



## **PROGRAM INFORMATION AND APPLICATION**

The Cutting Edge Approach to Pilates Teacher Training

PSC teaches a contemporary approach to the original exercise method developed by Joseph Pilates in the 1920s; one that preserves the essence of the original technique but incorporates today's knowledge and principals

### **WHAT MAKES THE PSC PROGRAM UNIQUE?**

**Well Priced / Limited Class Size**

**Co-Created by a Doctor and Emphasizes the Anatomically Based Concept of "Neutral Spine"**

**Course Manuals are Illustrated and Extensive**

**Rehabilitation Protocols and Modern Principals**

**Both East Coast/Classical & West Coast/Progressive Philosophies**

**Student-to-Equipment Ratio is Ideal**

**PSC Founders Have Completed Numerous Exercise Science Courses and Collaborated with PT's & Sports Medicine Professionals to Create This Program**

**Challenging Variations as well as Modifications to Assist with Injuries and Limitations**

**The Program Directors Are PMA Certified Teachers™**

## **COURSE DESCRIPTION**

This comprehensive 450-hour program is offered in a modular or comprehensive 15-week format. The class size is limited to ensure a high level of attention and service. A fully photographic Manual will be provided to you for the course or module(s) you will attend.

Each student will learn:

- Fundamental Pilates principals and philosophies
- Client assessment and alignment protocol
- Anatomy and biomechanics taught using audio and visual aids in an interactive environment
- Pilates Mat Repertoire
- Universal Reformer Repertoire
- Cadillac/Trapeze Table Repertoire
- Wunda/Combo Chair Repertoire
- Small apparatus skills utilizing the jump board, magic circle, rotating discs, balance/wobble board, foam rollers, thera bands and balls
- Combining east coast/traditional and west coast/progressive styles with modifications and variations
- Creative training and program development skills for any level of proficiency
- Medical anatomical terminology
- Verbal and tactile cueing skills
- Attitude, confidence and composure of a professional instructor
- Studio etiquette and equipment safety
- Ethics and scope of practice
- Understanding indications and contraindications for specific injuries/dysfunctions and special circumstances
- Graduates will meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

## **PRE-REQUISITES**

30+ documented hours of well rounded Pilates instruction with a Qualified Pilates Instructor

Completed Application

Entrance interview

Tuition deposit

Signed Student Agreement

Medical and liability release form (provided)

*PSC will assist you with the following requirements:*

Personal Liability Insurance if practicing in your Host Studio avail. at Lockton Insurance

<http://apio.lockton-ins.com/pl/apply.html>

*PSC upholds the most current PMA curriculum recommendations and standards of practice.*

*PSC reserves the right to refuse admittance to any applicant*

Pilates Sports Center, Inc. 16430 Ventura Blvd. #100 Encino, CA 91436

Ph 818-788-8112 Fax 818-788-8303 Updated Sept 2010

[www.PilatesSportsCenter.com](http://www.PilatesSportsCenter.com)

## **COURSE REQUIREMENTS**

**Assessment Based Certificate/Diploma** issued upon completing all course requirements including, but not limited to:

- 120 hours of Classroom Experience with a PSC Master Trainer - Provided
- 75 hours of Observation/Apprenticeship of qualified instructor
- 100 hours of Practice Teaching/Charting with classmates/family/friends etc.
- 40 hours of Self Integration (additional Pilates private/semi private or mat class experience with qualified instructor)
- 45 hours Client Assessment and Programming Project - assignment
- 25 hours of an Anatomy Thesis Project - assignment
- 15 hours Pilates Professional Video/DVD Observation
- Passing scores on tests, practical exams and projects

*Requirements are different for Mat only or any Modular Course*

- 25 hours of Observation/Apprenticeship of qualified instructor
- 25 hours of Practice Teaching/Charting with classmates/family/friends etc.
- 10 hours of self integration (additional Pilates private/semi private or mat class experience with qualified instructor)
- 12 hours Client Assessment and Programming Project - assignment
- 5 hours Pilates Professional Video/DVD Observation
- Passing scores on tests, practical exams and projects

## **MATERIALS**

Required: (you will need to purchase these books, not included in course or course fees)

- **Trail Guide to the Body 4<sup>th</sup> Edition Text** – by Books of Discovery  
a user friendly musculoskeletal anatomy & palpation text that includes 3 hour DVD
- **Trail Guide to the Body Student Workbook**- designed to be used with the text, this study guide offers matching, coloring and fill-in-the-blank exercises to practice the information in the text.

