

The Art and Science of Contrology® Pilates Instructor Training (ASCPIT) Mat Program

1. Introduction

This five-part program qualifies you as an instructor of the Traditional Pilates Mat Program. Instruction is provided by Simona Cipriani, a Second-Generation teacher of the original Pilates Method with direct lineage from Joseph H. Pilates. Master the physical and mental principles and philosophy of the Traditional Pilates Mat Program. Graduation from ASCPIT prepares you to lead private, semiprivate, and group Mat classes with clients.

- Use this Instructor Training to find employment in Pilates studios, chiropractic and physical therapy offices, universities, and fitness/athletic clubs...
 - or to start your own business (independent or in affiliation with The Art of Control).
- Attain control of your health and well-being through the Pilates Method of Mind/Body Conditioning and learn to physically perform the Pilates Contrology Mat exercises.
- Gain a solid understanding of anatomy, physiology, postural and motion patterns of the body.
- Instruct clients with clear and detailed step-by-step verbal directions to perform Pilates Contrology exercises with precision, grace, and flow.
- Be confident with your hands-on skills to guide your clients safely and effectively to mastery of the Pilates Contrology Mat work.

Note: Provision is available to transfer/bridge into the ASCPIT Full program upon completion of Mat Instructor Training.

2. Program Overview

The ASCPIT MAT program includes three Modules, other coursework, and an anatomy course.

Modules, Other Coursework, & Anatomy	Content
Module I	Pre-Pilates & Beginner
Module II	Intermediate
Module III	Advanced
Other Coursework	Videos and Meetings/Events/Marketing
Anatomy	Anatomy and Physiology for Pilates (online course)

3. Prerequisites and Application

The student must:

- 1) have completed 16 hours of Pilates instruction (8 private Mat sessions and 8 Mat classes) before the start of the program, with logged hours submitted on Prerequisite Log Sheet;
- 2) attend a private evaluation session with an ASCPIT representative;
- 3) be able to demonstrate proficiency in Mat workouts;
- 4) submit the following paperwork:

a. signed application	b. medical release	c. apprentice agreement
d. referral letter from a studio, teacher, or employer	e. non-compete form	f. make payment of applicable tuition fees
g. initial evaluation form filled out by an ASCPIT-approved teacher		

Note: The program must be finished within eight months of the start date. Extensions are available; they are granted on a case-by-case basis. An extension request must first be submitted in writing to be considered. If you need to stop training due to a medical reason, you must submit in writing a leave of absence and state a date of return.

4. Program in More Detail

Apprentices are required to complete a total of 125 hours of coursework that includes three Mat Modules, Pilatesology video viewing, attendance at meetings/events, and an anatomy course.

Modules

Modules include observation, personal practice (taking lessons), and teaching. Only Contrology Pilates Mat work is acceptable; no other work, including Pilates equipment/apparatus work, will be counted.

Notes:

- *If exceptional circumstances exist, observation hours may be done online (with written approval).*
- *Wear workout clothing that allows movement and shows the contours of the body.*

Instructor: Simona Cipriani and/or other ASCPIT Teacher of Teachers

Required texts:

- *Art & Science of Contrology Traditional Pilates Mat and Small Apparatus – Pre-Pilates and Beginner Levels* by Simona Cipriani
- ASCPIT Intermediate and Advanced Mat Manuals
- *Return to Life Through Contrology* by Joseph H. Pilates

Module I (Pre-Pilates & Beginner) Explore the life of Joseph H. Pilates and how he created the Art and Science of Controlgy (the Pilates Method of Body Conditioning). Learn the Six Major Principles of Pilates and the importance of the powerhouse and core stabilization. Master the Pre-Pilates and Beginner Pilates Mat exercises (including Wall work and small equipment: free weights, Magic Circle, and bands). And learn to instruct clients with clear and detailed step-by-step directions, including modifications. Integrate these Pilates exercises into your daily mind and body conditioning routine.

Module I ends with completion of 30 Logged Hours of Observing/Practicing/Teaching and a two-part exam:

Observing in-person	Practicing	Teaching	Total
10	10	10	30

The practical/oral exam takes approximately 50 minutes.

The written exam takes approximately 1 hour.

Module II (Intermediate) Take your Pilates training to a higher level. Master the Intermediate Pilates Mat exercises (including Wall and small equipment: free weights and Magic Circle). Learn to instruct and facilitate the progression of the client's workout with clear and detailed step-by-step directions, including modifications and how to incorporate flow into the transitions. Learn the Five Elements of the Mind and the importance of the mind-body-spirit connection. Incorporate hands-on skill, imagery, rhythm, and dynamic motion in the exercises to facilitate the client's learning process. And study the importance of resistance in the Pilates workout.

