

Freedom Road Pilates

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Pilates Academy International Certificate programs at *Freedom Road Pilates*

Taught by Anne Haight: PAI instructor Trainer

Mission Statement

The Pilates Academy International is committed to equipping its students with the expert knowledge and skills to produce exceptional, sought-after instructors. Students will not only master Pilates exercises and functional anatomy, but also develop teaching skills to attract and retain a strong client base.

About The Pilates Academy International

The Pilates Academy International believes a great Pilates instructor must have three essential skills: a solid understanding of anatomy, biomechanics and postural issues; a strong command of the exercise repertoire, including modifications for all fitness levels; and the ability to inspire and motivate clients.

At the Pilates Academy International, our goal is the PROCESS of attaining a more balanced, optimally functioning body, not an obsession with a result. While emphasizing the proper execution of the Pilates repertoire, we teach our students to focus on the unique needs of each individual client. As each client has a different life history, movement habits and limitations, he or she may not ever be able to achieve the “proper execution” of an exercise. Our program not only teaches students to analyze and assess a variety of conditions quickly-from the simple to the complex-but also instills students with a wide range of modifications of traditional Pilates exercises. Modifications preserve the intended goal of the exercises, making them accessible to all ages, body types and fitness levels. As clients embark on their journey to discover healthier movement patterns and find more freedom in their bodies, our students are prepared to help them meet their unique fitness goals.

The Core Curriculum

All courses at the Pilates Academy International will focus on the following

- Fundamental execution of each exercise
- Anatomy and biomechanics of each exercise
- Exercise modification
- Cueing and correcting
- Workout design
- Transition
- Progression
- Teaching group classes
- Teaching a variety of fitness levels
- How to vary a workout
- Client retention

About Anne Haight, founder of Freedom Road Pilates, and Instructor Trainer for Pilates Academy International

Anne Haight is fully certified in Mat, Reformer, Cadillac, Chair, and Barrels as well as being an Instructor Trainer for the Pilates Academy International. She also holds certificates in the Stott Pilates method. She has completed work in Injury and special Populations and most recently in Bio-mechanics and Functional Anatomy from the Mount Sinai School of Medicine. Anne is a professional dancer and gymnast who's early training and apprenticeship started at The Alvin Ailey American Dance center in New York City. She is an award winning choreographer and has taught at Brown and Harvard. Her international credits in teaching and performing include the Florence Dance Festival (Italy), The International Academy in Cologne (Germany) and the University of Copenhagen (Denmark). Anne's passion for her life's work continues to thrive at Freedom Road!.

About the Creators of Pilates Academy International

Katherine and Kimberly Corp bring rich, cultural diversity to the Academy. Formally a successful financial analyst (Kimberly) and sales associate (Katherine) in Tokyo, the ladies left Japan to dance with the Rockettes. They saw a need for a studio that provided unique-well rounded Pilates workouts, and opened Pilates on Fifth in August, 2000. They were certified as Instructor Trainers for STOTT PILATES shortly thereafter.

By late 2001, they had trained and assembled a team of 5 additional Instructor Trainers. Katherine and Kimberly and their team have taught and certified over 500 students, and in doing so, have witnessed firsthand from student to instructor. Because of their growing desire to create both competent and confident instructors, Katherine and Kimberly created The Pilates Academy International.

Course Descriptions

Anatomy, Biomechanics and Posture Review (APB)

12 hours

This course reviews the structure (bones, muscles, joints, etc.) that forms the support of the human body. An emphasis will be placed on the “ideal” posture and biomechanics of each joint while helping students learn how to detect abnormalities both statically and dynamically. Open to all personal trainers this invaluable course will help make you provide lasting results to your clients and will increase your marketability.

