

## CERTIFICATE OF ACHIEVEMENT

# Mat Pilates Instructor

The Mat Pilates Instructor Certificate of Achievement is designed to prepare students for employment as a professional to instruct both groups and individuals in Pilates mat exercises. It is possible to complete this certificate in one calendar year. The curriculum has been designed to equip the student with the background, both theoretical and practical, to pursue a job promoting core training, injury prevention, alignment, and proper mechanics of movement for each exercise.

Courses in Pilates mat instruction, anatomy, training special populations, and Pilates activity classes will prepare the student for responsibilities in the field. The program will also expose students to other areas such as fitness, health promotion, coaching, pre-allied health, and medical fields as Pilates is often used in physical therapy rehabilitation, injury prevention, and enhancing the performance of athletes.

To acquire the **Certificate of Achievement in Mat Pilates Instructor**, it is necessary to complete the following courses:

| Required Courses   | Units     | N | IP | C |
|--|-----------|---|----|---|
| <b>KIN 131</b> Functional Anatomy of Movement              | <b>3</b>  |   |    |   |
| <b>KIN 145</b> Theory and Analysis of Fitness Instruction  | <b>2</b>  |   |    |   |
| <b>KIN 146</b> Training Principles for Special Populations | <b>2</b>  |   |    |   |
| <b>KIN 136</b> *Pilates Mat Teaching: Foundations          | <b>3</b>  |   |    |   |
| <b>KINA 136</b> Pilates Mat I                              | <b>1</b>  |   |    |   |
| <b>KINA 236</b> *Pilates Mat II                            | <b>1</b>  |   |    |   |
| <b>KIN 115</b> *Fitness Specialist Internship              | <b>2</b>  |   |    |   |
|  |           |   |    |   |
| <b>Total units needed for Certificate of Achievement</b>   | <b>14</b> |   |    |   |
| Units Completed  |           |   |    |   |