

## Course Objectives & Expectations

*Note: These are selected general MERRITHEW™ policies. Please refer to the specific course and facility policies when registering for instructor training at Practice Fitness: <http://www.practice.fitness/policies>*

**Prerequisites** – Prerequisites for STOTT PILATES® courses are slightly different for each course, but most share:

- ▶ a working knowledge of functional anatomy
- ▶ 30+ hours of participation in Pilates classes/workouts
- ▶ three or more years teaching movement or fitness

For clarification on these, please email our Director of Education, Joy Karl, at [joyka48@gmail.com](mailto:joyka48@gmail.com)

**Application** – You can download a copy of the course application at [www.practice.fitness/enrollment](http://www.practice.fitness/enrollment)

### Pre-Course

- ▶ Course materials are mandatory and are required for the first day of class.
- ▶ These can be purchased via the studio 4+ weeks prior to the start of the course, or via Merrithew.com.
- ▶ It is highly recommended that students begin reviewing the required course materials prior to the start of the course.

**General Course Objectives** – In each course, students will learn:

- ▶ how to apply STOTT PILATES® biomechanical principles of core stability, breathing and alignment to all exercises
- ▶ a complete breakdown of each exercise
- ▶ exercise goals, muscular initiation and movement sequencing
- ▶ variations to increase or decrease exercise intensity
- ▶ modifications for specific body types and postural issues
- ▶ how to recognize optimal and less than optimal movement patterns
- ▶ a variety of programming options to keep clients motivated
- ▶ effective communication, verbal cues, and imagery for performance enhancement and client motivation

**During the Course** – The STOTT PILATES® programs provide a balanced and thorough blend of theory, observation, and practical experience to help master the repertoire.

- ▶ Students are required to attend and participate at all times during all course hours.
- ▶ Participants must be injury-free and are required to physically perform the exercises taught in class. Any injuries acquired during the course that impede physical participation will not exempt the individual from completing all required hours.
- ▶ Make-up sessions need to be completed privately at an hourly rate of \$85 with an Instructor Trainer.
- ▶ Students have six months after the completion of the course to make up missed hours, after which the course, including all fees, is forfeited and must be retaken in order to take the exam and certify.
- ▶ Students are expected to review material covered before and after each session and be prepared to practice teach in class when requested.

**Post-Course** – At the conclusion of each course, students receive a letter of completion stating that they have fulfilled the training requirements and are pending certification. Participants who do not attend and/or participate during any and all course hours will not receive a letter of completion until the hours/objectives are met.

**Additional Hours** – Every student is required to complete observation, physical review, and practice teaching hours in addition to the in-class hours. These are logged in the observation and practice hours sheets located in your *Support Materials Manual*. The log sheets must be submitted at time of the practical exam.

	IMP	IR	ICAD	ICHR	IBRL
Practice Teaching Hours	15	25	10	10	5
Physical Review Hours	30	40	15	10	10
Observation Hours	10	10	10	5	5

**Practice Teaching** – This is teaching outside of the course sessions. Instructing family members, fellow students, friends, or clients can fulfill this requirement.

**Physical Review** - Physical Review means physically performing the exercises learned in class. Taking a class with a STOTT PILATES® Certified Instructor or working out with a DVD can qualify as physical review hours. These hours can be completed individually or with other students.

**Observation** - Observation hours can be a combination of watching sessions taught by a STOTT PILATES® Certified Instructor (80%) and studying relevant STOTT PILATES® videos (up to 20%).

### Certification & Examinations

- ▶ STOTT PILATES® certification is awarded upon successful completion of a course plus a written and practical exam. Certification shows clients and employers that an individual is a well-qualified professional.
- ▶ Exam material is cumulative so students can certify in stages by taking an exam after each course or after a series of courses.
- ▶ Please note that exams must be taken within six months of the last course completed, and there is a fee associated with each exam.
- ▶ Successful completion of level 1 and 2 courses including Matwork, Reformer, Cadillac, Chair & Barrels, and Injuries & Special Populations are required for full certification.

For more information, please see the teacher training section of our website: <http://www.practice.fitness/stott-certification>, or contact our Joy Karl at [joyka48@gmail.com](mailto:joyka48@gmail.com)

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