

Conference & Event Services

APPALACHIAN STATE UNIVERSITY®

2023

Pilates Teacher Training

February 11- July 31, 2023

In the spring and summer of 2023, Appalachian State University dance faculty will offer a comprehensive teacher-training program in Pilates, sponsored by The College of Fine and Applied Arts, Conference and Event Services and the Department of Theatre and Dance. The Pilates Teacher Training Program at Appalachian is unique in many ways. The emphasis of the program is to produce quality teachers who are trained in the authentic, classical style of Joseph Pilates. The 600+ hour program begins with 6 credit hours of academic coursework in Pilates and will culminate with a summer intensive, exams, and a full-time apprenticeship leading to certification. Our program combines rigorous daily practice in Pilates with an academic study of Joseph Pilates' philosophy and concepts.

The academic structure of the program will ensure that the Pilates method and concepts are fully integrated throughout a consistent, yearlong program of study. The academic setting will also allow the initial teaching experiences to be closely monitored. The summer intensive will focus on the application of sound teaching principles in a comprehensive studio and the practice and understanding of advanced exercises. Content will include training on all equipment, safety issues, basic anatomy, modifications for injuries and working with diverse populations. Apprentice teaching experiences will consist of observation, practice teaching, and instruction with master teachers. Successful apprentices will pass written and practical exams at the basic, intermediate, and advanced level. This program meets and/or exceeds the guidelines as set forth by the Pilates Method Alliance and is listed in the Classical Pilates Directory for teacher training programs.

This program will require commitment, daily practice, regular study time, and an adherence to a set, regular apprentice schedule. Due to the physical nature of the program, applicants are expected to be physically fit and apprentices will be required to maintain fitness. In order to fulfill the requirements leading towards certification, this program will require consistent part-time focus (10-15hours/week) from late February to mid-May, and a **full-time commitment from late May through July 2023**. Therefore, taking summer school classes, having a part-time job, or making out of town commitments May through July are unrealistic and are not recommended.

ACADEMIC REQUIREMENTS

(270-360 hours) Successful candidates to the program will have satisfactorily completed the following coursework:

- (2) SSU 2480 Pilates Mat
- (2) SSU 4480/5480 Pilates Apparatus
- (2) Repeat SSU 2480 or 4480/5480 as a teaching assistant

- (3) DAN 4460/5460 Somatics is also recommended (not required) as an introduction to functional anatomy and a survey of related body therapies



The courses listed above will give the student a solid foundation and understanding of the basic and intermediate mat and apparatus. The academic requirements will give the student their initial observation and assistant teaching experiences. The required academic courses are prerequisites that must be fulfilled before applying to the teacher-training program, unless permission has been granted by the instructors for an alternate acceptance route. ASU students can register during any of the designated periods and are subject to all fees and tuition.

ADDITIONAL REQUIREMENTS (400+ hours)

- Attendance and successful completion of the Spring Basic Weekend Seminars. These workshops will focus on teaching the apparatus, safety and modifications for beginning clients. Initial apprentice teaching hours will be required in February, March, April and May.
- Attendance and successful completion of the Summer Intensive Training. The intensive will focus on applying sound teaching principles in a comprehensive studio for basic, intermediate and advanced clients.
- Successful completion of final apprentice teaching hours, Summer 2023. Apprentice teaching experiences will consist of observation, practice teaching, lessons with master teachers, written and practical exams. This is a full-time commitment from late May through July 2023.
- Successful completion of basic, intermediate, and advanced written and practical exams by July 31, 2023.

Initially, apprentices will be expected to schedule friends and family to work with. All participants will be required to pay a nominal fee for apprentice instruction. We will also work to schedule a wide variety of clients from ASU and the community. In order to fulfill your apprentice hours, you will need to schedule approximately 10-15% more client hours than required, in order to make up for no shows and emergencies

SCHEDULE:

To uphold our standards and ensure the quality of the teacher-training program, *no exceptions* to the following required schedule will be made:

Basic Seminar: February 11-12, 2023, (15 hours)

Saturday, February 11, 9-5pm

Sunday, February 12, 9-5pm

Apprentice Teaching the Basic Apparatus (20-25 hours)

8 weeks (excluding Spring Break), February 12-April 15, 2023

Begin independent apparatus teaching. Teach 4-5 friends, 5 lessons each and complete 5 workouts/week.

Supervision Days, (12 hours)

Saturday, March 25, 2023, 9-12pm, Apprentice Lessons and Q&A

Saturday, April 15, 2023, 8-5pm, you will need to demonstrate your teaching with a friend that you have taught 5 times.

Continue Apprentice Teaching the Basic Apparatus, (20-25 hours)

5 weeks, April 15-May 21, 2023

Continue independent teaching friends and family in preparation for the intensive.

(Teach 4-5 friends/week, and complete 5 workouts/week)

Intermediate and Advanced Intensive (100 hours)

Monday, May 22- Friday, May 26: 8am-5pm, Saturday, May 27: Workday. Monday, May 29-Friday, June 2: 8am-5pm

Apprentice Teaching I, (90-105 hours)

3 weeks, June 3- June 24, 2023

Teach 20-25 clients/complete 4 apprentice hours/6 supervision hours/each week

For supervision, each apprentice is required to participate in 6 hours/ week with Master Trainers (Take 2 lessons, observe 2 lessons and attend Q &A weekly, throughout this block).