*Trail Guide "Pack" includes all of the above at a discount: <http://www.booksanddiscovery.com/products.php?cat=9>*

Optional Additions, at a discount if you purchased the above items (same company):

- Flash Cards- 2 volumes covering the muscles, bones, joints, ligaments and movements of the human body
- Audio Guide- 100 muscle tracks on 4 CDs. Each track includes information and palpation instructions.

*Optional for your library: Available new or used on amazon.com*

The Anatomy Coloring Book Second Edition - by Wynn Kapit / Lawrence M. Elson

Anatomy of Movement - Blandine C. Germain & Anatomy of Movement: Exercises - by Blandine C. Germain, Stephen Anderson

Atlas of Human Anatomy - by Frank N. Netter

The Complete Writings of Joseph H. Pilates - Joseph H. Pilates

The Joseph H. Pilates Archive Collection - Edited by Sean P. Gallagher and Romana Kryzanowska

The Complete Guide to Joseph H. Pilates' Techniques of Physical Conditioning - by Allan Menezes

The Pilates Method of Body Conditioning - by Gallagher and Kryzanowska

Illustrated Essentials of Musculoskeletal Anatomy - Sieg and Adams

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## **ABOUT THE FOUNDERS/DIRECTORS**

### **Kelli Altounian**

Kelli is the co-founder of Pilates Sports Center and co-director of the PSC Pilates Training Program in Los Angeles, California. Kelli holds a BA (dance emphasis) from the University of Central Oklahoma and performed professionally for over 15 years. Kelli became a Pilates advocate in 1994 while performing as a Radio City Rockette. After sustaining a career ending back injury, Pilates was her choice for physical therapy. In 2000, Kelli and Andromeda Trumbull united their efforts with the aim of updating the approach of Pilates based movement utilizing therapeutic influence. They have since created a Pilates Training Program of International Recognition. The PSC program incorporates manipulation of the equipment to maximize the benefits for the client. PSC's approach to education and post education continues to grow worldwide.

Her credentials include:

- B.A. in Theatre with dance Emphasis from University Of Central Oklahoma
- Yamuna® Body Rolling Certification Program
- Certified Trainer recognized by the National Endurance and Sports Training Association (N.E.S.T.A.) for Golf Conditioning
- Pilates Method Alliance Certified Pilates Teacher™

### **Dr. Andromeda Trumbull, D.C.**

Andromeda Trumbull became a Doctor of Chiropractic Medicine inspired by her own spinal condition. Her practice specializes in the proper rehabilitation of the lower back. She was introduced to Pilates as a fitness regimen and was so impressed that she mastered its philosophy and became an Certified Instructor to offer Pilates to her patients as a way of treating pain and resolving it more effectively. The profound results of her patients led her to co-found Pilates Sports Center in Los Angeles, California along with Kelli Altounian. Andromeda also co-directs the PSC Pilates Training Program, which aims to provide the highest standard of excellence in Pilates education.

Her credentials include:

- Graduate - Cleveland Chiropractic College of Los Angeles 1996
- Post graduate certification: Cox Flexion/Distracton Technique for treatment of discs
- Integrated Flexibility Training - The Sports Club/LA
- BalletCore® Certified
- Massage Therapist - Touch Therapy Institute
- Pilates Method Alliance "Gold" Certified Teacher™

**Founders Kelli and Andromeda** share the following credentials:

- *Advances in Pilates* - Long Beach Dance Conditioning Graduates
- CPR / First Aid Certified
- Body Mind Spirit Presenters 2007 & 2008
- Pilates On Tour Presenters 2010
- Master Teacher Trainers for Reebok Sports Club/NY
- Pilates Method Alliance Corporate Sponsors™ 2010
- Participants: PMA Fostering Future Professionals Program™
- PMA Teacher Registry™
- PMA CEC Providers™

**For more information on PSC's other Master Trainers of the Program, please visit our Web Site**

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## **COURSE FEES / DEPOSIT**

