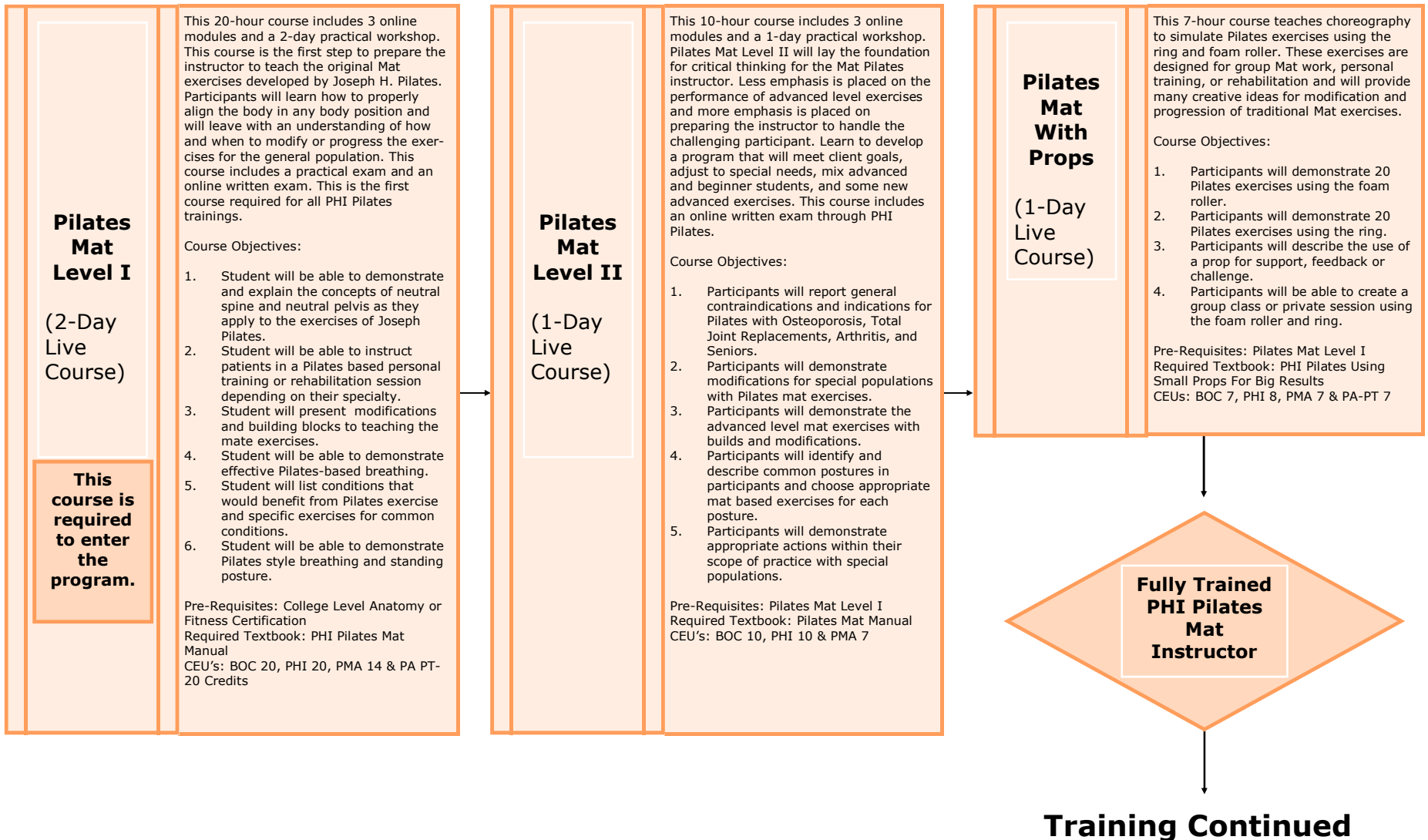
