

DualStar™ Pilates Instructor Certification Program

HOW TO GET STARTED:

1. Call Cumberland County College at 856-776-2372 for enrollment information.
2. Submit a copy of your HS diploma or GED certificate
3. Provide a statement of health from your doctor.

CANCELLATION POLICY

Students who wish to cancel their enrollment must contact Cumberland County College and follow their policies and procedures for cancellation.

DualStar™ Pilates Instructor Certification Program

Introduction to Mat Pilates	10 hours	First Semester
Pilates Mat 1	20 hours	First Semester
Pilates Mat 2	20 hours	First Semester

Coursework: 42 hours
Student teaching: 8 hours
Total hours: 50
Tuition and fees: \$1350.00

DualStar Pilates Institute Manual is included.

Additional books are required and can be purchased at the Cumberland County College bookstore.

Grading is based on pass/fail criteria, maintenance of a 75% average and mandatory attendance. Quizzes, practical exams, and student teaching hours are part of the successful completion of the DualStar Pilates Institute Certification Program.

Certification is valid for two years. A minimum of 16 Continuing Education Credits (CECs) are required to keep the certification valid. A workshop with the DualStar Pilates Institute or an approved continuing education course at Cumberland County College will satisfy this requirement. The DualStar Pilates Institute will contact you at your two-year anniversary date. It is your responsibility to ensure that the DualStar Pilates Institute is kept up-to-date with your most current contact information.

Applicants must be 18 years of age or older and be a high school graduate or hold a GED. A copy of your diploma/GED certificate or high school transcript must be supplied. Students must have CPR, AED and First Aid certification. Students must have healthcare provider insurance for fitness instructors. The DualStar Pilates Institute can provide a list of healthcare insurance providers upon request.

www.dualstarpilates.com

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DUALSTAR™ PILATES METHOD

The DualStar™ Pilates Institute was founded to increase awareness of, and access to, the physical and mental benefits of the Pilates method of exercise.

The philosophy of DualStar Pilates is that a properly trained instructor is the key to ensuring a safe and optimally effective Pilates workout. DualStar Pilates method focuses on achieving a balanced body and strengthening the mind–body connection. Our exercises incorporate focused breathing, neutral-spine concentration, spinal articulation, scapular movement and stabilization to provide our students with a comprehensive fitness regimen.

At DualStar Pilates, we believe it's not just about Pilates training—it's about understanding the whole person: how he/she eats, lives, works, and plays. We base our Pilates Instructor Certification Program on this philosophy; to educate the instructor in a well-rounded Pilates Program.

"The beauty of learning Pilates is that it doesn't just teach you a set of exercises – it teaches you creative ways to think about movement that are invaluable when creating exercise programs for patients."

The fundamental concepts of core stabilization and breath control learned in Pilates training work so harmoniously with rehabilitation exercise strategies that I was EVERY future rehab professional to learn them."

-Jennifer L. Mandell
PT, DPT, Certified MDT



Pilates Instructor Certification Program

Fall Semester

Continuing Education Workforce & Community Education

Pilates is a multibillion-dollar industry established in the early 20th century and is currently one of the most popular approaches to movement, balance and toning. It has been named as the fastest-growing fitness activity, probably because it is suitable for everybody, regardless of age, sex or fitness level. It currently boasts 8.6 million practitioners—an astonishing increase of 450% since 2000, as reported by The Sporting Goods Manufacturing Association (Rovell, 2010). Pilates is also ranked as a top-10 fitness trend by the American College of Sports and Medicine.

Cumberland County College
3322 College Drive
Vineland, NJ 08362
Phone: 856-776-2373
www.cccnj.edu



DualStar™ Pilates Instructor Certification Program

The *DualStar Pilates Institute* sets a gold standard in Pilates instructor training. Our methodology combines the essential principles of Joseph Pilates' method of body conditioning with current advances in physical movement and medical knowledge.

