



Barbara Bruni's

Pilates and Beyond Instructor Training

Internship Instructor Training Program

- **Module #1: Mat and Foundational Principals Training** is 100 hours. The student will earn a diploma in Pilates Mat and Foundational Principals. This can be a stand-alone course for those desiring to teach only Mat classes or who want to add Pilates exercises and principals to their current mode of practice. Also, those wanting to take the Comprehensive Training must take Module #1 prior to taking Modules #2 & #3.
- **Module #2: Reformer Training** is 150 hours divided into three parts: **Module 2a Reformer Level 1** (50 hours) includes the set up and safety of the Reformer as well as the beginning and some of the intermediate exercises. **Module 2b Reformer Level 2** (50 hours) includes more of the intermediate exercises and a deeper understanding of refining the exercises to unique client needs. **Module 2c Reformer Level 3** (50 hours) includes the balance of the intermediate and the advanced repertoire. The student will earn diplomas as a Pilates Reformer Instructor. This includes the full repertoire of reformer exercises with current research in therapeutic principles and kinesiology. Also, those wanting to take the Comprehensive training must take Module #1 and #2 prior to taking Module #3.
- **Module #3: Comprehensive Pilates Training** is 200 hours. This includes training on all standard pieces of equipment and the full classical repertoire of exercises with variations and modifications with current research in therapeutic principles and kinesiology. The student will earn a diploma as a Comprehensive Pilates Instructor.

The Internship Program is designed for those whose schedule needs greater flexibility than a traditional intensive style of education and who have sufficient background in a related field. There is not the traditional classroom/lecture training as in the Traditional Intensive style of education, rather private sessions will be used in lieu of classroom hours. This is a disciplined self-paced approach; however, it still completes the required course hours that are necessary for the Pilates Method Alliance's Certification Examination.

Barbara Bruni's Pilates and Beyond, the instructor training program of Pilates Core Training, Inc., supports the Pilates Method Alliance's (PMA) endeavor in its national Pilates Certification Examination created in 2005. This certification creates necessary standards in Pilates training. Therefore, Barbara Bruni's Pilates and Beyond grants diplomas to students who successfully complete the Mat Course of Study, Reformer Training, and the Comprehensive Pilates Training. The Pilates Method Alliance has requirements for eligibility for certification. Please go to their web site www.pilatesmethodalliance.org to review those requirements. To be a Comprehensively Certified Pilates Instructor, one must be trained in all mat and equipment exercises. After successfully completing the Comprehensive Training program you will have received above and beyond the information needed to pass this national examination.

Module #1, Mat and Foundational Principals, is designed to be completed in six months or less including all Private, Self-Practice, Observation and Apprentice Teaching hours. If more time is needed the participant can petition for additional time, especially for the apprentice teaching hours, however, there may be additional costs for private and self-practice sessions. All private sessions are one hour but multiple hours can be completed in a session.

Module #2a, 2b and 2c, Reformer Training, is designed to have all the private sessions completed in six months or less from the start of the program. An additional six months is allowed to complete the balance of the Self-Practice, Observation and Apprentice Teaching hours. If more time is needed the participant can petition for additional time, especially for the apprentice teaching hours, however, there may be additional costs for private and self-practice sessions. All private sessions are one hour but multiple hours can be completed in a session.

Module #3, Comprehensive Pilates Training, is the balance of the final 200 hours on how to apply the exercises and principals to the rest of the equipment – Trapeze (Cadillac), Wunda Chair, Ladder and smaller barrels and Ped-a-Pull. This course is designed to have all the private sessions completed in six months or less from the start of the program. If more time is needed the participant can petition for additional time, especially for the apprentice teaching hours, however, there may be additional costs for private and self-practice sessions. All private sessions are one hour but multiple hours can be completed in a session.

Prerequisites:

- Licensed PT, OT, MD, OD, DC or holding a degree in a related field of Athletic Training, Exercise Science or Physiology, Kinesiology or Biomechanics, or certification and experience in a related field such as personal training or massage therapy. Acceptance based on initial interview.
- CPR certified
- Must have participated in a minimum of 10 group or private sessions prior to starting the course
- Applicants must complete the entrance application, complete the prerequisite hours and take a lesson with a certified teacher to be approved for the program.

