

# PILATES INSTRUCTOR, CERTIFICATE OF ACHIEVEMENT

Financial Aid Eligible  
Banner Code: 1\_CN\_PILA  
Control Number: 33763

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 with appropriate modifications.
2. Communicate effectively through clear demonstration and verbal cueing using appropriate terminology.

## Certificate Requirements

Orange Coast College offers two types of certificate awards in career programs designed to prepare the graduate to enter a particular field of employment. At least 3 units in an advanced course from the certificate must be completed at OCC.

1. **Certificate of Achievement** - 8 units or more in a state-approved program. 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 his or her final requirements. The petitioning periods are listed in the Graduation Requirements (<https://catalog.cccd.edu/orange-coast/graduation-requirements/>) section of this catalog.
2. **Certificate of Specialization** - 16 units or less in a locally approved program. Certificates of Specialization are not automatically awarded, not printed on official academic transcripts, and there is no acknowledgment of completion given at graduation. Please contact the division for details regarding the submission of petitions as procedures for each division vary. Most division offices prefer that students complete all of the required courses and then provide a copy of the transcript while some divisions allow petitions for Certificates of Specialization before finishing.

### Minimum Grade Requirement

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. A list of certificate programs can be found in the Programs A-Z (<https://catalog.cccd.edu/orange-coast/programs-study/>) section of this catalog. Check with a counselor to determine the requirements for completion.

## Recommended Prior to Internship 2

Current First Aid/CPR Certification

Course	Title	Units
<b>Required Courses</b>		
<i>Core Courses</i>		
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
Select three units of the following:		3
DANC A106	Strength and Stretch	
DANC A107	Conditioning for Dance	
DANC A115	Yoga For Dancers	
DANC A118	Movement for Longevity	
DANC A139	Gyrokinesis	
Total Units		18.5