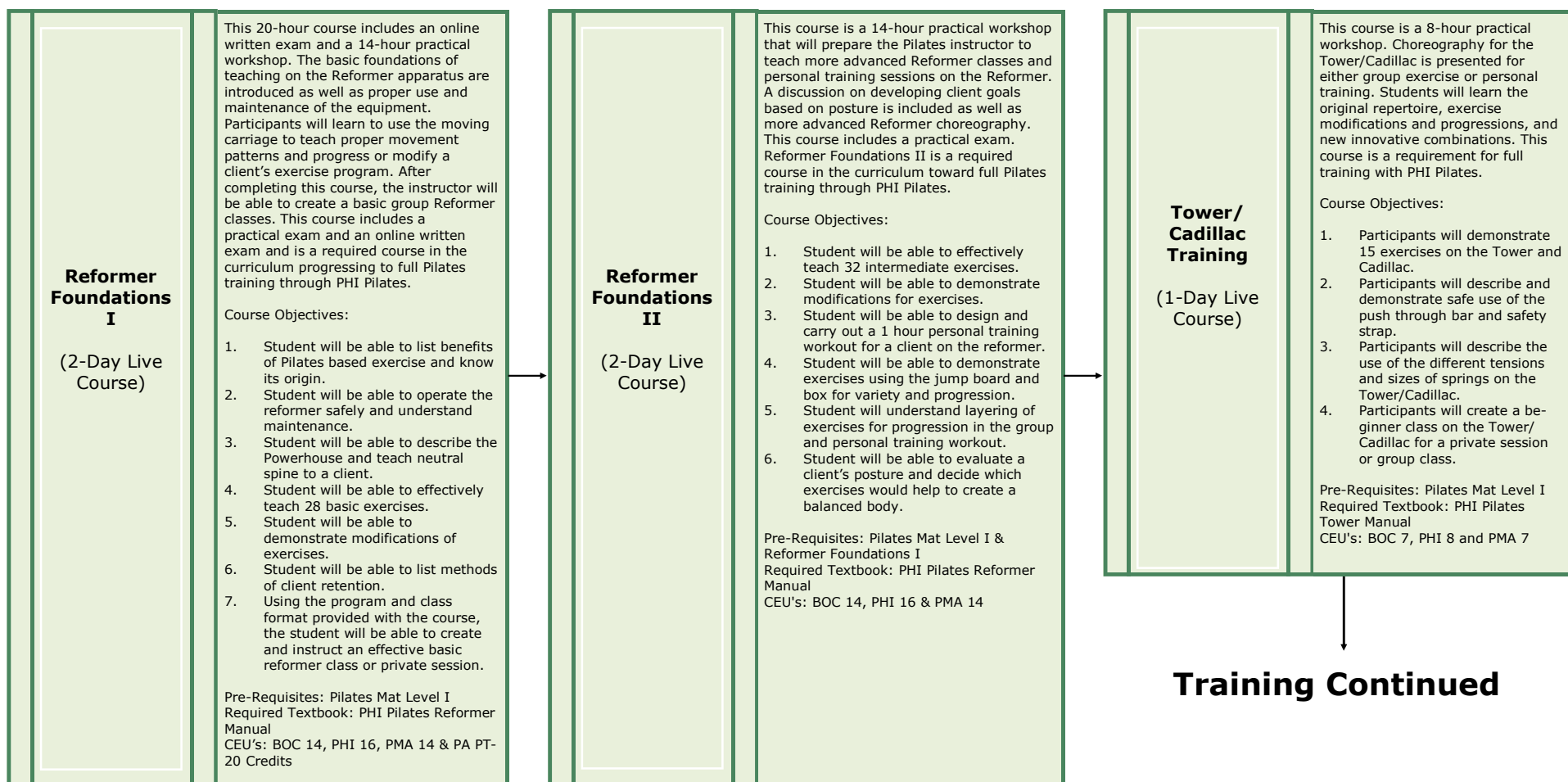


