



STANDARD COURSE FOR BECOMING A PILATES MATWORK® INSTRUCTOR

Duration of the course at the training site: 28 hours

- Introduction: biography of Joseph Pilates and School FIF
- Traditional principles of Pilates
- Postural FIF Principles: prepilates exercises
- Masterclasses 1: structure 2 (Prepilates + 5 coded exercises)
- Workshop 1: analysis of the coded exercises in their beginner, intermediate and advanced variants and related Prepilates
- Written analysis of the lesson
- Fixed-assessment Test
- Masterclasses 2: structure 2 (Prepilates + 5 coded exercises)
- Laboratory 2: analysis of the coded exercises in their beginner, intermediate and advanced variants and related Prepilates
- Written analysis of the lesson
- Masterclasses 3: structure 3 (Prepilates + 2 coded exercises)
- Laboratory 3: analysis of the coded exercises in their beginner, intermediate and advanced variants and related Prepilates
- Laboratory 4: Organization of 2 exercises: Prepilates and coded Pilates
- Fixed-assessment Test
- Masterclass 4: structure 3 (Prepilates + 4 coded exercises)
- Laboratory 5: analysis of the coded exercises in their beginner, intermediate and advanced variants and related Prepilates
- Laboratory 6: teaching in groups and feed back
- Written examination
- Practical and oral Examination