Full Course (Mat and Apparatus): **\$4450.00**

OR Modular Pilates Apparatus Programs:

- Pilates Mat - **\$950** (you will attend the first 2.5 weeks of a Full Course)
- Reformer - **\$1825** - 6 weeks approx
- Cadillac - **\$1025** - 4 weeks approx
- Chair - **\$975** - 2 weeks approx
- Nuts and Bolts / Philosophy - **\$400** – required, and is held at the beginning (first 3 classes/12 hours) of a full course.
- \$500** Deposit (\$100 for a Module) to guarantee a place in the course. Tuition balance (less deposit) is due on the first day of the course. Deposit/Tuition paid via: check, money order, cash or credit card (mc/visa)

*Private Programs available for \$7000.00. Modular Private Programs also avail. Please inquire*

Location Information: Application & payment to be sent directly to your location unless noted.

**Encino, CA: 818 - 788 - 8112** [www.PilatesSportsCenter.com](http://www.PilatesSportsCenter.com) Contact: Andromeda or Kelli “PSC” 16430 Ventura Blvd. Suite 100, Encino, CA 91436

**Studio City, CA: 818 - 509 - 0914** [www.PilatesStudioCity.com](http://www.PilatesStudioCity.com) Contact: Lora or Nichole Martinez “Pilates Studio City” 11650 Riverside Dr #2, Studio City, CA 91602

**Palm Desert, CA: 760 - 360 - 5199** [www.Infinity-Pilates.com](http://www.Infinity-Pilates.com) Contact: Lisa Diffey “Infinity Pilates” 777-70 Country Club Dr., #C, Palm Desert, CA 92211

**Riverside, CA: 951 - 784 - 7343** [www.Articulations.com](http://www.Articulations.com) Contact: Tricia Hill “Articulations” 6180 Brockton Ave Suite 104, Riverside, CA 92506

**Camarillo, CA: 805 - 482 - 7110** [www.JustBreathePilates.net](http://www.JustBreathePilates.net) Contact: Leslie Brangham “Just Breathe Pilates” 1931 E Daily Dr. Ste B 'Paseo Del Sol' Camarillo CA 93010

**San Francisco, CA. 415 - 386 - 9008** [www.elevationpilates.com](http://www.elevationpilates.com) Contact: Peggy Wallace: “Elevation Pilates” 425 Balboa St. • San Francisco CA 94121

**Beverly Hills, CA: 323 - 353 - 6067** [a1mking@yahoo.com](mailto:a1mking@yahoo.com) Contact: Aaron King: 7969 W 4th St Los Angeles, CA 90048

**Red Hook/Rhinebeck, NY: 845 - 758 - 0790** [www.BodyBeWell.org](http://www.BodyBeWell.org) Contact: Chelsea Streifeneder “Body Be Well” 7578 N Broadway #1 & 3 Red Hook NY 12571

**Silverton, CO: 970 - 387 - 5187** [www.SilvertonMovementCenter.com](http://www.SilvertonMovementCenter.com) Contact: Maryanne Garvin “Silverton Movement Center” PO Box 272, Silverton, CO 81433

**Bluffton, SC: 843 - 368 - 2314** [www.TrueFitPilates.com](http://www.TrueFitPilates.com) Contact: Jennifer Wolfe “True Fit Pilates” 59 Sheridan Park Circle, Bluffton, SC 29910

**Seattle or Spokane, WA: 509 - 994 - 8109** [www.ThePilatesLife.com](http://www.ThePilatesLife.com) Contact: Maria Sevilla “The Pilates Life” 19 N Browne, Suite 301, Spokane, WA 99201 OR “The Pilates Life” 1107 Main St. Bothell, WA 98011

**Louisville, Kentucky: 502 - 876 - 9797** [www.PilatesVillage.net](http://www.PilatesVillage.net) Contact: Stacy Celi “The Pilates Village”

**Oklahoma City, OK: 405 - 463 - 3388** [www.pilates-edge.com](http://www.pilates-edge.com) Contact: Rene Craig “The Pilates Edge” 2927 W. Wilshire, OKC OK 73116