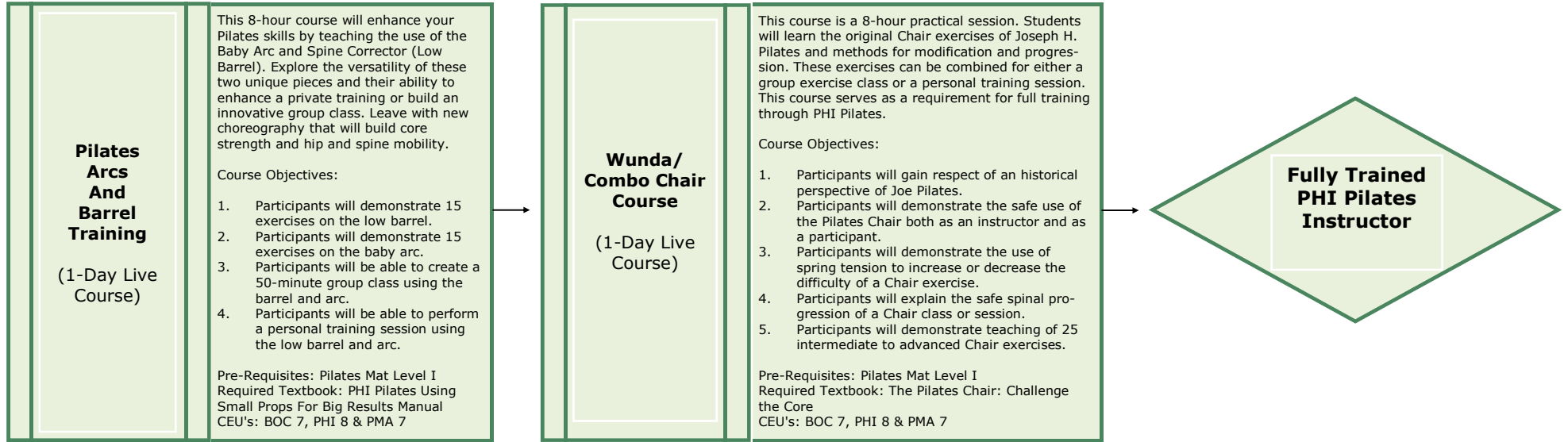
# Pilates Training Curriculum



## Pilates Training Curriculum Continued



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## Pilates Training Curriculum Continued

### LIVE TRAINING ELECTIVES

**Integrated Training**  
(1-Day Live Course)

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.

Course Objectives:

1. Participants will be able to create a group class or private session using the Tower and Reformer blended exercises.
2. Participants will describe the use of the carriage for perturbation to create control from the center.
3. Participants will demonstrate 20 exercises using the combined Tower and Reformer.
4. Participants will demonstrate safe transfers to and from the moving carriage when performing integrated exercises.

Pre-Requisites: Pilates Mat Level I & Reformer Foundations I  
Required Textbook: PHI Pilates Integrated Training Manual  
CEU's: BOC 7, PHI 8 & PMA 7

**Reformer Foundations III**  
(2-Day Live Course)

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.

Course Objectives:

1. Participant will demonstrate 27 new innovative exercises on the reformer.
2. Participants will describe common problems in the lower extremity that can be identified by watching simple Pilates footwork.
3. Participants will design a Pilates reformer workout to address a certain postural type's needs.
4. Participants will describe the role of the latissimus dorsi and understand how being weak and tight can effect a participant's movement.
5. Participants will describe the role of the gluteus maximus and understand how being weak and tight can effect a participant's movement.

Pre-Requisites: Reformer I and Reformer II  
Required Material: Manual Included  
CEU's: BOC 14, PHI 16 & PMA 14

