

PILATES MAT 1 ONLINE



This home-study course is designed with physical therapists and exercise teachers in mind as it teaches the beginner and intermediate exercise repertoire of the late Joseph H. Pilates including many of his original exercises plus many regressions and progressions suitable for PT patients. It is the follow up course of PIA Pilates Essentials which serves as the pre-requisite for this and all other PIA courses. The Mat 1 Online program teaches beginner and intermediate Pilates Mat exercises from a teacher or therapist perspective addressing such things as correct form, biomechanics, and corrective cueing both verbal and hands-on. The course is taught in a series of video clips showing the exercises, discussing the right and wrong techniques and highlighting the best ways to teach the sequences. After each video, students can study the details of the exercise in written form and take notes and/or practice as necessary. Students receive enough information to teach a beginner through intermediate client/patient or group of client/patients Pilates Mat 1 class.

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

- The Participant will be able to teach the 40 Mat 1 Pilates movements.
- The Participant will be able to perform the Mat 1 Pilates movements to the best of his abilities and understand what aspects of Pilates movement they must improve upon.
- The Participant will be able to list the 40 Mat 1 exercises in the correct order.
- The Participant will be able set up a classroom for group teaching of Pilates Mat 1 Exercises.

Author: Frankie Owens-Puglisi BSc | Pilates Institute of America (Approved Sponsor)

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: Participant will be provided with unique training link to access the course anytime from anywhere. The course can be completed in more than one sitting. The course access and post-test data is recorded in real time for score submission.

Target Audience: PTs, PTAs

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

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