**Course Title:** **Pilates Based Exercise** and Philosophy for Land & Water Instructors and Pearsonal Trainers

**Produced by:** **Fitness Learning Systems**
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**Course Type:** **e-Learning Home Study**

**Credit hours:** AEA 5.0, ACSM 4.0, ATRI 0.5, COPS-KT 0.4,
NFPT 1.0, NCSF 2.0, YMCA 4.0, NSPA 4.0

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Judi Powers, MS, holds a Master of Science degree in Clinical Exercise Physiology and Bachelor of Science degree in Physical Education. She is an ACSM certified Health/Fitness Instructor®, AEA Certification Specialist, and a Yoga and Pilates Certified Instructor. Currently she is the Workshop Coordinator for Fitness Learning Systems and Co-Author of Aquatic After Care Training manual.
Her career experiences include teaching, coaching, and managing in the aquatic-fitness world for the past 28 years. She has lead certification workshops for the Aquatic Exercise Association (AEA), American College of Sports Medicine (ACSM), Aerobics & Fitness Association (AFAA) and Fitness Resource Associates, Inc. (FRA), since the early 1990's.

Course Summary:

In this course you learn the concepts used by Joseph H. Pilates and the Pilates Principle. It takes you through the muscles and functions of the "Powerhouse" and outlines the popular neuro-muscular floor exercises that stretch and strengthen muscles and promote better posture. The focus is on using science to better understand the core and stabilizing techniques used in this type of training. With videos and detailed explanations you are shown Pilates mat exercises both on land and then formatted for the aquatic environment, finally being able to create class formats incorporating warm up exercises, heat building exercises and cool down stretching. You do not have to be a Pilates instructor to use the concepts in this course in group fitness and personal training.

<u>Objectives:</u>

Upon completion of this course, you will be able to:

1. be able to define terms and concepts used by Pilates, such as Imagination, Intuition, Integration, and "Contrology."
2. be able to describe Pilates Principles.
3. be able to explain the function of the transversus abdominus, lumbar, multifidus, mid and lower trapezius during the following exercises: abdominal curl prep, single leg circles, prone extension exercises, and the rotational exercises such as the saw or spine twist.
4. be able to discuss two key points to help cue and teach using visualization, and the function of breath work during specific exercises such as the breath in roll up, the pelvis in single leg stretch, the cervical region in the hundred, and the scapular area in the swan dive – prep exercise.
5. be able to explain the goals of five exercises from the beginning level.
6. be able to demonstrate proper development of progression using the Hundred exercise.
7. be able to match the primary muscles used with 12 Pilates Mat exercises.
8. be able to briefly explain the history of Pilates.
9. be able to discuss the populations that could benefit from a Pilates exercise program performed in the pool.
10. be able to create a class format with 12 moves: incorporating a group of warm up exercises, heat building exercises and cool down stretching for an apparently healthy population.


<u>Outline:</u>

Introduction:
Just What is Pilates
History and Background of Pilates
Philosophy
Organizations for Education and Certification

Anatomy and Movement:
Core Stabilization or the "Powerhouse"
Anatomy Review
Muscle Review

Principles to Review before You Start Class:
Breathing
Pelvic Placement
Rib Cage Placement
Scapular Movement
Head & Cervical Spine Placement

Breathing Patterns

Observation and Correction:
  Lack of strength
  Lack of balance
  Lack of understanding
  Poor posture
  Orthopedic problems

Abdominal Preparation:
  Breathing
  Pelvic Placement
  Rib Cage Placement
  Scapular Movement
  Head & Cervical Spine Placement

The Mat Work Principles:
  Concentration
  Control
  Center
  Fluidity
  Precision
  Breath
  Additional concepts:
        Imagination
        Intuition
        Integration

Class Format:
  Warm Up
  Main Body of Workout
  Cool Down

Pilates Mat Work Exercises:
   Land
  Water

Sample Classes:
  Land
  Water

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