**Training Continued**

## Pilates Training Curriculum Continued

### LIVE TRAINING ELECTIVES

<p><b>Pilates for a Healthy Back</b> (1-Day Live Course)</p>	<p>Everyone will have back pain at some point in his or her lifetime. When it is one of your clients or yourself, will you know what to do? This workshop will discuss several types of back pain and help you categorize them. We will discuss red flags of when to refer that client on or when to avoid certain activities. Then we will apply Pilates Mat movements for a fitness evaluation and post rehabilitation plan. Leave with a new confidence for when your client says: "I hurt my back" or "Can you teach me a Pilates program to help my back pain?"</p> <p>Course Objectives:</p> <ol style="list-style-type: none"> <li>1. Participants will label back pain into 5 general exercise categories.</li> <li>2. Participants will identify red flags and know when to refer a client on or discontinue/modify an exercise.</li> <li>3. Participants will list permitted movement for each of the 5 categories and demonstrate 5 exercises for each of the 5 categories.</li> <li>4. Participants will demonstrate the ability to administer a back pain questionnaire and movement screen to qualify a client to a particular category of back pain.</li> </ol> <p>Instructor: Christine Romani-Ruby PT, MPT, ATC, PMA@CPT</p> <p>CEU's BOC 3 and PMA 7</p>
<p><b>Stability Creates Flexibility</b> (1-Day Live Course)</p>	<p>When pain is present the debate of whether to stretch or strengthen often evolves. Evidence based research reveals that the pain is where there is too much movement. In this workshop see how Pilates has the unique ability to create stiffness in a resting painful segment that results in an increase in mobility of another segment and a decrease in pain.</p> <p>Course Objectives:</p> <ol style="list-style-type: none"> <li>1. Participants will define muscle balance and the properties of muscles including stiffness, reciprocal inhibition, and synergistic inhibition.</li> <li>2. Participants will demonstrate basic movements that apply these principles and correlate them with Pilates mat exercises.</li> <li>3. Participants will understand the use of the spring tension on the reformer to create exercises that support this principle.</li> <li>4. Participants will discuss peer reviewed research and case studies that support this principle.</li> </ol> <p>Instructor: Christine Romani-Ruby PT, MPT, ATC, PMA@CPT</p> <p>CEU's: BOC 7 and PMA 7</p>
<p><b>The Gluteals and their Link to Low Back Pain</b> (1-Day Live Course)</p>	<p>Over 95 % of adults will experience low back pain at some time in their life. For many the length and strength of the gluteal musculature can be a contributing factor and the reason that the back pain persists. In this workshop, the Pilates instructor will identify shortness and weakness through Pilates movements and then use those movements to build muscle balance. Whether you are working with a client with low back pain or doing a prevention program these exercises are key to working with any adult. Exercises in this course are mostly on the reformer.</p> <p>Course Objectives:</p> <ol style="list-style-type: none"> <li>1. The student will list the multiple roles of the gluteal musculature in healthy function of the low back for daily activities.</li> <li>2. The student will identify weakness of the gluteals through observation of Pilates movements and activities of daily living.</li> <li>3. The student will identify shortness of the gluteals through the observation of Pilates movements and activities of daily living.</li> <li>4. The student will demonstrate Pilates exercises to lengthen the gluteals.</li> <li>5. The student will demonstrate Pilates exercises to strengthen the gluteals.</li> </ol> <p>Instructor: Christine Romani-Ruby PT, MPT, ATC, PMA@CPT</p> <p>CEU's: BOC 7 and PMA 7</p>

# Pilates Training Curriculum Continued

## ONLINE TRAINING ELECTIVES

**Active Nutrition Online Training Course**  
(Online Course)

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.

Course Objectives:

1. Provide an overview of nutrients individuals ingest in their food.
2. Provide the basic concepts behind nutritional goals for active individuals.
3. Provide insight into how active individuals should eat and drink before, during and after activity.

CEU's: BOC 3 and PHI 3

**Reformer Choreography**  
(Online Course)

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.

Course Objectives:

1. Participants will demonstrate 21 new choreography exercises on the Reformer.
2. Participants will define the idea of teaching by "using the move".
3. Participants will understand how a teacher should keep cadence with their voice and start combinations simple so that they can build.
4. Participants will remember that purpose, safety, and client goals are all as important as fun choreography.
5. Participants will define their demographic and understand how to use this to assist in choosing choreography.

CEU's: BOC 3, PHI 3 & PMA 3

**Back to Basics**  
(Online Course)

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.

Course Objectives:

1. Students will identify neutral alignment in all body positions.
2. Students will recognize loss of alignment during Pilates exercise.
3. Students will choose appropriate Pilates exercises for the population they are working with.
4. Students will apply Pilates principles.

CEU's: BOC 3, PHI 3, PMA 3 & PA PT-4 Credits

**Working With A Client With The Forward Head Posture**  
(Online Course)

The forward head posture is one of the most common postural faults of our clients. It results from extended periods in sitting, age, and overtraining. We see it in the young, the old, the inactive and even in our best athletes. If untreated it will eventually cause muscle imbalance in the cervical spine and may lead to herniated discs, numbness and tingling in the arms, shoulder problems and headaches. 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.

Course Objectives:

1. The participant will list the muscles involved in the guy wire system that holds the head in good posture.
2. The participant will list the muscles that form the scapular force couple.
3. The participant will describe 14 exercises for the forward head posture on the various Pilates apparatus.
4. The participant will describe the upper crossed syndrome and identify it in posture evaluation of a client.

CEU's: BOC 3, PHI 3, PMA 3 & PA PT-3 Credits

**The Gluteals and their Link to Lower Quarter Dysfunction**  
(Online Course)

A lack of recruitment of the Gluteus Maximus is present in many athletes with a history of low back pain, ankle sprain, plantar fasciitis and many other lower quarter injuries. It is undetermined if the dysfunction of the Gluteus Maximus occurred before or after the injury, but this altered motor control pattern exists. This 3 credit hour course will cover the muscles and their functions and review the related research in a narrated powerpoint and then you will go to the lab to view mat and reformer exercises to improve this condition. The lab exercises are presented in MP4 files that you can download and keep for future reference.

