



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 current training methods

WHAT MAKES THE PSC PROGRAM UNIQUE?

The Program Founders / Directors Are
Nationally Certified Teachers and NCPT Education Providers™

Boutique Education / Non-Corporation Owned

Limited Class Size: Student / Equipment Ratio is Ideal

Co-Created by a Doctor of Chiropractic

Course Manuals are Illustrated and Extensive / Digital Support

Rehabilitation Protocols
Classical & Progressive Styles Taught

Competitively Priced

PSC Founders Have Completed Numerous Exercise Science Courses and
Collaborated with PT's and Sports Medicine Professionals for over 20 years

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

Successful Graduates Nationwide / Worldwide

COURSE DESCRIPTION

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

The Full Program will include:

- In-Person Classroom Instruction
- Fundamental Pilates principals and philosophies
- Client assessment and alignment protocol
- Anatomy and biomechanics taught using visual aids in an interactive environment
- Pilates Mat Repertoire
- Reformer Repertoire
- Cadillac/Trapeze Table Repertoire
- Wunda/Combo Chair Repertoire
- Ladder Barrel / Small Barrel / Spine Corrector – as a workshop
- Pilates Props skills utilizing the jump board, magic circle, rotating discs, balance/wobble board, foam rollers, thera bands, and balls
- Combining Classical and Progressive Pilates 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
- 15+ Hours of review of all material to insure your retention of material
- Graduates of a Comprehensive Program will meet criteria for, and be prepared to take, the National Pilates Certification Exam
- *No delayed weeks/ months between modules, no extra testing fees, no levels, no “traffic school” hours to push it through*
- *No required PSC Continuing Education Workshops for graduates - all optional*
- *Job board and workshops available for graduates*

PRE-REQUISITES

- 30+ documented / verifiable hours of well-rounded Pilates instruction with a Qualified Pilates Instructor. *(PSC Host Studio will offer you a Student Discount to complete these hours if needed)*
- Completed Application / Entrance interview / Tuition deposit (non-refundable)
- Signed Student Contract (prior to day 1 of class)
- Personal Liability Insurance - [LINK](#)

PSC upholds the most current curriculum recommendations and standards of practice. PSC reserves the right to refuse admittance to any applicant

COURSE REQUIREMENTS

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

- In Classroom Experience with a PSC Master Trainer - Provided
- 75 hours of Observation/Apprenticeship: Observation (50)/Apprenticeship (25) of/with a 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, review/quizzes, practical exams and projects

Requirements are different for Mat only or any Modular Course

- 25 hours of Observation/Apprenticeship of/with a qualified instructor
- 25 hours of Practice Teaching/Charting with classmates/family/friends etc.
- 10 hours of Self Integration (Pilates private, semiprivate or mat class with qualified instructor)
- 12 hours Client Assessment and Programming Project - assignment
- 5 hours Pilates Professional Video/DVD Observation
- Passing scores on tests, review/quizzes, 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 Text** – by Books of Discovery (Edition 6 or lower) a user-friendly musculoskeletal anatomy book
- **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:* <https://booksofdiscovery.com/product/trail-guide-to-the-body-textbook-workbook-combination-6th-edition/>

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

<https://booksofdiscovery.com/product-category/trail-guide-to-the-body/>

Highly Recommended: for tutorial/review of PSC Material Digitally - the PSC Channel:

Training.PilatesSportsCenter.com

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

Joe Pilates wrote the following two books that you should add to your library.

- Your Health: A Corrective System of Exercising That Revolutionizes the Entire Field of Physical Education (1934)
- Return to Life through Contrology (1945)

Also available:

- The Complete Writings of Joseph H. Pilates - Joseph H. Pilates
- 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 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 - Siegel and Adams

ABOUT THE FOUNDERS/DIRECTORS

Founders Kelli and Andromeda share the following credentials and have been teaching for over 17 years:

- Creators of the PSC Pilates Teacher Training Program and PSC International Master Training Program
- Body Mind Spirit Presenters / Pilates On Tour Presenters / PMA Presenters / Inner IDEA Presenters / Human Movement Conference / Mad Dogg / Peak Pilates / Sports Club/LA
- Master Teacher Trainers for Reebok Sports Club/NY
- Pilates Method Alliance Corporate Sponsors™ 2010
- Participants: PMA Fostering Future Professionals Program™
- NCPT CEC Providers™
- Produced and Created 20 DVD titles in the PSC library
- Written or co created over 30 workshops with continuing education credits
- Graduates of Advances in Pilates - Long Beach Dance Conditioning
- Nationally Certified Pilates Teachers (PMA/NCPT Gold Certified)