Module 1: Mat and Foundational Principals Course of Study

A. Required hours for the Mat and Foundations Principals Course:

| | |
|----------------------------------|------------|
| Private Sessions | 40 |
| Self-Practice Hours | 35 |
| Observation Hours | 10 |
| <u>Apprentice Teaching Hours</u> | <u>15</u> |
| Total Hours | 100 |

B. Curriculum:

History and philosophy of Pilates
Anatomy/kinesiology within the Pilates environment
Principals of Pilates and movement
Posture assessments and how it determines programming
Classical exercises with updated information
Modifications and variations on the classic exercises
Common injuries and contraindications
Use of small props
Teaching skills: use of verbal and tactile cueing, pacing, sequencing, multi-tasking, etc.
Safety guidelines
Scope of practice

Code of Ethics Module #1 includes all private sessions, self-practice, observation, study guides, apprentice teaching hours and the test out. If the student fails to pass the test out the first time, there is an additional \$125.00 per test. At the end of the course the student will be awarded a diploma stating that he/she Successfully Completed the Pilates Mat and Foundational Principals Course with **Barbara Bruni's Pilates and Beyond**, the instructor training program of Pilates Core Training, Inc. This will enable you to teach a safe, effective, and motivational mat class that will be accepted by clubs, gyms, and studios that accept Pilates Mat trained instructors.

C. Policies:

Private Sessions: There are forty (40) private session hours to be completed. These will cover the curriculum outlined above. All forty sessions must be completed prior to apprentice teaching.

Self-Practice: There are thirty-five (35) self-practice hours to complete. Twenty (20) of these should be done at the host studio and can be fulfilled during business hours while there is another approved certified instructor on the premises. Requests of other hours from another approved studio or videos must have prior approval. Twenty (20) must be completed prior to apprentice teaching.

Observation Hours: There are ten (10) observation hours to complete. All of those hours must be the host studio. All hours must be completed prior to apprentice teaching.

Apprentice Teaching Hours: There are fifteen (15) apprentice hours to complete. The host studio may charge a small sum for clients to take a lesson with you with the understanding that you are in training. The host studio will provide evaluation forms for these clients to fill out after your session to help you improve your skills and increase your knowledge. You are not paid for these mat apprentice classes and/or sessions. If you are not keeping up with your own self-practice, you will be asked to discontinue your apprentice teaching hours until you resume your consistent self-practice. It is recommended that a teacher should continue their own training at least three times a week.

This course is designed to be completed within six months from the start of your internship program. If it takes longer or a student becomes inactive*, a re-evaluation will occur to see if additional training for an additional cost is necessary.

**Inactive status occurs when a student discontinues their private, self-practice and observation hours for a period of 30 days without prior agreement with Barbara Bruni's Pilates and Beyond.*

D. Cost of the Mat and Foundational Principals Course of Study is \$2000.00 (Training Manual fee is \$50.00)

The tuition covers all hours stated above. It includes use of the studio for self-practice, observation, and apprentice teaching hours during normal business hours when a certified instructor is on the premises. All the mat classes at the host studio can be attended with no additional cost while actively in the program prior to test out.

Deposit: A \$100.00 non-refundable holding fee is required with your application to confirm your registration and will be applied toward the tuition.

Payment Option: There is a payment option of \$520.00 per month for the first 3 months and \$420.00 on the 4th month. Training will begin after receipt of the first tuition payment. Payment in full is required prior to test out.

Refund Policy: Refunds will be issued upon written request and based on a prorated fee scale.

Termination: If a student drops out without a formal written request once the agreement is signed and is a no-show after 30 days without contacting the administration, there will be no refunds of any past payments but is not responsible for further payments. If a student is putting other students or clients in danger or exhibiting other forms of improper behavior, they will be terminated from the program without a refund.

Note: If there is a delinquent payment, the training will cease and will start again once the payment is made. If more than six months lapse then the student will have to test back in. Additional payments may be necessary if the student needs additional hours to catch up.

Test-out: In addition to fulfilling the above requirements the student must pass the final examination. The exam will consist of a written and a practical test out. The student must be able to demonstrate knowledge of proper verbal, tactile, visual and imagery cueing, pacing and the ability to teach an efficient and effective Pilates Mat session. Also, they must choose the appropriate exercise selection and variations. The student must have mastered the mat exercises within the scope of their ability. The student must possess all safety precautions in the Pilates environment. There will be a case study and the student must be able to defend their case of appropriate exercise selection.