Our program offers the following benefits:

- Familiarizes students with basic human anatomy, enabling them to design safe, effective workouts based on clients' individual needs
- Prepares students to run a Pilates studio, with training in successful business practices and marketing techniques
- Is presented in a flexible modular format

Our certification program is appropriate for a wide range of people:

- Experienced Pilates instructors
- Pilates enthusiasts with no prior teaching experience
- Physical therapists
- Students majoring in Exercise Science
- Students majoring in Dance Education and Equestrian Training as a supporting, specialized field of study
- Massage therapists: as an additional source of revenue

Upon successful completion of the entire program—including completion of all mandatory hours and receiving a passing grade of 75% on all quizzes, practical exams, and essays—each student will receive a certificate from the DualStar Pilates Institute. Deadline to sign up for this course is the first day of class. This class moves quickly, and a lot of information is covered in a short period of time.

Introduction to Mat Pilates, Pilates Mat 1, and Pilates Mat 2 classes will be held at Cumberland County College, 3322 College Drive, Vineland, NJ 08362.

For enrollment information please call Cumberland County College at 856-776-2372.

COURSE CURRICULUM

Introduction to Mat Pilates

Required hours: 10
First semester

Course Description:

Explore the basics of Pilates in this introductory-level course. This course provides each student with an opportunity to experience Pilates from the client side and to determine or confirm their interest in pursuing a career in Pilates. Students will learn about the history of Pilates and be exposed to career-path options for Pilates instructors. They will practice a series of movements with instruction by a *DualStar™ Pilates* Master Trainer and will discuss ethical aspects of Pilates for both students and teachers. This course will also provide students with a working knowledge of all the systems of the body, with a strong emphasis on the muscular and skeletal systems.

For students pursuing Pilates instructor certification, Introduction to Mat Pilates is a prerequisite to Pilates Mat 1 and Pilates Mat 2. Students will have required reading, take-home assignments, and a quiz.

Requirements: Textbook and *DualStar Pilates Institute* Manual

Pilates Mat 1

Required hours: 20
First semester
Coursework: 16 hours
Student teaching: 4 hours

Note: Student teaching hours must be completed within the established course hours and coordinated with the Master Trainer.

Course Description:

The Pilates Mat 1 module provides an introduction to Mat Pilates training techniques, focusing on the foundations of Pilates with variations, adaptations, and alternative movements that address anatomical issues and challenges. It familiarizes students with basic human anatomy and the ABCs of *DualStar Pilates* and helps them to build a strong foundation for Pilates instruction by teaching specific verbal and hands-on cueing. Special focus is placed on the importance of verbal cueing with imagery to assist clients at different levels and abilities to achieve proper form.

Students will learn how the exercises relate to the principles of Pilates, will be taught to execute the movements in the proper form, and will develop a clear understanding of the purpose, benefits and biomechanics of each exercise.

Upon completion of the Pilates Mat 1 module, students will be able to teach Mat Pilates with confidence and will know how to safely instruct a client who has postural or musculoskeletal issues. Students will have an understanding of the anatomical, physiological and pathological

(continued)

COURSE CURRICULUM

Pilates Mat 1 *(continued)*

pathological considerations of clients with special health needs and will be able to teach these clients using appropriate modifications of Pilates exercises.

Students will have required reading, take-home assignments, and quizzes. Student teaching hours will be completed with a Master Trainer before the end date of the Pilates Mat 1 course.

Requirements: Textbook and *DualStar™ Pilates Institute* Manual

Pilates Mat 2

Required hours: 20
First semester
Coursework: 16 hours
Student teaching: 4 hours

Note: Student teaching hours must be completed within the established course hours and coordinated with the Master Trainer.

Course Description:

The Pilates Mat 2 module focuses on applying the basic principles of Pilates learned in Pilates Mat 1 to each Pilates mat exercise. It teaches specific variations and alternative movements that address anatomical issues, highlighting the benefits of each exercise.

Students will learn how to design and adapt specific exercise sequences for a diverse group, using imagery and verbal cueing. They will also learn how to design a Pilates mat class that enhances mobility, balance and stability, while incorporating appropriate modifications for clients with special needs.

Upon completion of the Pilates Mat 2 module, students will be able to define and assess clients' goals and develop a safe and effective mat class for beginner, intermediate and advanced clients. They will be able to design mat classes that enhance overall physical performance and prevent injuries.

Students will have required reading, take-home assignments, and quizzes. Student teaching hours will be completed with a Master Trainer before the end date of the Pilates Mat 2 course.

Requirements: Textbook and *DualStar Pilates Institute* Manual