Kelli Altounian, NPCP

Kelli is the co-founder of Pilates Sports Center. She holds a BA from the University of Central OK, was a Radio City Music Hall Rockette and a professional dancer for over 15 years. Kelli became an advocate of pilates in 1994 and began teaching pilates in 2000. Quickly realizing her vision for Pilates Sports Center, she nurtured her passion for education and the desire to inspire others. Uniting her efforts with Andromeda, they have since created a Pilates Training Program of International Recognition. PSC's approach to education and post education continues to grow world-wide.

Her credentials include:

- BA from the University of Central OK
- Yamuna® Body Rolling Certification Program
- Certified Trainer recognized by (N.E.S.T.A.) for Golf Conditioning
- Nationally Certified Pilates Teacher (NPCP)
- TRX® Suspension Training
- Balanced Body University - CoreAlign 1, Vertical Reality
- Co-Creator of Bosu on the Reformer Workout, DVD and Workshop
- Co-Creator of Dowel on the Reformer Workout, DVD and Workshop
- Creator of Advanced Business Workshop for the Studio Owner
- STAGES guest speaker 2021 Podcast
- kellipsc@gmail.com (818) 231-0226

Dr. Andromeda Stevens, D.C., NPCP

Andromeda became a Doctor of Chiropractic inspired by her own scoliosis condition. After becoming Pilates educated, she co-founded PSC, to provide the highest standard of excellence in Pilates and Barre education.

Her credentials include:

- Cleveland Chiropractic College of LA 1996
- Cox Flexion/Distractor Technique® Certified
- PSSE Schroth Certified
- Schroth Best Practice® Advanced Certified Scoliosis Practitioner Level I & II www.ScoliosisCoach.com
- BSPTS Concept by Rigo Basic Level 1-3 Certified
- Integrated Flexibility Training - Sports Club/LA
- BalletCore® Certified
- Massage Therapist - Touch Therapy Institute
- Nationally Certified Pilates Teacher (NPCP) "Gold Certified"
- Co-Creator of the Burn at the Barre™ Workout, DVDs and Teacher Training Program
- Board Of Directors - The Pilates Initiative
- ScoliosisCoach@gmail.com 818 970 1222

For information on PSC's Master Teacher of the Program, please visit our Web Site

COURSE FEES / DEPOSIT

Comprehensive Program (Fundamentals, Mat, Reformer, Cadillac, & Chair) **\$6,900.00**

Deposit: **\$500** for the Full Course, or **\$100** for a modular course guarantees a place in the program, no place held without deposit. Deposit goes towards tuition cost and is NOT refundable.

Full tuition balance is due on the first day of the course.

Deposit / Tuition paid via: check, money order, cash or credit card (mc/visa).

Course Fee Includes: 1 photographic manual pertaining to each module(s) registered and paid for, class room lecture/lab with a PSC Master Teacher, use of Studio for self practice and classmate practice, and 1 (one) Assessment Based Certificate / Diploma upon successful completion of all requirements.

Pricing / Tuition

Full Course (Fundamentals, Mat, Reformer, Cadillac, & Chair): \$6,900.00

Deposit: \$500 goes towards tuition cost and is NOT refundable

OR

Modular Courses: Deposit: \$100.00 goes towards tuition cost and is NOT refundable

- Fundamentals (Required for program): \$400.00
- Pilates Mat Training Program Only: \$1,800.00
- Reformer: \$2,700.00
- Cadillac: \$1,400.00
- Wunda Chair: \$1,400.00

Total = \$7,700.00 if taken in Modules. Modular is more expensive overall. PSC encourages completing a full program for best job placement and best tuition rate

•**Barrels*: \$400.00

**Required if taking Nationally Certified Pilates Teacher Exam*

Completion of all modules, including Barrels, is required for graduate's eligibility to apply for the Nationally Certified Pilates Teacher Exam

Private Courses: \$9,800 (Deposit of \$500) choose your own schedule and get private tutoring with undivided attention through the course and work at your own pace to accomplish a Comprehensive or Modular Program. *Modular options, please inquire for pricing.*

PSC PILATES and BURN at the BARRE™ AFFILIATES WORLDWIDE

Please visit our [Web Site](#) for more information

[LINK to National and International Locations & Instructor Bios](#)
PSC TEACHER TRAINING APPLICATION & AGREEMENT

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

NOTE: Name below as it will appear on your diploma:
(Please Print Clearly) Example: Dr. Laura S. Smith, D.C.

