

## Questions and Answers regarding STOTT PILATES® Education Program (10.2010)

### ***What if I don't meet the pre-requisites to enter a course?***

Please refer to the Certification Requirements Sheet attached to this email and if you do not meet the pre-requisites, please contact us for your options.

### ***What do I need to qualify for entering the STOTT PILATES Education Program?***

If you do not have a formal anatomy education, you would start with the anatomy workshop. Anatomy is a pre-requisite to enter the STOTT PILATES courses. You need to understand the movement of muscles so that you will not feel lost in the course. If you are not sure if you meet this pre-requisite, it will be determined when your registration is screened for acceptance into the course. There is not test after completion of this workshop.

### ***What course do I start with?***

We highly recommend the IMP – Intensive Mat-Plus™ course first as this is the foundation of everything you will carry over into your Pilates training/career. Once you complete IMP, you can then mix it up to either take ISP – Injury & Special Populations or the IR – Intensive Reformer Course. You cannot take the ICCB - Cadillac, Chair & Barrels Course until you take both IMP and IR.

### ***Can I take the Reformer Course without taking the Mat Course?***

Yes, a student can opt to take the reformer course first; however, we do not recommend bypassing the Mat Course, Mat is the foundation of everything you will carry on in your Pilates Career. There are certain pre-requisites that must be attained before entering a Reformer Course without taking the Mat Course. Please refer to the Certification Requirements Sheet for Reformer without Mat.

### ***How many courses are there to be fully certified?***

We have seven certification courses; which consist of Level I (Essential/Intermediate Repertoire) and Level II (Advanced Repertoire) as well as the ISP – Injury & Special Populations Course.

### ***Can I test in just Level One?***

Yes, you can take your STOTT PILATES Certification Exam in Level One only if you choose to.

### ***Is there a time limit to test or take another course?***

Once you take a course, you have six months to either test for your STOTT PILATES certification or move onto the next course. Students determine how fast they want go through the program; they do not have to wait six months to enroll in the next course as long as they are prepared for the next level. If you take a course every six months, it would take you about 2 ½ years to complete all seven courses.

### ***Once I complete a course, what is expected of me?***

As part of your course requirements, once a course has ended, you must perform the following and log all hours before you take your Certification Exam:

#### IMP – Intensive Mat-Plus™ - 40-Hour Course

- 10 Observation Hours – at a STOTT PILATES License Center if available, or a STOTT PILATES Studio
- 30 Physical Review Hours – You physically perform the exercises via class or dvd.
- 15 Practice Teaching Hours – You practice with family or friends.

#### IR – Intensive Reformer and ICCB – Intensive Cadillac, Chair & Barrel – 50-hours each.

- 10 Observation Hours – at a STOTT PILATES License Center if available, or a STOTT PILATES Studio
- 40 Physical Review Hours – You physically perform the exercises via class or dvd.
- 25 Practice Teaching Hours – You practice with family or friends.

### ***When am I considered certified?***

Upon completion of your teacher training and pass the STOTT PILATES Written & Practical Certification Exam, you will be a STOTT PILATES Certified Instructor.

### ***Who can I contact for more information regarding the teacher training program?***

Please email Dianne Jackson: [dianne@nepilates.com](mailto:dianne@nepilates.com) or call 978-702-4666 or fax: 978-702-4635 for assistance.



**Fax your Registration Form to our Off-Site Education Dept.**

Dianne Jackson, Education Director  
Off-Site Education Direct Phone: 978-702.4666 or Fax: 978-702-4635

If mailing Registration Form, please mail payment & registration form to:  
Northeast Pilates - 6 School Street – Manchester by-the-Sea, MA 01944  
978.526.0002 [www.nepilates.com](http://www.nepilates.com) [dianne@nepilates.com](mailto:dianne@nepilates.com)

## Up Coming Anatomy Basics Workshop Information

Workshop - 10 hours over two days

The STOTT PILATES® Method has a very strong emphasis on anatomy knowledge; all instructors of the STOTT PILATES Method are required to know the insertions, origins and functions of all the muscles strengthened by the STOTT PILATES exercises.

For your own reference, we have included a list of important anatomy terms. If you have difficulty understanding these terms, we require that you enroll in our Anatomy Basics Workshop before entering a Certification Course. Many STOTT PILATES instructors have realized that the Anatomy Workshop solidified their foundation in being able to understand, teach the material with confidence and aided in their preparation for the Certification Exam.

After completion of the Anatomy Workshop you will have met the anatomy prerequisite. As long as you meet the remaining prerequisites you will qualify for acceptance into our Certification Program.

Due to the nature of the **certification** courses physical requirements we do not accept applicants who are pregnant or have undergone a surgical delivery or procedure within eight weeks of the course start date. You may however, attend the Anatomy Basics Workshop.