Module II ends with completion of 30 Logged Hours of Observing/Practicing/Teaching and a two-part exam:

Observing in-person	Practicing	Teaching	Total
10	10	10	30

The practical/oral exam takes approximately 50 minutes.

The written exam takes approximately 1 hour.

Module III (Advanced) Master the most advanced Pilates Mat exercises by training your own mind and body to peak athletic skill and integrating these skills into your daily practice. Advanced level includes aerial, inversion, and balance exercises. Learn to instruct clients with clear and detailed step-by-step directions, focusing on the flow of the transitions between exercises. Choose modifications and progressions with your clients to create a stronger, more fluid practice.

Module III ends with completion of 30 Logged Hours of Observing/Practicing/Teaching and a two-part exam:

Observing in-person	Practicing	Teaching	Total
10	10	10	30

The practical/oral exam takes approximately 50 minutes.

The written exam takes approximately 1 hour.

Other Coursework

Pilatesology Video Observation (of Simona Cipriani) ends with completion of 10 logged hours:

Pilatesology Observation
10

Mandatory Meetings/Events/Marketing ends with completion of 25 logged hours:

Apprentice Meetings*	Events**	Marketing outside of studio	Total
10	5	10	25

*Monthly Apprentice Meetings involve exam preparation, critique/discussion of the Pilates technique with Simona and/or her assistants, and development of your Pilates business plan. Only two absences may be excused; apprentice is responsible for missed material. All meetings must be completed within a single year.

**Events (2 required, spaced 3 months apart): Open House / Pilates Party / Demonstrations.

Anatomy and Physiology for Pilates (Online Course)

Dates: Can be taken any time during the ASCPIT Mat Program

Required text: *Kinesiology: The Skeletal System and Muscle Function*, 3rd or 4th Edition, by Joseph E. Muscolino.

Prerequisites: None (this course can be taken any time during the ASCPIT Mat Program).

Course Description: This is a self-paced online course in which you read, watch, and study the content and show proficiency by passing a written exam taken online.

Learn the basic anatomy and physiology (kinesiology) of the musculoskeletal system by studying the bones, joints, and major muscles of the body, as well as how the nervous system coordinates myofascial function. Study postural concepts used to describe body position, as well as concepts of dynamic movement patterns to understand how the body moves temporally and spatially. By learning and understanding fundamental kinesiology, you can begin to critically understand, discuss, and better teach the strengthening, stretching, and balance exercises of the Pilates Method of body conditioning.

This course ends with a written online exam. It takes approximately 60 minutes to complete.

5. Tuition and Fees

Tuition*	
Deposit due with application	\$500
Balance paid prior to Module I	\$1,500
Total	\$2,000

* Non-Refundable

Exam Fees	Written Exam*	Practical Exam*
Module I	1 hour - \$100	1 hour - \$100
Module II	1 hour - \$100	1 hour - \$100
Module III	1 hour - \$100	1 hour - \$100
Anatomy	1 hour - \$75	

* Module retake fees - \$130. (A minimum of an extra 10 hours of teaching private sessions must be logged before a practical exam retake.)

Additional Fees	
Initial Evaluation	Varies
Anatomy Course	\$250
Mandatory Mat Class Monthly Membership (2x week*)	\$216/month

* Optional 3x week – \$300/month

Note: Apprentices must carry professional liability insurance.

6. Continuing Education (CE)

Teachers certified by The Art and Science of Contrology Pilates Instructor Training will receive the ASCPIT Certificate. A minimum of eight hours of Continuing Education (CE) classwork at The Art of Control (or an affiliate Art of Control studio) is required each year to maintain this Certificate. Teachers in good standing can apply for the Teacher-of-Teachers Master Program and have the opportunity to work with apprentices in their own studio, thereby earning CE credit.

7. Agreement

I agree I am responsible for paying the entire program tuition even if I decide to not finish the program once I register.

ASCPIT has the right to modify or change dates, faculty members, and/or requirements for the program due to external factors (such as extreme weather or pandemic restrictions). There is a no-refund policy; however, in case of cancellation by ASCPIT, students are always welcome to reschedule or continue the program at a later date.

I have read and understand the requirements of The Art and Science of Controlgy Pilates Instructor Training (ASCPIT) program, including all required training hours, coursework, payments, and mandatory timeline.

Applicant name (print): _____

ASCPIT representative (print): _____

Applicant signature: _____

ASCPIT representative signature: _____

Date: _____

Date: _____

**ART & SCIENCE
OF CONTROLGY[®]**

PILATES INSTRUCTOR TRAINING