All Populations Mat (APM)

36 hours

This course teaches the first three tiers (Fundamental 1, Fundamental 2 and Intermediate) of the Mat repertoire. Students will learn how to modify exercises for all age groups and fitness levels to create safe and effective workouts. Emphasis is placed on maintaining variety and providing small challenges while safely progressing a client in order to avoid monotony. 68 Exercises

Prerequisite: ABP or proof of competency

Mat Progressions/Challenge (MPC)

6 hours

This course teaches Tiers 4&5 (Advanced Intermediate and Advanced) of the Mat repertoire. Students will learn to assess when to challenge a client and how to progress the client safely and effectively.

20 Exercises

Prerequisite: APM

All populations Reformer (APR)

48 hours

This course covers Reformer exercises, and equips students with an ability to customize workouts for all ages and fitness levels. Covering the first three tiers, Fundamental through Intermediate, APR also teaches the physics of the Reformer so that students understand how to safely correctly operate the Reformer. Emphasis is placed on the differences between Pilates machine and regular gym equipment to prepare instructors to meet their clients’ various needs. 134 exercises.

Prerequisite: ABP or proof of competency.

Reformer Progressions/Challenge (RPC)

18 hours

Students will learn how to teach their clients very challenging Reformer exercises, using Tiers 4&5. Care is taken to ensure each student understands the benchmarks a client should accomplish before an advanced exercise is attempted, which may include exercises on other equipment. 67 Exercises.

Prerequisite: APM, MPC, APR

All Populations Cadillac/Tower (APCad)

30 hours

This course teaches students the fundamental first three tiers of exercises conducted on the Cadillac/Tower. The Cadillac provides focus on isolated joint movements to strengthen the joint properly and correct faulty movement habits. Emphasis will be placed on the benefits of Cadillac exercises as stepping stones to a more challenging workout. 128 Exercises.

Prerequisite: ABP or proof of competency

All Populations Barrels (APBarrels)

8 hours

Covering the first three tiers of exercises on the spine corrector and ladder barrel, students will learn how to incorporate the barrel into a clients workout-using it as a support or a challenge, depending on the exercise. 122 Exercises.

Prerequisite: ABP, APM

All Populations Chair (APChair)

16 hours

Students will learn the first three tiers of Chair exercises from Fundamental 1 through Intermediate. Students will be taught the many merits of the chair and how to integrate this often under-used piece of equipment into clients' workout routines. 66 Exercises.

Prerequisite: ABP or proof of competency

Barrels Progression/Challenge (BPC)

4hours

This course builds on the material learned in the APBarrels course, adding the final two tiers of the repertoire. Students will learn how to use these exercises to challenge both their core strength and their own body awareness and control. 33 Exercises.

Prerequisite: APBarrels

Chair Progressions/Challenge (ChairPC)

6 hours

This course adds Tiers 4 & 5 to the chair repertoire learned in the All Populations Chair course. Students will not only learn the new exercises, but also how to progress their clients carefully, delivering optimal results in strength and control. 23 Exercises.

Prerequisite: APChair

Special Conditions: Foundations & Mat (SCFM)

18 hours

This course adds Tiers 4&5 to the chair repertoire learned in the All Populations Chair Course. Students will not only learn the new exercises but also how to progress their clients carefully, delivering optimal results in strength and control. 23 Exercises.

Prerequisite: APM

Special Conditions: Reformer (SCR)

4 hours

This course teaches students how to use the Reformer as a post-physical therapy exercise regime for client recovering from an injury. Care will be taken to teach HOW to progress a client based on the information and release form provided by the doctor or medical professional.

Prerequisite: APR, SCFM

Special Conditions: Cadillac (SCC)

4 hours

This course teaches students how to incorporate Cadillac exercises into a client's post-physical therapy workout. The Cadillac helps clients with neck and shoulder issues, and reinforces abdominal support.

Prerequisite: APCad, SCFM

Special Conditions: Chair & Barrels (SCCB)

4 hours

This course teaches students how to utilize the chair and barrels to assist clients with unique physicalities during their post-rehabilitative phases. The chair offers an upright alternative to the Reformer for many exercises, and the barrels assist clients who need additional lumbar support.

