

INTERNATIONAL PILATES COLLEGE SCHOLARSHIP APPLICATION

PERSONAL QUESTIONNAIRE

This information is strictly confidential and will NOT be shared with others than your instructors

Name: _____ Date: ____/____/____

Address: _____

Home Phone: _____ Cell Phone: _____ Office Phone: _____

Email: _____ Social Network: _____ Skype: _____

Birthday: _____ Age: _____ M __ F__ Marital Status: _____ # of Children: _____

Name of your Wife, Husband, or Domestic Partner: _____

Your Children's Names: _____

Emergency Contact Name: _____

Emergency Contact Info: _____

Education Record: _____

Military Service: _____

Community Service: _____

Volunteer Work or Community Service; _____

Current Occupation; _____ Work Schedule: _____

Occupation Experiences that may influence your Pilates profession: _____

What are your learned or innate talents that you believe will help you in your Pilates profession:
*Good Communication Skills, High Intuition, Empathy, Peace Maker, Enthusiasm, Patience,
Foreign Languages, Dance, Acting, Social Networking, Marketing, Business, Computers, others:*

PLEASE Answer the following questions about YOUR EXERCISE HISTORY

Have you been in a Pilates exercise program before? ____ Type of program: _____

Pilates studio name, location: _____

How often and long did you go? _____

Why did you stop? _____

List fitness programs you participated in: _____

How often and long did you go? _____

What sports programs were/are you involved in? _____

WHO, WHAT, WHY and HOW

Who referred you to us? _____ Contact info: _____

What influenced your decision to choose IPC? _____

Why do you want to become a Pilates instructor? _____

Will you enroll in the IPCollege "Project Rainbow" community outreach program? __YES __NO

How will this program affect your life goals? _____

Are you a friend, family member or associate of any IPC board member or employee?

Yes ____ No ____ Who? _____ Relationship; _____

I certify that all the information contained on this form is accurate and complete.

Signature _____ Date _____

HEALTH HISTORY

*Pilates Teacher Training Programs are physically, mentally and emotionally challenging.
Before starting any exercise program it is recommended that you seek your physician's advice.*

Name of Medical Doctor: _____ Date of last Physical Examination: _____
 Doctor's Contact Info: _____

Accidents or Serious Injuries w/dates: _____

Serious illnesses w/dates: _____

Medical Operations w/dates: _____

List medical/physical therapy treatment in the last year _____

What is your current stress level? LIGHT MEDIUM HEAVY NOT SURE
 What do you attribute your stress to? _____

WOMEN: Are you pre or postnatal? YES ___ NO ___ Pre or post menopause? YES ___ NO ___
 Have you had any physical female issues (unusual sensitivity during cycles, etc.)? YES _ NO _
 If so, WHAT? _____

MEN: Have you had any physical male issues (prostrate, hormone, etc.)? YES ___ NO ___
 If so, WHAT? _____

Do you have any physical problems that may limit Pilates exercise? YES ___ NO ___
 If so, WHAT? _____

Are you on medications that we should be aware of? YES ___ NO ___ WHAT? _____
 Please list anything else that may affect your education and that our teachers should be aware of.

PAST-PRESENT-ANTICIPATED MEDICAL SYMPTOMS or CONDITIONS

High Blood Pressure	Cancer	Neck	Shoulder
Heart Disease	Thyroid	Upper Back	Mid Back
Stroke	Other Endocrine	Low Back	What;
Cholesterol	Hyperglycemia	Hip	
Diabetes	Hypoglycemia	Knee	R/L
Abdominal Pains	Dizziness Vertigo	Ankles	R/L
Digestive Disorders	Postural Balance	Elbow	R/L
Hernia	Lack of Coordination	Feet	R/L
Asthma	Vision Fluctuation	Toes	
Allergies	Shortness of Breath	Arches	
Sinus	TMJ	Wrist	R/L
Headaches	Unusual Muscle Stiffness	Hand	R/L
Arthritis Where;	Bi-lateral Numbness	OTHER:	
Osteoporosis	Chronic Fatigue Syndrome		

I am in acceptable physical condition for participation in a Pilates program: YES ___ NO ___

All information above is true, accurate & reflects my current physical condition.
 SIGNATURE: _____ DATE: _____

Essay Instructions: Review the 'Scholarship Application Guidelines' prior to completion of this section. Use a separate sheet of paper to complete each essay below with the subject title, your name and date on each page. Your writing skills, spelling and grammar are important.

Essay 1: Discuss the subjects in which you excel or have excelled. To what factors do you attribute your success?

Essay 2: Discuss the subjects in which you have had difficulty. What factors do you believe contributed to your difficulties? How have you dealt with them so they will not cause problems for you again? In what areas have you experienced the greatest improvement? What problem areas remain?

Essay 3: Briefly describe a situation in which you felt that you or others were treated unfairly or were not given an opportunity you felt you or they deserved. Why do you think this happened? How did you respond? Did the situation improve as a result of your response?

Essay 4: Discuss your short and long-term goals. Are some of them related? Which are priorities?

Essay 5: Discuss a leadership experience you have had in any area of your life: school, work, athletics, family, church, community, etc. How and why did you become a leader in this area? How did this experience influence your goals?

Essay 6: Discuss your involvement in and contributions to a community near your home, school or elsewhere. Please select an experience different from the one you discussed in the previous question, even if this experience also involved leadership. What did you accomplish? How did this experience influence your goals?

Essay 7: Other than through classes in school, in what areas (non-academic or academic) have you acquired knowledge or skills? How?

Essay 8: Describe those activities in which you have participated (e.g., community service, leadership, employment) that you believe qualify you for this scholarship.

Essay 9: Is there anything else you would like to tell us about that may help us evaluate your nomination (i.e., personal characteristics, obstacles you have overcome)?

Check List

1. Complete your 'Scholarship Application Form'; sign and date
2. Assemble both of your required *Education Transcript* and *Financial Records* documents
3. Write 9 Essays
4. Petition a professional to complete the 'Recommender Form' and letter
5. E-mail your documents to: pilatescollegeinc@gmail.com with a *Letter of Introduction*
OR (mail the above to; 1130 North Ogden Drive, LA, CA, 90046)
6. Confirm that your 'Recommender' has sent his/her material via postal or e-mail
7. Contact IPC to confirm delivery and to schedule a personal interview.