



PHI Pilates

TEACHER TRAINING

Comprehensive Teacher Training in a modular Format that prepares you to sit for the National Pilates Certification Exam

PHI Pilates has been training teachers since 1997. We were the first program to offer a comprehensive teacher training in a modular course plan and testing and lecture via the world wide web.

Trainings are offered on weekends at multiple national locations and may be attended live or via zoom. Our comprehensive program provides 113 hours of modular course work and 350 hours of observation and practice teaching hours. Observation and Practice hours can be completed at an approved location of your choice. We will work with you on finding that location.

Our curriculum was written by Dr. Christine Romani-Ruby PT and all courses are instructed by nationally certified PHI Pilates Master teachers with a minimum of 5 years of experience.

The modular curriculum can be taken in any order with exception of the Pilates Mat Level I that needs to be taken first. The Reformer Reformation I, II and III must be taken in order.

We welcome teachers bridging in from other programs and encourage you to reach out to see what we can apply to your PHI training.

Prior to signing up for any of the following courses, you must RSVP to a live or zoom event in the Teacher Training Community.



412-563-1807



www.phipilates.com



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PHI PILATES MAT LEVEL I

This 20-hour course includes 3 online modules and a 2-day practical workshop (may be attended via zoom at some locations). This course is the first step to prepare the instructor to teach the original Mat exercises developed by Joseph H. Pilates. Participants will learn how to properly align the body in any body position and will leave with an understanding of how and when to modify or progress the exercises for the general population. This course includes a practical exam and an online written exam. This is the first course required for all PHI Pilates trainings.

Course Objectives:

- 1. Student will be able to demonstrate and explain the concepts of neutral spine and neutral pelvis as they apply to the exercises of Joseph Pilates.*
- 2. Student will be able to instruct patients in a Pilates based personal training or rehabilitation session depending on their specialty.*
- 3. Student will present modifications and building blocks to teaching the mat exercises*
- 4. Student will be able to demonstrate effective Pilates-based breathing*
- 5. Student will list conditions that would benefit from Pilates exercise and specific exercises for common conditions.*
- 6. Student will be able to demonstrate Pilates style breathing and standing posture.*

Pre-Requisites: College Level Anatomy or Fitness Certification

Required Textbook: Pilates Mat Work A Manual for Fitness and Rehabilitation Professionals

PHI PILATES MAT LEVEL II

This 10-hour course includes 3 online modules and a 1-day practical workshop. Pilates Mat Level II will lay the foundation for critical thinking for the Mat Pilates instructor. Less emphasis is placed on the performance of advanced level exercises and more emphasis is placed on preparing the instructor to handle the challenging participant. Learn to develop a program that will meet client goals, adjust to special needs, mix advanced and beginner students, and some new advanced exercises. This course includes an online written exam through PHI Pilates.

Course Objectives:

- 1. Participants will report general contraindications and indications for Pilates with Osteoporosis, Total Joint Replacements, Arthritis, and Seniors.*
- 2. Participants will demonstrate modifications for special populations with Pilates mat exercises.*
- 3. Participants will demonstrate the advanced level mat exercises with builds and modifications*
- 4. Participants will identify and describe common postures in participants and choose appropriate mat based exercises for each posture.*
- 5. Participants will demonstrate appropriate actions within their scope of practice with special populations.*

Pre-Requisites: Pilates Mat Level I

Required Textbook: Pilates Mat Work A Manual for Fitness and Rehabilitation Professionals



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PHI PILATES MAT WITH PROPS

This 7-hour course teaches choreography to simulate Pilates exercises using the ring and foam roller. These exercises are designed for group Mat work, personal training, or rehabilitation and will provide many creative ideas for modification and progression of traditional Mat exercises.

Course Objectives:

- 1. Participants will demonstrate 20 Pilates exercises using the foam roller.*
- 2. Participants will demonstrate 20 Pilates exercises using the ring.*
- 3. Participants will describe the use of a prop for support, feedback or challenge.*
- 4. Participants will be able to create a group class or private session using the foam roller and ring.*

Prerequisites: Pilates Mat Level I

Required Textbook: Pilates Using Small Props for Big Results

PHI PILATES ARC AND BARREL

This 8-hour course will enhance your Pilates skills by teaching the use of the Baby Arc and Spine Corrector (Low Barrel). Explore the versatility of these two unique pieces and their ability to enhance a private training or build an innovative group class. Leave with new choreography that will build core strength and hip and spine mobility.

