



Movement Unlimited Inc.   
Pilates Teacher

# Training

Course Outline

# Pilates Teacher Training

Our teacher training program provides the foundations necessary to explore your personal capacity for movement and share that joy with others so you can help people move better and feel better.

Our vision is to inspire and teach well rounded instructors to harmonize their love for Pilates and the science of movement so they can make a difference in the lives of others.

Our mission is to provide you with a comprehensive training program that develops your skills as an instructor who thinks critically and is able to adapt to your client's changing needs while creating Pilates sessions focused on a positive movement experience to help people move better and feel better.

## Pilates Teacher Training Pillars

Our 475-hour comprehensive training program is based on 5 pillars that provide structure and foundation to our program.

The 5 pillars incorporate our belief of the concepts necessary to develop a comprehensive understanding of Pilates and develop into a confident Pilates professional.

- 1) The History of Pilates and how it influences what we teach
- 2) The Science Behind the Movements including anatomy and kinesiology to improve your depth of understanding behind what you are teaching
- 3) Assessment skills so you can confidently evaluate your client's needs throughout all stages of their program
- 4) The Movements (The Pilates Repertoire) and how to move beyond basic choreography to provide your client a session that considers their skills and abilities by providing appropriate modifications and progressions
- 5) Teaching skills that enhance your ability to communicate clearly and effectively as a Pilates professional.

“Physical fitness is the first requisite of happiness. Our interpretation of physical fitness is the attainment and maintenance of a uniformly developed body with a sound mind fully capable of naturally, easily, and satisfactorily performing our many and varied daily tasks with spontaneous zest and pleasure.”

– Joseph Pilates



Movement Unlimited Inc.

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We are happy to offer flexible and affordable payment plans. Our program is registered as a certified educational institution by the Ministry of Employment, Workforce Development and Labour, allowing all students to claim their tuition fees in our program as an income tax deduction.

# Course Overview

<b>Topic</b>	<b>Course Hours</b>
<b>The History of Pilates Professionalism and The Pilates Teacher</b>	10
<b>Exercise Analysis / Program Design &amp; Teaching Technique</b>	150
<b>Movement Science / Anatomy &amp; Kinesiology</b>	60
<b>Special Populations / Precautions &amp; Contraindications</b>	40
<b>Observation</b>	65
<b>Self-practice</b>	65
<b>Student Teaching</b>	75
<b>Practical &amp; Written Assessment</b>	10
<b>Total Hours</b>	475

Our curriculum exceeds the minimum hours recommended for a Comprehensive Teacher Training to ensure you have the time needed to explore all aspects of the Pilates method while building confidence in your teaching skills.



## A Deeper Understanding with a Priority on Why

Our curriculum is rich with content that will help you develop both personally and professionally. You will dive deep into movement theory and the Pilates method through engaging lectures that pique your curiosity about the science behind the movements which are reinforced by movement and teaching labs where you will connect with other students to enhance your knowledge and understanding.

You will learn to use critical reasoning and problem solving to advance your skills in programming so you can be confident in selecting exercises that meet your client's needs and abilities. We've designed supportive discussion groups and self-reflections that allow you to refine your thinking and connect it to the theory.

Our approachable teacher trainers strive to create a flexible and adaptable learning environment that fosters a willingness to learn through different assessment and feedback forums.

Balance the art and science of movement while you explore your ability to inspire and create positive movement experiences that help people move better and feel better.