

PILATES MAT INSTRUCTOR, CERTIFICATE OF ACHIEVEMENT

Banner Code: 1_CM_PILM

Control Number: 43444

Not Financial Aid Eligible

The Pilates Mat Instructor Certificate of Achievement prepares students to teach Mat work in a privately owned dance, fitness, Yoga or Pilates studio, physical therapy clinic, recreational facility, or health club. Courses taught by Pilates certified specialists cover the theory and technique surrounding this movement system invented by Joseph Pilates. Students will learn methods to design appropriate conditioning programs for themselves and people of all ages and physical conditions. Students are encouraged to also continue their training and complete the Comprehensive Pilates Instructor Certificate.

To prepare students for employment, classroom work is utilized in a variety of instructional methods (lecture, lab/demonstration, independent and group projects) as well as supervised off-site internship experiences.

Program Outcomes

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

Review Graduation Requirements (<https://catalog.cccd.edu/orange-coast/graduation-requirements/certificates/#achievementtext>).

| Course | Title | Units |
|-----------------------------------------|-------------------------|----------|
| Required Courses | | |
| Take one unit: | | 1 |
| DANC A108 | Pilates Mat Work | |
| Take 0.5 unit: | | 0.5 |
| DANC A209 | Pilates Mat Work 2 | |
| DANC A119 | Kinesiology For Dance | 3 |
| Take 1.5 units: | | 1.5 |
| DANC A129 | Pilates Methodology 1 | |
| DANC A151 | Pilates as a Profession | 1 |
| DANC A215 | Pilates Internship I | 1 |
| <i>Restricted Electives</i> | | |
| Select one (1) unit from the following: | | 1 |
| DANC A106 | Strength and Stretch | |
| DANC A107 | Conditioning for Dance | |
| or DANC A225 | Yoga for Dancers 2 | |
| DANC A115 | Yoga For Dancers | |
| DANC A118 | Movement for Longevity | |
| DANC A139 | Gyrokinesis | |
| Total Units | | 9 |