



Warren
County Community College

Pilates Instructor Certification Program

FULL YEAR

Continuing Education Allied Health Career Training

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.

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Strong Body, Focused Mind

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:

- Provides mastery in the use of all standard Pilates equipment—the Mat, Reformer, Cadillac Tower and Chair—in addition to the innovative *EXERO™ System*
- 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.

All apparatus training is conducted by *DualStar Pilates* Master Trainers and is conducted at the Hunterdon Pilates Center, 23 West Main St., Clinton, NJ 08809; p: 908.730.0300. Weekday and evening Introduction to Mat Pilates, Pilates Mat 1, and Pilates Mat 2 classes will be held at Warren County Community College, Phillipsburg campus. Saturday Introduction to Mat Pilates, Pilates Mat 1, and Pilates Mat 2 classes will be held at the Hunterdon Pilates Center in Clinton.

EXERO™ System is a trademark of Hunterdon Pilates Center, LLC, Clinton, NJ, USA. All rights reserved.

COURSE CURRICULUM

Introduction to Mat Pilates

Required hours: 10

First semester

Tuition: \$300

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

Tuition: \$500

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

(continued)

Note: All teaching hours must be completed and coordinated with a Master Trainer

COURSE CURRICULUM

Pilates Mat 1 *(continued)*

and 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

Tuition: \$500

Note: All teaching hours must be completed and coordinated with a 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*

COURSE CURRICULUM

Introduction to Pilates Apparatus

Required hours: 50

First semester

Coursework: 50 hours

Tuition: \$700

Course Description:

This class is designed for students considering career paths in Pilates and is a prerequisite to Pilates Reformer, Cadillac Tower, Chair and *EXERO™ System*. It gives students an opportunity to experience the Pilates apparatus and will enhance their communication and teaching techniques. This course enables the student to understand the experience from the clients' point of view.

The instructor will take students through a series of movements using aids and props on the apparatus to enhance their understanding of how to address limitations while using Pilates equipment. The primary purpose of this course is to give the student a realistic experience in the setting of a working studio.

Additionally, students will learn the fundamentals of anatomy with a focus on structure and muscle function as related to specific Pilates movements. Upon completion of this module, students will have a deep understanding of bones, muscles, and joints from the knee to the shoulders in preparation for the comprehensive apparatus training.

For students pursuing Pilates instructor certification, Introduction to Mat Pilates, Pilates Mat 1 and Pilates Mat 2 are prerequisites to Introduction to Apparatus.

Students will have required reading, take-home assignments, and a quiz.

Requirements: Textbook and *DualStar™ Pilates Institute Manual*

Pilates Reformer Certification

Required hours: 215

Second semester

Coursework: 50 hours

Self-practice at HPC: 35 hours

Observation: 30 hours

Student teaching: 100 hours

Tuition: \$2100

Note: All self-practice, observation and teaching hours must be completed and coordinated with a Master Trainer.

Course Description:

The Pilates Reformer module shows how the basic principles and fundamentals learned in Pilates Mat 1 and Pilates Mat 2 apply to beginner, intermediate and advanced Reformer exercises. It teaches specific verbal and hands-on cueing and prepares students to work with clients with different abilities. Emphasis is placed on using appropriate props and movement modifications to correct postural imbalances and to address other special health needs.

Students will learn how the Reformer can be used to engage the pelvic floor, stabilize different muscle groups, and enhance flexibility and mobility. Upon completion of the course, students will be able to design Reformer exercise routines of different intensity levels and will know how to incorporate proper breathing techniques and sport-specific movement patterns. They will also know which specific movements to add to clients' regimens in order to help them enhance their ability in carrying out the routine tasks of daily living.

Students will have required reading, take-home assignments, and quizzes.

Requirements: Textbook and *DualStar Pilates Institute Manual*

COURSE CURRICULUM

Pilates Cadillac Tower Certification

Required hours: 61
Second semester
Coursework: 16 hours
Self-practice at HPC: 15 hours
Observation: 10 hours
Student teaching: 20 hours
Tuition: \$1300

Note: All self-practice, observation and teaching hours must be completed and coordinated with a Master Trainer.