Course Objectives:

- 1. Participants will demonstrate 15 exercises on the low barrel.*
- 2. Participants will demonstrate 15 exercises on the baby arc.*
- 3. Participants will be able to create a 50-minute group class using the barrel and arc.*
- 4. Participants will be able to perform a personal training session using the low barrel and arc.*

Pre-Requisites: Pilates Mat Level I

Required Textbook: Pilates Using Small Props For Big Results

PILATES WUNDA/COMBO CHAIR TRAINING

This course is a 8-hour practical session. Students will learn the original Chair exercises of Joseph H. Pilates and methods for modification and progression. These exercises can be combined for either a group exercise class or a personal training session. This course serves as a requirement for full training through PHI Pilates.

Course Objectives:

- 1. Participants will gain respect of an historical perspective of Joe Pilates.*
- 2. Participants will demonstrate the safe use of the Pilates Chair both as an instructor and as a participant.*
- 3. Participants will demonstrate the use of spring tension to increase or decrease the difficulty of a chair exercise.*
- 4. Participants will explain the safe spinal progression of a chair class or session.*
- 5. Participants will demonstrate teaching of 25 intermediate to advanced chair exercises.*

Pre-Requisites: Pilates Mat Level I

Required Textbook: The Pilates Chair: Challenge the Core



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REFORMER FOUNDATIONS I

This 20-hour course includes an online written exam and a 14-hour practical workshop. The basic foundations of teaching on the Reformer apparatus are introduced as well as proper use and maintenance of the equipment. Participants will learn to use the moving carriage to teach proper movement patterns and progress or modify a client's exercise program. After completing this course, the instructor will be able to create a basic group Reformer classes. This course includes a practical exam and an online written exam and is a required course in the curriculum progressing to full Pilates training through PHI Pilates.

Course Objectives:

- 1. Student will be able to list benefits of Pilates based exercise and know its origin.*
- 2. Student will be able to operate the reformer safely and understand maintenance.*
- 3. Student will be able to describe the Powerhouse and teach neutral spine to a client.*
- 4. Student will be able to effectively teach 28 basic exercises.*
- 5. Student will be able to demonstrate modifications of exercises.*
- 6. Student will be able to list methods of client retention.*
- 7. Using the program and class format provided with the course, the student will be able to create and instruct an effective basic reformer class or private session.*

Pre-Requisites: Pilates Mat Level I

Required Textbook: Reforming Human Movement

REFORMER FOUNDATIONS II

This course is a 14-hour practical workshop that will prepare the Pilates instructor to teach more advanced Reformer classes and personal training sessions on the Reformer. A discussion on developing client goals based on posture is included as well as more advanced Reformer choreography. This course includes a practical exam. Reformer Foundations II is a required course in the curriculum toward full Pilates training through PHI Pilates.

Course Objectives:

- 1. Student will be able to effectively teach 32 intermediate exercises.*
- 2. Student will be able to demonstrate modifications for exercises.*
- 3. Student will be able to design and carry out a 1 hour personal training workout for a client on the reformer.*
- 4. Student will be able to demonstrate exercises using the jump board and box for variety and progression.*
- 5. Student will understand layering of exercises for progression in the group and personal training workout.*
- 6. Student will be able to evaluate a client's posture and decide which exercises would help to create a balanced body.*

Pre-Requisites: Pilates Mat Level I & Reformer Foundations I

Required Textbook: Reforming Human Movement



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REFORMER FOUNDATIONS III

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 Textbook: Reforming Human Movement

PILATES TOWER/ CADILLAC TRAINING

This course is a 16-hour practical workshop. Choreography for the Tower/Cadillac is presented for either group exercise or personal training. Students will learn the original repertoire, exercise modifications and progressions, and new innovative combinations. This course is a requirement for full training with PHI Pilates.

Course Objectives:

- 1. Participants will demonstrate 15 exercises on the Tower and Cadillac.*
- 2. Participants will describe and demonstrate safe use of the push through bar and safety strap.*
- 3. Participants will describe the use of the different tensions and sizes of springs on the Tower/Cadillac.*
- 4. Participants will create a beginner class on the Tower/Cadillac for a private session or group class.*

Pre-Requisites: Pilates Mat Level I

Required Textbook: Training on the Trapeze Table

NEXT STEPS:

Once you have decided on the training program, visit the TEACHER TRAINING COMMUNITY EVENTS and RSVP to the live event of your choice. You will then be invited to register and pay for the course. You must RSVP and be approved before you can register for a course.