Course Objectives:

1. Identify the extensors of the hip and their isolated and integrated functions.
2. Define "Gluteal Amnesia" and "Crossed Pelvis Syndrome" and the identifying characteristics in athletes.
3. List the lower quarter dysfunctions common in athletes that are linked in research to the lack of recruitment of the gluteals.
4. Present ten Pilates based mat or reformer exercises to improve motor control of the gluteals in athletes.
5. Identify faulty movement patterns and postures of that are associated with poor recruitment of the gluteals.

CEU's: BOC 3, PHI 3, PMA 3 and PA PT-3 Credits

**Training Continued**

## Pilates Training Curriculum Continued

### ONLINE TRAINING ELECTIVES

<p style="text-align: center;"><b>Pilates for Pre and Post Natal Clients</b>  (Online Course)</p>	<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"> <li>1. The student will describe the physiological changes in the mother throughout the pregnancy trimesters and after the baby is born.</li> <li>2. The student will list the benefits and risks of exercise to both the pregnant woman and the new mother.</li> <li>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.</li> <li>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.</li> </ol> <p>CEU's: BOC 5, PHI 5, PMA 4.5 &amp; PA PT-3.5 Credits</p>	<p style="text-align: center;"><b>Pilates for Endurance Athletes</b>  (Online Course)</p>	<p>Endurance athletes are a growing sub population in the US. Last year almost half a million people completed a marathon. Research studies show that between 50 and 90 percent of runners miss training time due to injury. Pilates, which emphasizes control of the core as well as strengthening of long weak muscles and lengthening of short strong muscles is well suited to be a part of an endurance athletes training regimen. In this streamed lecture, we will explore repertoire which keeps athletes functioning at their optimal potential.</p> <p>Course Objectives:</p> <ol style="list-style-type: none"> <li>1. To provide the Pilates instructor with an overview of the physical demands of endurance athletes.</li> <li>2. To provide the Pilates instructor with an overview of common movement impairments seen in endurance athletes.</li> <li>3. To provide Pilates instructors with ideas to introduce endurance athletes to Pilates exercise.</li> <li>4. To provide Pilates instructors with a rationale about why specific Pilates exercises are beneficial for endurance athletes.</li> <li>5. To provide Pilates instructors with specific cues for Pilates exercises to work with endurance athletes towards the mastery of these exercises.</li> </ol> <p>CEU's: BOC 3 and PMA 3</p>	<p style="text-align: center;"><b>Take It To The Wall</b>  (Online Course)</p>	<p>This course which is presented by Karen Sanzo, MS, PT, PMA® CPT is designed to facilitate advanced thinking prior to advancing exercises. This course will provide you with a new awareness of the muscles that often lie dormant during many exercises. Discover the role of the hamstrings and gluteals during a bridge. What about that famous quadruped position? Learn how the hands can make a better connection to the shoulder. Research regarding motor control and spinal stabilization will be briefly reviewed.</p> <p>Course Objectives:</p> <ol style="list-style-type: none"> <li>1. Define open/closed chain exercises.</li> <li>2. Experience how closing the chain can create different core connections.</li> <li>3. Understand the role of hamstrings and gluteus maximus during hip extension forces or active hip extension. Includes review of firing patterns.</li> <li>4. Discover ideal prop placement to enhance hip and shoulder opening.</li> <li>5. Review phases of motor control.</li> <li>6. Build an integrated wall exercise program from supine, quadruped, sitting and standing.</li> </ol> <p>CEU's: BOC 3, PHI 3 and PMA 3</p>
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## Pilates Training Curriculum Continued

### ONLINE TRAINING ELECTIVES

**Skilled Intervention in De-Rotating Scoliosis**  
(Online Course)

Correcting rotation in scoliosis is a controversial issue. In this 90 minute workshop, Suzanne Martin teaches hands-on techniques and cuing in order to gently guide the body into a new movement pattern. This course includes an online video presentation and online quiz.