Course Description:

The Pilates Cadillac Tower module provides a thorough introduction to exercising with the Pilates Cadillac Tower, or Trapeze Table, teaching a variety of movements for clients with different levels of ability. It trains students to use modifications and props to ensure that clients are moving properly and to help clients improve their muscular strength, flexibility, body mechanics and postural alignment.

Upon completion of the course, students will be able to design safe and effective Cadillac Tower routines for clients at every level of ability. They will have developed strong observational skills that will enable them to detect incorrect movements, and therefore modify them, using proper verbal cues with imagery.

Students will have required reading, take-home assignments, and quizzes.

Requirements: Textbook and *DualStar™ Pilates Institute Manual*

Pilates Chair Certification

Required hours: 49
Second semester
Coursework: 16 hours
Self-practice at HPC: 10 hours
Observation: 8 hours
Student teaching: 15 hours
Tuition: \$900

Note: All self-practice, observation and teaching hours must be completed and coordinated with a Master Trainer.

Course Description:

The Pilates Chair module trains students in a variety of exercises, using a split-pedal and a single-pedal Pilates Chair, as well as small props and aids. It teaches them to design safe and balanced exercise routines that target all the muscle groups. Modifications and variations are taught for each exercise so that appropriate routines can be created for clients at all levels of ability.

At the end of the course, students will be able to develop effective and safe Chair routines in both a class setting and a personal training session. They will also know how to use small props and aids to promote pelvic and scapular stability.

Students will have required reading, take-home assignments, and quizzes.

Requirements: Textbook and *DualStar Pilates Institute Manual*

COURSE CURRICULUM

Exero™ System Certification

Required hours: 51
Second semester
Coursework: 16 hours
Self-practice at HPC: 10 hours
Observation: 10 hours
Student teaching: 15 hours
Tuition: \$700

Note: All self-practice, observation and teaching hours must be completed and coordinated with a Master Trainer.

Course Description:

The *EXERO System* module provides a comprehensive introduction to exercising with the innovative *EXERO System*. It will prepare students to design workouts on the *EXERO System* that integrate cardiovascular, isometric, resistance and suspension training. It will also show how props and modifications can be used to customize the exercises to fit the needs of clients with different abilities and health needs.

Upon completion of the course, students will be able to develop a safe exercise program on the *EXERO System* for a class setting and a personal training session. They will know how to use the *EXERO System* to help clients work in all the planes of movement, improve their cardiovascular health, and enhance their strength, flexibility and balance.

Students will have required reading, take-home assignments, and quizzes.

Requirements: Textbook and *DualStar™ Pilates Institute Manual*

HOW TO GET STARTED:

1. Submit a copy of your HS diploma or GED certificate to Dianne Czar, the program coordinator.
2. Provide a statement of health from your doctor.
3. Receive program counsel by calling Dianne Czar at 908.835.2333.

**WARREN COUNTY COMMUNITY COLLEGE
INTEREST-FREE PAYMENT PLAN (\$45 FEE)**

ASK ABOUT AVAILABLE SCHOLARSHIPS AND FUNDING

CANCELLATION POLICY

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

COURSE CURRICULUM

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
Introduction to Pilates Apparatus	50 hours	First Semester
Pilates Reformer	215 hours	Second Semester
Pilates Cadillac Tower	61 hours	Second Semester
Pilates Chair	49 hours	Second Semester
EXERO™ System	51 hours	Second Semester

Comprehensive Program Totals:

Coursework: 190 hours
Self-practice: 70 hours
Observation: 58 hours
Student teaching: 158 hours
Total hours: 476

DualStar Pilates Institute Manual is included.

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



Entrance into each DualStar Pilates Instructor Certification module requires completion of the previous course or a third party certification recognized by the DualStar Pilates Institute.

Grading is based on pass/fail criteria, maintenance of a 75% average and mandatory attendance. Quizzes, practical exams, essays, coursework, self-practice, observation 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 Warren County Community 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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