

PAK214 – PILATES CORE MAT INSTRUCTOR

BEHAVIORAL OBJECTIVES

The training objectives are divided into four sections: general information, the six basic principles, instructor guidelines, and the Pilates classic 34 core mat exercises. At the end of this training, the instructor will demonstrate an understanding of the basic-principles that follow:

SECTION 1: GENERAL INFORMATION ABOUT PILATES

- define the Pilates method
- explain the history of Joseph Pilates
- discuss the variations of Pilates and the Pilates trademark
- explain the 6 fundamental principles of Pilates
- discuss the Powerhouse
- list at least 10 benefits of Pilates exercise
- define Contrology
- discuss Pilates exercise in relation to a healthy lifestyle
- discuss the history of various apparatus developed by Joseph Pilates
- explain the differences between Pilates mat exercises and traditional mat exercises
- compare and contrast Pilates to Yoga
- explain Pilates related to a fitness class and ESA modification and variation classifications
- discuss how Pilates exercises are used in therapy and physical rehabilitation

SECTION 2: THE 6 BASIC PRINCIPLES

- list, discuss in detail, and demonstrate a basic example of each of the 6 basic principles
- list and discuss the components of fitness
- discuss the training effects of Pilates exercise
- define transferred momentum and explain its effect on exercise benefit
- define a lever and the 3 types with an example of each used in the body
- describe how the use of levers can increase and decrease exercise difficulty
- conduct a basic abdominal hip flexor balance test
- discuss the recommended number of repetitions that should be used with each Pilates exercise
- discuss the number of days per week that Pilates should be practiced
- define the following: balance, equilibrium, center of gravity, gravity, line of gravity, stability
- locate the body's center of gravity in a standing position
- discuss correct standing posture and the alignment of each section of the body
- explain proper spinal alignment and its importance

- list 3 major postural problems
- explain the procedure for conducting a postural evaluation
- list the major muscles that comprise the Powerhouse
- demonstrate the technique used to feel the Powerhouse
- explain neutral spine and scapular and pelvic stabilization
- discuss general alignment used with Pilates exercises
- discuss the principles of stability
- define center of energy and the process of centering
- define coordination, hyperextension, flexibility, integration, and flow
- define kinesthetic awareness and the relationship to speed
- discuss the reasons and when to modify a Pilates exercise
- list 8 reasons that proper breathing is important
- describe and demonstrate the basics of proper breathing
- define lung capacity, residual volume, and dead space
- discuss the rhythm of breathing
- define hyperventilation and hypoventilation
- explain the correlation of breathing and the nervous system
- compare nasal and mouth breathing
- demonstrate at least 10 breathing exercises

SECTION 3: INSTRUCTOR GUIDELINES

- define contraindicated exercises and the reasons that Pilates exercises that appear to be risky are considered safe
- discuss modification and individualizing Pilates exercises
- explain guidelines for using exercises labeled challenging
- define a Pilates master
- list and explain recommended warm-up and preparatory exercises for a Pilates workout session
- discuss the importance of rolling the spine and demonstrate at least 3 techniques
- define the Pilates stance
- discuss progression when practicing Pilates and list basic beginner exercises
- list the exercises in the following categories: rolling, spinal extension, seated axial rotation, seated balance, supported positions
- list and explain 10 guidelines for instruction preparation
- explain a sample Pilates session
- list and explain at least 20 classroom guidelines

SECTION 4: THE 34 CLASSIC PILATES CORE MAT EXERCISES

- name and demonstrate each of the original 34 exercises with at least one modification and one variation for each
- list the 6 major ACOG guidelines for pregnancy and postpartum