Course Objectives:

1. Describe the rotational mechanics of the spine as defined by Frett's laws and D.O. Fred Mitchell.
2. Differentiate posture type as opposed to scoliosis type.
3. Use an evidence-based screen to specify spinal axial rotation.
4. Describe the concepts of the thoracic, the lumbar, and the pelvic keys essential for de-rotation.

CEU's: BOC 3, PHI 3 & PMA 3

**The Amazing Push Through Bar**  
(Online Course)

Correcting rotation in scoliosis is a controversial issue. In this 90 minute workshop, Suzanne Martin teaches hands-on techniques and cuing in order to gently guide the body into a new movement pattern. This course includes an online video presentation and online quiz.

Course Objectives:

1. Describe the rotational mechanics of the spine as defined by Frett's laws and D.O. Fred Mitchell.
2. Differentiate posture type as opposed to scoliosis type.
3. Use an evidence-based screen to specify spinal axial rotation.
4. Describe the concepts of the thoracic, the lumbar, and the pelvic keys essential for de-rotation.

CEU's: BOC 3, PHI 3 & PMA 3

**Pilates as Treatment for Back Pain in Clients with Sway Back Posture**  
  
(Online Course)

Sway Back posture is a common factor in clients with Back Pain and other chronic syndromes. In this online course, view a narrated power point to learn about the characteristics and problems in sway back posture and review concepts surrounding the causes and effects of this posture. Then go to the lab with Chrissy to watch the postural evaluation and Pilates based exercise treatment of a gentleman with sway back posture and chronic low back pain. Exercises shown are on the Mat, Reformer, Trapeze Table, and Ladder Barrel.

Course Objectives:

1. Participants will identify and describe the Sway Back Posture.
2. Participants will differentiate the Sway Back Posture from Lower Crossed Syndrome.
3. Participants will identify weaknesses and length deficits of a client with the Sway Back Posture.
4. Participants will apply exercises using the Reformer, Trap Table, Mat, and Ladder Barrel to improve Sway Back Posture and reduce low back pain.
5. Participants will identify the components of Sway Back Posture that lead to low back pain.

CEU's: BOC 3, PMA 3 & PAPT-3

**Addressing Spinal Forces on the Cadillac**  
  
(Online Course)

This workshop presented by Kathy Sanzo, MSPT will demonstrate how the Cadillac or Tower System can both facilitate and challenge spinal movements. With a deep understanding of the longitudinal system of the spine and its supporting structures, this workshop and workout will allow you the opportunity to see and experience the many forces that challenge the spine throughout daily activities. An experienced teacher understands the purpose and function of movement patterns, how to program these movements on the Cadillac, and how they relate to daily life. This workshop will help you create a program that incorporates mobility, stability, flexibility, core strength, balance, and coordination. We will examine new ways to use the equipment, while recognizing and respecting the biomechanical fundamentals. Course Objectives:

1. Define flexion, extension, sidebending and rotational forces on the spine.
2. Demonstrate how unilateral movement, or lack of movement, places rotational or sidebending forces on the spine.
3. Identify exercises in every plane of motion that can enhance spinal lengthening.
4. Discover how the cadillac can enhance ideal recruitment patterns of the postural muscles with open and closed chain exercises.

CEU's: BOC 3, PHI 3 and PMA 3



# Pilates Training Curriculum Continued

## ONLINE TRAINING ELECTIVES

### Low Back Pain: The Role of the Gluteals in Prevention & Rehabilitation (Online Course)

Over 95 % of adults will experience low back pain at some time in their life. For many the length and strength of the gluteal musculature can be a contributing factor and the reason that the back pain persists. In this workshop, the Pilates instructor or physical therapist will identify shortness and weakness through Pilates movements and then use those movements to build muscle balance within their scope of practice. When working with a client with low back pain or doing a prevention program these exercises are key. Exercises in this course are on the mat, reformer, and Pilates chair. Many of the mat exercises use the Pilates loop resistance band.

#### Course Objectives:

1. The student will list the multiple roles of the gluteal musculature in healthy function of the low back for daily activities.
2. The student will identify poor movement patterns of the gluteals through observation of Pilates movements and activities of daily living.
3. The student will identify the important role of the gluteus maximus in global movement patterns.
4. The student will demonstrate Pilates exercises to strengthen, lengthen and balance the gluteals on the reformer, mat and chair.
5. The student will identify lower extremity movement issues that may lead to problems in gluteal activation.

CEU's: BOC 4, PMA 4 and PAPT-4