

# 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
<b>Required Courses</b>		
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	
<b>Total Units</b>		<b>9</b>

These sequences at Orange Coast College are general course curriculum maps for students to finish all major and general education requirements for two-year completion of degrees, and/or fulfillment of transfer requirements. The course sequence may include course prerequisites

and other placement requirements. **Students are advised to meet with an Orange Coast College Counselor to review course selections and sequences to ensure that completion of this program will meet a student's transfer and career goals.**

Course	Title	Units
<b>Year 1</b>		
<b>Semester 1</b>		
DANC A108	Pilates Mat Work	1
DANC A209	Pilates Mat Work 2	0.5
DANC A119	Kinesiology For Dance <sup>1</sup>	3
DANC A129	Pilates Methodology 1	1.5
DANC A151	Pilates as a Profession	1
DANC A215	Pilates Internship I	1
RESTRICTED ELECTIVES- CHOOSE ONE (See Requirements)		1
<b>Units</b>		<b>9</b>
<b>Total Units</b>		<b>9</b>

<sup>1</sup> Course offered only in Fall