Prerequisite: APChair, APBarrels, SCFM

Programming for Results: All Equipment (PRAE)

12 hours

This course should be called "How to Retain Clients!" Due to popular demand, we created a final programming course to help integrate the exercises on various pieces of equipment. This helps students learn to customize workouts for their clients quickly and accurately. Because all equipment is utilized, students learn how to provide variety for their clients to keep each lesson interesting and invigorating. Clients never get bored as they progress at a pace that is right for them. This course empowers students by enabling them to design a variety of "one hour sessions" for a number of case studies, and will provide them with invaluable feedback. Students will return to their clients with a new sense of poise and confidence...and renewed energy.

Prerequisite: ABP and APM

While the course will be more beneficial to those students who have taken subsequent equipment courses, the programming tools taught in this course can be used to retain clients in any setting.

Additional Requirements for All Population Courses Include Observation Hours

10- For All Population Courses

Practice Teaching/Physical Review Hours-

15-APBarrels

30-APM, APCad and APChair

50-APR and APCCB

*all hours must be logged.

Application Process

Students applying for admission into a course administered by Freedom Road Pilates will need the following:

- Completed application form
- 2 letters of professional recommendation
- \$200 deposit, refunded if you are not accepted
- Evidence of teaching experience, if applicable
- Personal Statement summarizing your intentions

While students enrolling in courses administered by Freedom Road Pilates are not required to have previous Pilates experience, students with prior experience are able to progress much more quickly.

Exams

A written and practical exam will be administered for All Population courses. The Progressions/Challenge courses only require a practical exam for the certification. Exams must be taken within a year after the last day of the last course attended. The written and practical must be taken within two weeks of each other. If you do not pass your exam you may retake it only once and for an additional fee.

“Crossing Over”

The Pilates Academy International recognizes the content, reputation and integrity of other Pilates certification programs. If you are interested- or think you might be interested- in converting your certification to the Pilates Academy International’s certification, please, send an email with the subject heading “crossing over” to training@pilatesonfifth.com or call Beth at 212-687-3787 or 1-888-745-2830

Hosting Program

In addition the Freedom Road Certification courses, The Pilates Academy International can host certification courses on location in your studio or gym. The hosting program is calculated on a sliding scale in order to make hosting more feasible for smaller gyms and studios. Below are the hours and minimum days for each course. If you are interested in hosting a course at your facility please contact PAI or training@pilatesonfifth.com for more information.

<u>Course Name</u>	<u>Hours</u>	<u>Days</u>
<u>Anatomy, Biomechanics & Posture Review</u>	<u>12hrs</u>	<u>2 Days</u>
<u>All Populations Mat</u>	<u>36hrs</u>	<u>6 Days</u>
<u>Mat Progressions/Challenge</u>	<u>6hrs</u>	<u>1 Day</u>
<u>All Populations Reformer</u>	<u>48hrs</u>	<u>8 Days</u>
<u>Reformer Progressions/Challenge</u>	<u>18hrs</u>	<u>3 Days</u>
<u>All Populations Cadillac</u>	<u>30hrs</u>	<u>5 Days</u>
<u>Cadillac Progressions/Challenge</u>	<u>12hrs</u>	<u>2 Days</u>
<u>All Populations Chair</u>	<u>16hrs</u>	<u>1 Day</u>
<u>Chair Progressions/Challenge</u>	<u>6hrs</u>	<u>1 Day</u>
<u>All Populations Barrels</u>	<u>8hrs</u>	<u>1 Day</u>
<u>Barrels Progressions/Challenge</u>	<u>4hrs</u>	<u>1 Day</u>
<u>Special Conditions: Foundations & Mat</u>	<u>18hrs</u>	<u>3 Days</u>
<u>Special Conditions: Reformer</u>	<u>4hrs</u>	<u>1 Day</u>
<u>Special Conditions: Cadillac</u>	<u>4hrs</u>	<u>1 Day</u>
<u>Special Conditions: Chair & Barrels</u>	<u>4hrs</u>	<u>1 Day</u>
<u>Programming for Results</u>	<u>12hrs</u>	<u>2 Days</u>