

PILATES ESSENTIALS – HISTORY, PRINCIPLES AND MORE



This home-study eBook course teaches the foundation principles and philosophies of the late Joseph H. Pilates including his history, the benefits, the specific techniques and a few basic exercises. It covers topics such as “What is Pilates?”, “The Order of Exercises” and “The Pilates Scoop” amongst others, helping to de-mystify and qualify this amazing method of movement. The eBook program illuminates Pilates’ benefits for all who practice it and discusses ways that it can help teacher, therapist and student alike overcome those nagging backaches and neck-aches most often caused by muscular misuse and overuse.

Upon completion of this course, you will be able to learn:

- Be able to describe the method of movement known as Pilates in terms of what it is and how it works the body.
- Be able to perform 10 Basic Mat Pilates movements.
- Be able to list the 5 Secrets of PIA Pilates.
- Be able to list and describe the 6 Pilates principles.

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Contact Hours : Reading, knowledge assimilation and practice timeline: Study time can be divided into sections of 4-5 exercises with breaks in between. Approximately 9 sections with 60 minutes of study time each = 540 minutes. Testing = 60 minutes. Total Contact hours = 600 minutes or **10 hours**.

Teaching Method : Online Independent Self-Study with Video & Post-Test (Training + Post-Test)

Course Starting-Ending Time: Total Chapters - 21. Chapters 1 through 5 = 80 minutes, Chapters 6 through 10 = 80 minutes, Chapters 11 through 15 = 80 minutes, Chapters 16 through 21 = 80 minutes, Testing = 40 minutes, Total Contact Hours = 6 hours.

**What includes? Pilates Essentials Workbook (PDF—Downloadable / Print)
Online Post-Test (For CE Credit)**

Target Audience: PTs, PTAs

Course Completion Certificate : A Printable (Pdf) Certificate By Email within 24 hours of completion.

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