# PILATES INSTRUCTOR, CERTIFICATE OF ACHIEVEMENT

**Banner Code:** 1_CN_PILA
**Control Number:** 33763
**Financial Aid Eligible**

The Pilates/Dance Conditioning Instructor Certificate of Achievement prepares the student to teach in a privately owned dance, fitness or Pilates studio, recreational facility, or health club. The student takes theory and technique courses on Pilates apparatus taught by Pilates certified specialists and learns methods to determine appropriate conditioning programs for people of all ages and physical conditions. To prepare the student for employment, instruction uses both classroom work with a variety of instructional methods (lecture, lab/demonstration, independent and group projects), and internship experiences in dance and fitness facilities.

## Program Outcomes

1. Successfully teach a Pilates mat and apparatus class.
2. Communicate effectively through clear demonstration and verbal cueing using appropriate terminology and safety measures.

## Certificate of Achievement Requirements

The Certificate of Achievement is a state-approved career program that requires a minimum of eight units and is designed to prepare the graduate to enter a particular field of employment. In order to be awarded a certificate, students are required to obtain a grade of “C” or better in all program-required courses. Grades of “CR” or “P” will be accepted whereas “CR” or “P” meets the equivalency of a “C” or better. At least 3 units in an advanced course from the certificate must be completed at OCC at the department’s discretion. Certificates of Achievement are not automatically awarded. A petition must be filed in Enrollment Services or online at the beginning of the semester in which the student will be completing their final requirements. The petitioning periods are listed in the Graduation Requirements (https://catalog.cccd.edu/catalog-archive/2022-2023/orange-coast/graduation-requirements/) section of this catalog. Check with a counselor to determine the requirements for completion.

A list of certificate programs can be found in the Programs A-Z (https://catalog.cccd.edu/catalog-archive/2022-2023/orange-coast/programs/) section of this catalog.

**Recommended Prior to Internship 2 - Current First Aid/CPR Certification**

| Course | Title | Units |
|---|---|---|
| **Required Courses** | | |
| *Core Courses* | | |
| DANC A108 | Pilates Mat Work | 1 |
| DANC A119 | Kinesiology For Dance | 3 |
| DANC A129 | Pilates Methodology | 3 |
| DANC A151 | Pilates as a Profession | 1 |
| DANC A152 | Pilates Apparatus & Mat Work Level 1 | 2 |
| DANC A153 | Pilates Apparatus & Mat Work Level 2 | 2 |
| DANC A208 | Pilates 3-4 | 1.5 |
| DANC A215 | Pilates Internship I | 1 |
| DANC A217 | Pilates Internship II | 1 |
| *Restricted Electives - Select three units of the following:* | | *3* |
| DANC A106 | Strength and Stretch | |
| DANC A107 | Conditioning for Dance | |
| DANC A114 | Ballet Floor Barre and Correctives | |
| DANC A115 | Yoga For Dancers | |
| DANC A118 | Movement for Longevity | |
| DANC A139 | Gyrokinesis | |
| **Total Units** | | **18.5** |

## Program Sequence

These sequences at Orange Coast College are curriculum maps for students to finish all requirements for the certificate. There may be advisories, prerequisites, or time requirements that students need to consider before following these maps. **Students are advised to meet with an Orange Coast College Counselor for alternate sequencing.**

| Course | Title | Units |
|---|---|---|
| **Year 1** | | |
| **Semester 1** | | |
| DANC A108 | Pilates Mat Work | 1 |
| DANC A119 | Kinesiology For Dance | 3 |
| DANC A129 | Pilates Methodology | 3 |
| DANC A152 | Pilates Apparatus & Mat Work Level 1 | 2 |
| DANC A215 | Pilates Internship I | 1 |
| CERT RESTRICTED ELECTIVES- CHOOSE ONE UNIT (See Requirements) | | 1 |
| | **Units** | **11** |
| **Semester 2** | | |
| DANC A151 | Pilates as a Profession | 1 |
| DANC A153 | Pilates Apparatus & Mat Work Level 2 | 2 |
| DANC A208 | Pilates 3-4 | 1.5 |
| DANC A217 | Pilates Internship II | 1 |
| CERT RESTRICTED ELECTIVES- CHOOSE TWO UNITS (See Requirements) | | 2 |
| | **Units** | **7.5** |
| | **Total Units** | **18.5** |