and post-natal clients in a safe and effective Pilates program.</p> <p>Pre-Requisites: This course is most effective for the experienced Pilates professional who has formal training in at least the Mat repertoire. Required Material: Pregnancy DVD CEU's: BOC-7 and PHI-7</p>
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Pilates for Pre and Post Natal Clients (Online Course)	<p>This 3.5 hour online course will teach the Pilates instructor how to work safely and effectively with a pre or post natal client. Learn the best ways to plan a program for a safe and effective exercise program.</p> <p>Course Objectives:</p> <ol style="list-style-type: none"> 1. The student will describe the physiological changes in the mother throughout the pregnancy trimesters and after the baby is born. 2. The student will list the benefits and risks of exercise to both the pregnant woman and the new mother. 3. The student will describe the faulty postures that occur in the pregnant woman and after birth of the baby and relate them to changes in muscle balance. 4. The student will design an exercise program for both the pre natal and post natal client that addresses postural changes and is attentive to contraindications. <p>CEU's: BOC-5, PHI-5, PMA-4.5 and PA PT: 3.5 Credits</p>
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Active Nutrition Online Training Course (Online Course)	<p>This online course will provide the fitness professional with a basic overview on nutrition for the active individual. There are eight narrated presentations on the key components of nutrition, a voluntary activity and a quiz. There are also PDF files of the slides for each presentation. The information in this course is not meant to supersede consultation with a Registered Dietician (RD), but rather to provide health and fitness professionals with the basics of nutrition for the active individual.</p> <p>CEU's: BOC-3 and PHI-3</p>
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Back to Basics (Online Course)	<p>Focus on your teaching skills with this 8-module online course by Chrissy Ruby. The course comes with a complete film of the 105-minute workshop on DVD and includes online handouts and quizzes. Learn how to effectively cue the Pilates Mat work and how and when to modify or progress an exercise. This course will set you apart from other teachers and give you the skills to challenge even the most advanced participant.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> • Students will identify neutral alignment in all body positions. • Students will recognize loss of alignment during Pilates exercise. • Students will choose appropriate Pilates exercises for the population they are working with. • Students will apply Pilates principles. <p>CEU's: BOC-3, PHI-3, PMA-3 and PA PT: 4 Credits</p>
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Working With A Client With The Forward Head Posture (Online Course)	<p>In this online course, Chrissy Ruby discusses the muscle imbalances that create and feed the forward head posture in a narrated power point lecture. There is a handout for you to print to view with the narration. Then the camera follows Chrissy to her studio/clinic in Pittsburgh where she treats one of her clients using the Pilates reformer, pedipole, Cadillac, chair, mat, and ring. The course includes an online quiz and if you get 70%, you are able to print a certificate of completion. You get three attempts on the quiz.</p> <p>CEU's: BOC-3, PHI-3, PMA 3 and PA PT: 3 Credits</p>
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Reformer Choreography (Online Course)	<p>This 2-hour workshop focuses on new choreography for your reformer group classes or privates. If things are getting a bit stale, this will be sure to freshen it up! Chrissy Ruby presents new twists on old exercises as well as brand new creations that will liven up your classes adding challenge and interest.</p> <p>CEU's BOC-3, PHI-3 and PMA 3</p>
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Skilled Intervention in De-Rotating Scoliosis (Online Course)	<p>Correcting rotation in scoliosis is a controversial issue. In this 90 minute workshop, Suzanne Martin PT, DPT teaches hands-on techniques and cuing in order to gently guide the body into a new movement pattern.</p> <p>CEU's: BOC-3, PHI-3 and PMA-3</p>
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Pilates Training Curriculum Continued

ELECTIVES

<p>Pilates Mat for Rehabilitation Level I (1-Day Live Course)</p>	<p>This 7-hour practical course introduces the Pilates Mat repertoire for a method of therapeutic exercise and evaluation for rehabilitation. The six Pilates principles are introduced and the foundation for the Mat work is established. A system of evaluation is presented and several case studies are reviewed as potential protocols. Participants will leave with unlimited combinations of exercises for therapy and home programs that require equipment.</p> <p>Course Objectives</p> <p>Participants will be able to:</p> <ol style="list-style-type: none"> 1. List the 6 principles of Pilates and identify their benefits for rehabilitation. 2. Position clients in neutral in all body positions. 3. Evaluate success in exercise through alignment and stability. 4. Demonstrate a minimum of 30 Pilates exercises to use for rehabilitation. 5. Perform a Pilates movement evaluation using the tools of Pilates Mat exercises. 6. Review the evidence based research on Pilates Mat exercise as a fitness modality and rehabilitation tool. <p>Pre-Requisites: This course is specifically for Licensed professionals. Required Textbook: PHI Pilates Mat Manual CEU's: ACE-1.3, BOC-20, PHI-20, PMA-12 & PA PT: 20 Credits</p>	<p>Pilates Mat for Rehabilitation Level II (1-Day Live Course)</p>	<p>This 7-hour practical course is the next step after Pilates Mat for Rehabilitation I and expands on the exercises presented. The Pilates use of the Pilates Ring and six-inch Foam Roller are introduced as tools for teaching balanced movement and adding challenge. The focus of this course is on specific patient conditions and selecting specific Pilates Mat exercises to address movement dysfunction. Additional Pilates research will be presented specific to conditions discussed.</p> <p>Course Objectives</p> <p>Participants will be able to:</p> <ol style="list-style-type: none"> 1. Use the Ring and Foam Roller as proprioceptive tools to promote normal movement patterns of the shoulder, spine and hip. 2. Use the Pilates Ring to strengthen the pelvic floor and deep abdominal muscles as well as learn to control their function. 3. Demonstrate over 20 Pilates exercises using the Foam Roller and Pilates Ring. 4. Explore treatment protocols for low back dysfunction, shoulder conditions, hip and pelvis conditions including sacroiliac dysfunction, balance and fall prevention, and sports conditioning. <p>Pre-Requisites: This course is specifically for licensed professionals who have already completed Pilates Mat for Rehabilitation I. Required Textbook: PHI Pilates Mat Manual & PHI Pilates Using Small Props for Big Results CEU's: ACE-0.8, BOC-10 PHI-10 & PMA-6</p>
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