Your Name: _____

(If your name changes you must inform us to receive your accurate diploma, new diplomas are \$20)

Course Start Date: _____ (month/year)

Course Location: (CITY & STATE) _____

Type of Course: **(MUST circle one, or all that apply to you)**

Full Program: (Mat/Reformer/Cadillac/Chair)

Modular: Mat only / Reformer only / Cadillac only / Chair only / Barrels only

Bridge Course: Mat only / Reformer only / Cadillac only / Chair only / Barrels only
(Please list modules you have proof of already completing: _____)

Private Full Program ~ 1-2 Students

Private Modular Course: Mat only / Reformer only / Cadillac only / Chair only / Barrels only

Your Mailing Address: *(if your address changes you must inform us to receive your diploma)*

Street: _____ City: _____

State: _____ Country: _____ Zip Code: _____

Home Phone: _____ Cell: _____

E-mail: _____ Date of Birth: _____

How were you referred to PSC? _____

Emergency Contact: _____

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

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

Explain your experience working with, or teaching people:

My expectations from the course are:

Program Requirements and Fees:

I declare that I have read, understand and will comply with the terms listed in the document "PSC Digital Brochure" document on the Pilates Certification page of www.PilatesSportsCenter.com

Medical Release:

I declare that I am medically mentally and physically able and free from impairment to participate in fitness activities. I further declare that I have consulted with a physician regarding any illness, disability, or injury, which I am aware of and have been cleared to participate fully, and without limitations. I have disclosed all medical issues and special needs, if any, prior to beginning any program with PSC.

Studio Policies: I declare that I have read, understand and will comply with the Studio Policies:

- All series expire 6 months from purchase and are not transferable, refundable or interchangeable
- "Specials" will have a posted expiration date that is not extendable • "Hold" placed on any series is by written request 1X or require a Medical letter *before* hold is needed (not retroactive) and prior to expiration date of series.
- Group Classes not permitted for clients with injuries or those requiring rehabilitation. Privates are suggested until injury has resolved or proficiency is achieved at the discretion of the trainer
- Late arrival to class: (more than 15 min) no admittance permitted – for your safety and respect of other clients. Late cancel charge *will* apply
- Cancellations made 24 hours prior to appointment will avoid forfeiture of session
- Clean socks are mandatory to use Equipment
- Please arrive perfume and fragrance free
- Please do not attend class if you are ill or contagious for the welfare of others
- "Special Offers" apply to designated classes only and are non-transferable
- All sessions are approx. 50-55 mins long and begin at the appointment time, not at time of arrival
- No cell phones, children or pets in studio
- Sign in is required at time of session
- No open studio policy – no use of any machines or props while unattended by an instructor
- Please notify us of any changes in your health
- Studio reserves the right to assign substitute teacher
- Appropriate attire must be worn. (Ex: undergarments and socks)
- At least 1 Private Session is required prior to taking equipment classes – for your safety
- Instructor may advise you to a class level that is appropriate for you for your safety
- Studio not responsible for lost items
- All sessions/series must be paid for in advance
- You must be 18 years of age or provide a Parental Release Form to the Studio

Refund/Cancellation Policies:

A **Non-Refundable Deposit** of \$500.00 (*\$100 for Mat or a Module*) is due with application/registration to reserve a place in the course. Your non-refundable deposit and application entitle you to all PSC Studio discounts as soon as it is made. No Studio discounts given if tuition is refunded or if the student drops from the course. Student is entitled to tuition refund upon withdrawal/termination: no less than 14 calendar days before the start of program or module 100%. **After program has begun, No refund of tuition.** All refunds will be made within 30 days from the date of termination/withdrawal. The official date of termination/withdrawal of a student shall be determined in the following manner:

- The date on which the school receives notice of the student's intention to discontinue the training program; or
- The student will receive a full refund of tuition & fees paid if the school discontinues a Program within a period of time a student could have reasonably completed it.

The policy for granting credit for previous training shall not impact the refund policy.

Print Name:

Sign Name:

Date:

Course Fee Includes: 1 photographic manual pertaining to each module(s) registered and paid for, classroom lecture/lab with a PSC Master Teacher, use of Studio for self-practice and classmate practice, and 1 (one) Assessment Based Certificate/Diploma upon successful completion of all requirements.