**Scottsdale, AZ: 480 - 699 - 8160** [www.remedypm.com](http://www.remedypm.com) Contact: Kelly Snailum “Remedy Pilates & Massage” 6949 E. Shea Blvd. #115 Scottsdale, AZ 85254

**Denver, CO: 303 - 722 - 1622** [www.pilatesonbroadway.com](http://www.pilatesonbroadway.com) Contact: Amanda Hodgson: “Pilates On Broadway” 228 Broadway Street, Denver, CO 80203

**Istanbul, Turkey:** Contact: Akin Erçok [akin.erkoc@hotmail.com](mailto:akin.erkoc@hotmail.com)

**Tel Aviv Israel:** Contact: [EllaBenAharon@gmail.com](mailto:EllaBenAharon@gmail.com)

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## PSC TEACHER TRAINING APPLICATION

*Please retain the previous pages for your reference – Submit only the application.*

Name, Initials or credits as you want them to appear on your diploma:

(Please Print) *example: Dr. Laura S. Smith, D.C.*

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Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

How were you referred to PSC? \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Please sign me up for the: (circle one)

Full Course / Mat only / Reformer only / Cadillac only / Chair only

Course start date: \_\_\_\_\_ (month/year)

Location: (circle one)

Encino, CA / Studio City, CA / Palm Desert, CA / Riverside, CA / Camarillo, CA  
Beverly Hills, CA / San Francisco, CA / Bluffton, SC / Silverton or Denver, CO /  
Scottsville, AZ / Louisville, KY / Rhinebeck, NY / Oklahoma City, OK / Florida / Bothell  
or Spokane, WA / Istanbul, Turkey / Israel / Other: \_\_\_\_\_

“My doctor has cleared me to participate in this physical program” **yes / no**

Please attach a letter (sample attached) from your Physician, Chiropractor, Nurse, OB-GYN,  
Physical Therapist or Orthopedist.

*Due first day of course if not attached to your application*



PHYSICIAN'S STATEMENT / CLEARANCE

You may use this form to give to your doctor to complete and return to you – PSC requires a release to participate in the PSC Pilates Instructor Program. Any such release from a Physician, Chiropractor, Nurse, OB-GYN, Physical Therapist or Orthopedist will fulfill this requirement you do NOT have to use this form

I hereby give my permission to release my medical information to PSC or its Licensees.

**Your Printed Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Physician's Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Patient's Name: \_\_\_\_\_  
ID or Account #: \_\_\_\_\_

Dear Dr. \_\_\_\_\_

I am preparing to enter into a physical program to learn how to instruct Pilates exercises. The program involves: Strength and Flexibility Training, and Balance.

Do I have any limitation to participate in an exercise education program?  
Yes \_\_\_ No \_\_\_ If yes, please explain.

\_\_\_\_\_  
\_\_\_\_\_

**Physician's Signature and Date**

**Please return to me, the Patient:**

Name and Address: \_\_\_\_\_  
\_\_\_\_\_

Fax # \_\_\_\_\_ Phone # \_\_\_\_\_

Describe your background (include Pilates) and reasons for your interest in the course:

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List your past/present occupations, including outstanding achievements in your career:  
(attach your curriculum vitae/resume if necessary)

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Explain your experience working with, or teaching people:

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My expectations from the course are:

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### **REFUND / CANCELLATION**

**Deposit** refund is given only if cancellation is received 14 days prior to the course start date that the applicant has applied to take. **No deposit refunds are given after that date.**

Deposit can be credited one time to the next scheduled course at the same location or transferred to another student who meets PSC pre-requisites within a 6/six month period.

**Tuition** payments made prior to the course start will be refunded if cancellation meets the above requirements. Any tuition paid is NOT refundable once the course has begun.

I understand that my **Non Refundable Deposit** of \$500.00 (\$100 for Mat or a Module) is due with my registration to reserve my place in the course. I have read and understand the above refund and cancellation policies. Please sign and date

Print Name:

Sign Name:

Date:

Course Fee includes: 1 photographic manual pertaining to the module(s) registered and paid for for, class room lecture and lab with a PSC Master Trainer, use of Studio for self practice and classmate practice, DVD loaning (with a CC deposit on file), and an Assessment Based Certificate/Diploma.

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