Supervision Day, (8 hours)

Saturday, June 24, 2023, 8-5pm

Intermediate exams and supervision

Apprentice Teaching II (120-140 hours)

4 weeks, June 25- July 22, 2023

Teach 25 clients/complete 4-apprentice hours/6 supervision hours/each wee

Final Supervision Days

Tuesday, July 25 and Wednesday, July 26, 2023, Times: 8-5pm, times as needed, including advanced supervision days, final practical teaching exams and written exams.

*All requirements must be successfully completed by July 31, 2023.

FEES:

Text designed for the Pilates Teacher Training Program at Appalachian State University	\$100
6 Practical and Written Exams, Basic, Intermediate and Advanced (April-July)	\$600
7 Periodic supervision days (Feb-July)	\$700
12 Day Intensive (May 22-June 2)	\$1500
<u>12 Biweekly lessons with master teachers (June and July)</u>	<u>\$900</u>
Total cost	\$3,800

This all-inclusive fee includes instruction in the basic seminar, the teacher training intensive, regular lessons with Master Trainers Marianne Adams and Rebecca Quin, the use of Appalachian State University's Pilates equipment and studio, periodic supervision of apprentice teaching, and all text and exam fees.

Early bird special: 5% discount if application and fees are paid in full by November 30, \$3610! All fees and deposits are non-refundable. By December 15th 2022, the application and \$800 non-refundable registration fee must be received. The final payment of \$3000 is due by January 30th, 2023 to be eligible to participate in the 2023 program.

COMPLETION POLICY:

- Students who have met the academic program requirements may apply for admission to the teacher-training program. In order to uphold the standards of our program, only students of highest caliber will be admitted. **Acceptance into the teacher-training program does not guarantee certification.**
- Acceptance is based on successful prerequisite completion, teaching promise and anticipated teaching potential. Mastery of the Classical Pilates repertory and improving teaching effectiveness

is the responsibility of the apprentice while in the program. Successful participants must commit to completing all requirements within the agreed upon time-frame.

- To assess progress, written and practical exams are given at the basic, intermediate and advanced levels. Successful completion of the written and practical exams is required for final certification. If any of the 6 (written or practical exams) are failed and need to be retaken, there will be a \$100 retest fee and 50 additional apprentice hours will be assigned. If the *retest* is failed, the apprentice will automatically forfeit the right to continue the program.
- If an extension is needed for dire circumstances, a detailed request must be submitted, stating reasons for the extension and a specific time-line for completion. If granted, the revised time-line will be negotiated and an additional \$250/month will be charged for additional supervision.

ALTERNATE ROUTE: *For working professionals that need an extended time period, please request additional information.*

Instructors

MARIANNE ADAMS is a professor of Dance Studies at Appalachian State University, where she teaches in dance, somatic sustainability and expressive arts. She holds a MA in Clinical Psychology from Appalachian State University and an MFA in Dance from the University of North Carolina at Greensboro. She is a founding member of the Appalachian Expressive Arts Collective and has twice been a visiting artist at the European Graduate School for Expressive Arts in Saas Fee, Switzerland. She had informal exposure to the Pilates mat exercises from years of dance classes and began her intensive studies in Pilates in 1996 with Alycea Ungaro in NYC. While pursuing certification from the NYC Pilates Studio, she studied intensively with Romana Kryzanowska, Sari Pace, and Bob Liekens. She was certified in 1998 and has continued bodywork education with Romana Kryzanowska and other master teachers since being certified. She has been a Pilates Guild member and is currently listed in the directory of Classical Pilates Instructors. She is also a certified instructor in the GYROKINESIS® and the GYROTONIC® methods of bodywork.

REBECCA QUIN has an extensive background in Pilates, somatics, dance, yoga and expressive arts therapy. She holds a MA and NCC in Community Counseling with an emphasis in Expressive Arts. She began studying Pilates intensively in 1998 with certified instructor Marianne Adams while working on her BA in Child Development with a minor in Dance. In 2003 she completed a 700-hour apprenticeship to receive comprehensive certification in the Authentic Pilates Method, through the Pilates Studio in NYC. She has studied with master teachers Romana Kryzanowska, Brett Howard, Ton Voogt, and Michael Fritzke. She has taught classes for the cast of 42nd Street in NYC, Platinum Pilates, Batchelor Chiropractic, Wellspring Chiropractic, Rippling Waters Yoga Studio, Neighborhood Yoga, Grandfather Mountain and Linville Ridge Country Clubs. She is also a certified instructor in the GYROKINESIS® and GYROTONIC® methods of bodywork, and also certified in Yoga, 200 RYT. She is listed in the directory of Classical Pilates instructors and is a Senior Lecturer in the Theatre and Dance department at Appalachian State University.

LAURIE ATKINS is a third generation Classical Pilates Instructor, and an Associate Professor in Dance Studies at Appalachian State University. She holds a 600+ hour Comprehensive Classical Pilates Certification from the Appalachian Pilates Teacher Training Program and has been a student of Pilates since 1995, receiving her teaching certification in 2005. She has taught Pilates at Alpha State Yoga and Pilates Studio in Columbus, OH, Columbus Sports Connection in Columbus, OH, the Pilates Studio of Boone, and currently teaches Pilates courses at Appalachian State University within the Department of Theatre and Dance. She holds an M.F.A. in Dance from Ohio State University, an M.A. in Community Counseling and Expressive Arts Therapy from Appalachian State University and worked as a Licensed Massage and Bodywork Therapist from 2002-2009.

For further application information, visit our web site: www.dance.appstate.edu or for questions, email pilates@appstate.edu. More comprehensive information about the Pilates technique can be found at <http://www.classicalpilates.net>.