E. Additional recommended books for the Mat and Foundational Principals

Course:

Trail Guide to the Body: How to Locate Muscles, Bones and More by Buiel and Dom

Trail Guide to the Body: Student Handbook

Return to Life: by J.H. Pilates

Anatomy of Movement by Blandine Calais-Germain

Module #2a, 2b and 2c: Reformer Training

A. Required hours for the Reformer Training (for each 2a, 2b, and 2c) :

| | |
|----------------------------------|-----------|
| Private instruction: | 15 |
| Self-Practice Hours | 10 |
| Observation Hours | 10 |
| <u>Apprentice Teaching Hours</u> | <u>15</u> |
| Total Hours | 50 |

A. Curriculum:

Reformer repertoire based on classical exercises with current information on kinesiology, therapeutics, and fascial research
Assessment and Evaluation
Risk factors and contraindications
Align client's goals with assessment and evaluation findings
How to identify imbalances and compensatory movements
How to design a client's Pilates program based on above information
Modifications and Variations
Special Populations (osteoporosis, stenosis, pre-and post-rehab shoulders, knees, backs, hips, etc.)
Teaching skills: use of verbal and tactile cueing, pacing, sequencing, multi-tasking, etc.
Safety of movement and use of equipment
Scope of Practice
Code of Ethics

B. Module #2 (2a, 2b and 2c) includes all private sessions, self-practice, observation, apprentice teaching, and the test out. If the student fails to pass the test out the first time, there is an additional fee of \$125.00 per test. At the end of the course the student will be rewarded a diploma stating that he/she Successfully Completed the Pilates Reformer Instructor Program (Level 1, Level 2 and Level 3) with Barbara Bruni's Pilates and Beyond. This will enable you to design and teach safe, effective and motivational Pilates Reformer programs and will be accepted by clubs, gyms and studios that accept trained Pilates Reformer instructors. You will also be entitled to apply these hours to the Comprehensive Certification.

C. Policies

Private Sessions: There are fifteen (15) private sessions to complete for each Level of this module. These will cover the Pilates curriculum outlined above. All fifteen (15) hours must be completed prior to the start of apprentice teaching.

Self-Practice: There are ten (10) self-practice hours to complete. All of these should be done at the host studio and can be fulfilled during business hours while there is another approved certified instructor on the premises. Requests of other hours from another approved studio or videos must have prior approval. All ten (10) hours must be completed prior to teaching apprentice clients.

Observation Hours: There are ten (10) observation hours to complete. All these hours must be the host studio. Requests of other hours from another approved studio or videos must have prior approval. All 10 hours must be completed prior to teaching apprentice clients.

Apprentice Teaching Hours: There are fifteen (15) apprentice hours to complete. These begin after the necessary hours above are fulfilled. The host studio will charge a small sum for clients to take a lesson with you with the understanding that you are in training. The host studio will provide evaluation forms for these clients to fill out after your sessions to help you to improve your skills and increase your knowledge. You are not paid for your first 5 apprentice hours but will earn an apprentice rate thereafter.

This course is designed to be completed within six months from the start of the program, of course since it is self-paced it can be completed sooner. If it takes longer the student may petition for additional time. If a student becomes inactive*, a re-evaluation will occur to see if additional training for an additional cost is necessary. Also, if you are not keeping up with your own self-practice, you will be asked to discontinue your apprentice teaching hours until you resume your consistent self-practice. It is recommended that a teacher should continue their own training at least three times a week.

**Inactive status occurs when a student discontinues his/her private, self-practice and observation hours for a period of 30 days without prior agreement with Barbara Bruni's Pilates and Beyond. While inactive, all classes will be at full charge.*

D. The cost of the Reformer Instructor Training is \$850.00 for each module (Training manual is additional \$50.00)

The tuition covers all hours stated above. It includes use of the studio for self-practice, observation, and apprentice teaching hours during normal business hours when a certified instructor is on the premises. There will be a charge for attending the equipment classes at a discounted student rate.

Deposit: A \$300.00 non-refundable deposit is required with the application to confirm your registration and is applied toward the tuition.

Payment Options: There is a payment option of \$300.00 at the start of the third month and \$300.00 at the start of the 5th month (\$900.00 total.)

