

Student Study Guide Check List

Please anticipate the work ahead so that you may plan your time accordingly and efficiently complete both your College and Certification requirements.

Subject	Mat	Chair/Barrels	Reformer	Trap Table	Other
♥ Lectures	12 Hrs.required	12 Hrs.required	12 Hrs.required	12 Hrs.required	♠Private Tutorial
Presentations	♦ Mat Class	♥ Anatomy	♠Reformer Class	♥ CPR/First Aid	♦ Guest Speaker
♥ Lab Instruction ♥ Self Practice ♥ Instruction ♥ Observation ♠ Internship	Minimum 9 hr > Min. 10 hr > Minimum 5 hr > Min. 10 hr > Documentation	Minimum 9 hr Min. 15 hr > Min. 10 hr > Minimum 5 hr > Documentation	Minimum 9 hr > Min. 20 hr > Min. 15 hr > Min. 10 hr > Documentation	Minimum 9 hr > Min. 20 hr > Min. 15 hr > Minimum 5 hr > Documentation	♠ Extra Labs ♦take MAT class ♦Private Session ♠ Watch Videos ♠ Com-Outreach
Homework	Complete ♥ Assignments	Complete ♥ Assignments	Complete ♥ Assignments	Complete ♥ Assignments	♠ Research ♥Critic-Analysis ♥Fitness Testing ♦ Handouts ♠ Networking
Reading ♥ Pilates Bible ♥Encyclopedia ♠Nomenclature ♠Dictionary ♦Other Books	Principles Essentials Articles MDterminology Anatomy	Assisted-Stretch Essentials Past Thesis Exercise Jargon Pilates	Teaching Tech Essentials Open-BookQuiz Cross ref Names Ballet, Exercise	Prog-Developmt Essentials Business Forms Bibliographies Bio-mechanics	Protocols Variations Workout Prog Cue Words Mag Articles
♥ Quizzes	Pass/Fail	Pass/Fail	Pass/Fail	Pass/Fail	
♥Practical Exam	Pass/Fail	Pass/Fail	Pass/Fail	Pass/Fail	♥Overall Test
♥Fitness Testing ♥ Thesis ♠ Written Exam ♠ Research ♦ Business Plan					
Submit Proof of	♥ CPRTesting	♥ Liability Ins.	♥ 3 References	♥ Test Results	♥Graduate doc

KEY for SYMBOLS

- ♥Mandatory Requirement
- ♦Recommended
- ♠Optional
- ♠Assigned

International Pilates College Graduation Requirements

Attendance and participation in scheduled lectures and labs

Completion of: homework assignments, observation, self practice, practical teaching

Acceptance of the assigned Thesis or Research Project

International Pilates Certification Requirements

Three References: a Pilates studio owner, a certified Pilates instructor, a Pilates client

A passing grade on practical exams: *each apparatus, overall and Fitness Testing*

A Pilates Graduation Diploma: *450 ECU or 1,040 Instruction hours*

A passing grade on all quizzes and tests

A copy of your Liability Insurance

A copy of your CPR Document