Note: If there is a delinquent payment, the training will cease and will start again once the payment is made. If more than six months lapse, then the student will have to test back in. Additional payments may be necessary if the student needs additional hours to catch up.

Refund Policy: Refunds will be issued upon written request and based on a prorated fee scale.

Termination If a student drops out without a formal written request once the agreement is signed and is a no-show after 30 days without contacting the administration, there will be no refunds of any past payments but is not responsible for further payments. If a student is putting other students or clients in danger or exhibiting other forms of improper behavior, they will be terminated from the program without a refund of past payments but is not responsible for further payments.

Test-out: In addition to fulfilling the above requirements the student must pass the final examination. The exam will be composed of a written and a practical test out. The student must be able to demonstrate knowledge of proper verbal, tactile, visual and imagery cueing, pacing as well as the ability to teach an efficient and effective Pilates session using all pieces of equipment as well as choosing the appropriate exercise selection and variations. The student must have mastered the equipment exercises within the scope of their ability. The student must possess all safety precautions on and around the Pilates equipment. There will be a case study and the student must be able to defend their case of appropriate exercise selection.

E. Additional recommended books for the Comprehensive Training:

Muscle Testing and Function with Posture and Pain by Kendall and McCreary

Module #3: Comprehensive Pilates Instructor Training

F. Required hours for the Comprehensive Pilates Instructor Training Course:

| | |
|----------------------------------|------------|
| Private Sessions | 50 |
| Self-Practice Hours | 50 |
| Observation Hours | 30 |
| <u>Apprentice Teaching Hours</u> | <u>70</u> |
| Total Hours | 200 |

G. Curriculum:

The repertoire of the Trapeze (Cadillac), Reformer/Tower combo, Ladder Barrel, Spine Corrector, Wunda Chair, Ped-a-Pull and small props based on classical exercises with current information on kinesiology, therapeutics and fascial research

Assessment and Evaluation

Risk factors and contraindications

Align client's goals with assessment and evaluation findings

How to identify imbalances and compensatory movements

How to design a client's Pilates program based on above information

Modifications and Variations

Special Populations (osteoporosis, stenosis, pre-and post-rehab shoulders, knees, backs, hips, etc.)

Teaching skills: use of verbal and tactile cueing, pacing, multi-tasking, etc.

Safety of movement and use of equipment

Scope of Practice

Code of Ethics

Module #3 is the balance of the training needed to complete the work necessary to be considered a Comprehensively Trained Pilates Instructor. These final 200 hours include all private sessions, self-practice, observation, apprentice teaching, and the test out. If the student fails to pass the test out the first time, there is an additional fee of \$125.00 per test. At the end of the course the student will be awarded a diploma stating that he/she Successfully Completed the Comprehensive Pilates Instructor Program with Barbara Bruni's Pilates and Beyond, the teaching program of Pilates Core Training, Inc. This will enable you to design and teach safe, effective and motivational Pilates programs and will be accepted by clubs, gyms and studios that accept comprehensively trained Pilates Instructors. You will also have all the requirements to take the Pilates Method Alliance's Exam for a Certified Pilates Instructor.

H. Policies

Private Sessions: There are fifty (50) private session hours to complete. These will cover the Pilates curriculum outlined above. All hours must be completed prior to apprentice teaching. All session will be in one-hour increments and multiple hours may be completed in one session.

Self-Practice: There are fifty (50) self-practice hours to complete. All of these must be done at the host studio and can be fulfilled during business hours while there is another approved certified instructor on the premises. Requests of other hours from another approved studio or videos must have prior approval. Twenty-five (25) hours must be completed prior to teaching apprentice clients.

Observation Hours: There are thirty (30) observation hours to complete. All these hours must be at the host studio. Requests of other hours from another approved studio or videos must have prior approval. Fifteen (15) hours must be completed prior to teaching apprentice clients.

Apprentice Teaching Hours: There are seventy (70) apprentice hours to complete. These begin after the necessary above hours are fulfilled. The host studio will charge a small sum for clients to take a lesson with you with the understanding that you are in training. The host studio will provide evaluation forms for these clients to fill out after your sessions to help you to improve your skills and increase your knowledge. You will not be paid for the first ten (10) sessions but will be paid an apprentice rate thereafter.

This course is designed to be completed within one year from the start of this program. It can be done sooner as it is a self-paced program. If it takes longer a student may petition for additional time. If a student becomes inactive*, a re-evaluation will occur to see if additional training for an additional cost is necessary. Also, if you are not keeping up with your own self-practice, you will be asked to discontinue your apprentice teaching hours until you resume your consistent self-practice. It is recommended that a teacher should continue their own training at least three times a week.

**Inactive status occurs when a student discontinues his/her private, self-practice and observation hours for a period of 30 days without prior agreement with Barbara Bruni's Pilates and Beyond. While inactive, all classes will be at full charge.*

I. **The cost of the Comprehensive Pilates Instructor Training is \$2800.00**
(Training manual is \$50.00 additional)

The tuition covers all hours stated above. It includes use of the studio for self-practice, observation, and apprentice teaching hours during normal business hours when a certified instructor is on the premises. There will be a charge for attending the equipment classes at a discounted student rate.

Deposit: A \$200.00 non-refundable deposit is required to confirm your registration at the time of application and will be applied toward the tuition.

Payment Options:

1) There is a six-payment option of \$300.00 at the start of the program (includes deposit) and \$500.00 every other month. If the student finishes earlier than one-year, full payment is required prior to test out.

Note: If there is a delinquent payment, the training will cease and will start again once the payment is made. If more than six months lapse, then the student will have to test back in. Additional payments may be necessary if the student needs additional hours to catch up.

Refund Policy: Refunds will be issued upon written request and based on a prorated fee scale.

Termination: If a student drops out without a formal written request once the agreement is signed and is a no-show after 30 days without contacting the administration, there will be no refunds of any past payments but is not responsible for further payments. If a student is putting other students or clients in danger or exhibiting other forms of improper behavior, they will be terminated from the program without a refund of past payments but is not responsible for further payments.

Test-out: In addition to fulfilling the above requirements the student must pass the final examination. The exam will be composed of a written and a practical test out. The student must be able to demonstrate knowledge of proper verbal, tactile, visual and imagery cueing, pacing, as well the ability to teach an efficient and effective Pilates session using all pieces of equipment as well as choosing the appropriate exercise selection and variations. The student must have mastered the equipment exercises within the scope of their ability. The student must possess all safety precautions on and around the Pilates equipment. There will be a case study and the student must be able to defend their case.

Barbara Bruni's **Pilates and Beyond** Pilates Instructor Training Agreement
 Host Studio:

| | |
|----------------------------|---------------------------------|
| Name: | Address: |
| Apt., Suite: | City, State, Zip: |
| Home Phone: | Cell Phone: |
| Work Phone: | Email Address: |
| Module #: Start date: | Paid in full or payment option: |
| Date: | |
| Deposit: | |
| Amount Paid: Method: | Next Payment of : |
| Date: | Due by: |
| Balance: | |
| Amount Paid: Method: | Next Payment of: |
| Date: | Due by: |
| Balance: | |
| Amount Paid: Method: | Next Payment of: |
| Date: | Due by: |
| Balance: | |
| Amount Paid: Method: | Next Payment of: |
| Date: | Due by: |
| Balance: | |

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| Amount Paid: | Method: | |
| Date: | | |

Notes:

I understand that I will be participating in a fitness program that will require physical exertion. I recognize that there is a risk of serious injury associated with any fitness program and I understand that my fitness level is my responsibility and if I experience pain or discomfort, I will not continue the exercise. There is no such limitation, medication, or medical treatment other than those that I have written on this medical history. I understand that the exercise recommendations in this class do not replace the advice of my physician or other medical practitioner.

I understand that by signing this statement I am agreeing not to hold Barbara Bruni, Barbara Bruni's Pilates and Beyond, Inc. or the host studio, Pilates Core Training, Inc., or any of her agents, employees, or insurers responsible for any bodily injury or property damage that I may suffer as a result of my participation in this program at home or elsewhere. As such, I understand and agree that Barbara Bruni, her agents, employees, or insurers shall not be liable for any bodily injury or property damage that may result either directly or indirectly from my participation in this fitness program.

I realize that there is a twenty-four-hour cancellation notice if I need to reschedule my private session. I agree to the full charge of a session of \$65.00 if I fail to cancel prior to twenty-four (24) hours.

By signing below, I agree to the above terms, policies and waiver as well as agree that the medical information on the health history is true.

Participant Signature

Date

Printed Name