Please fill out the attached form for the Anatomy Basics Workshop. Once we have received your registration form (*with full payment for the workshop*), you will then be confirmed into the Anatomy Workshop. No money will be charged or deposited if you are not accepted into the program.

If you have any questions, please feel free to contact our Education Department by email or telephone.

The STOTT PILATES® certification exam is very anatomy based and these suggested materials would be advantageous in studying for the exam.

- **Bryan Edwards Muscle Flashcards**
- **Andrew Biel "Trail Guide to the Body"**

### Tuition Information:

- The 10-hour Anatomy Basics Workshop tuition is listed on our course registration form, which includes a non-refundable, non-transferable registration fee.
- To avoid cancellation or postponement, you should register as early as possible.
- Tuition includes an accompanying PowerPoint manual.
- Should you transfer from one workshop to another (when able), there is a \$50 transfer fee. No exception.
- Once payment and confirmation of the workshop have been made; there are *no refunds*.
- Once a student starts this workshop, there are no refunds or transfers unless we have a written medical doctor letter stating medical necessity. At which point, we will offer a transfer up to one year into a future Anatomy Basics Workshop or towards any workshop, classes or private training we offer. No exceptions. Host-sites excluded.
- Should Northeast Pilates have to cancel workshop due to insufficient enrollment, you will receive a *full* refund.

# Muscular References

To be accepted in any of the Intensive STOTT PILATES® certification courses, which do not include anatomy instruction like the comprehensive courses, you are expected to be familiar with these muscles before you start the course.

## SCAPULA

- Trapezius-upper, middle & lower division
- Levator scapulae
- Rhomboid major & minor
- Serratus anterior
- Pectoralis minor
- Subclavius

## SHOULDER

- Deltoid-anterior, medial & posterior division
- Pectoralis major-sternal & clavicular division
- Coracobrachialis
- Latissimus dorsi
- Teres major
- Rotator cuff-supraspinatus, teres minor, infraspinatus, subscapularis
- Triceps brachii
- Biceps brachii

## ELBOW

- Triceps brachii
- Biceps brachii
- Anconeus
- Brachioradialis
- Brachialis
- Supinator
- Pronator teres

## DEEP SPINE

- Longus colli & capitis
- Retus capitis anterior & lateralis
- Rectus capitis posterior major & posterior minor
- Obliques capitis superior & inferior
- Intertransversarii
- Rotators longus & brevis
- Multifidus

## POSTERIOR SPINE

- Semispinalis thoracis, cervicis & capitis
- Iliocostalis lumborum, thoracis & cervicis
- Longissimus cervicis & capitis
- Spinalis thoracis & cervicis
- Splenius cervicis & capitis
- Quadratus lumborum-muscle of posterior abdomen

## ANTERIOR TRUNK & NECK

- Scalenus anterior, medius & posterior
- Sternocleidomastoid
- Rectus abdominis
- External oblique
- Internal oblique

## RESPIRATION

- Diaphragm
- External intercostals
- Internal intercostals
- Levatores costarum longis & breves
- Serratus posterior superior & inferior
- Transverses abdominis
- Pyramidalis

## HIP

- Psoas major & minor
- Iliacus
- Gluteus-maximus, medius & minimus
- Tensor fasciae latae
- Pectineus
- Adductor magnus, brevis & longus
- Piriformis
- Obturator externus & internus
- Gemellus superior & inferior
- Quadratus femoris

## HIP AND KNEE

- Rectus feoris
- Vastus medialis, intermedius & lateralis
- Biceps femoris
- Sartorius
- Semitendinosus
- Semimembranosus
- Gracillis
- Popliteus

## LEG AND FOOT

- Soleus
- Gastrocnemius
- Plntaris
- Tibialis anterior & posterior
- Extensor hllucis longus
- Extensor digitorum longus
- Extensor digitorum longus
- Peroneus tertius, longus & brevis
- Flexor hallucis longus
- Flexor digitorum longus

## Anatomical References

To be accepted in any of the Intensive STOTT PILATES® certification courses, which do not include anatomy instruction like the comprehensive courses; you are expected to be familiar with these anatomical references before you start the course.

1. The neutral anatomical position of the body.
2. The bony landmarks that are used as reference in postural analysis and as muscle attachment sites.
3. Definitions of the following terms:
  - medial
  - lateral
  - anterior
  - posterior
  - superior
  - inferior
  - proximal
  - distal
  - superficial
  - deep
4. The planes of movement:
  - median or sagittal plane
  - frontal or coronal plane
  - transverse or horizontal plane
5. Movements available at the various joints:
  - flexion/extension
  - adduction/abduction
  - lateral flexion
  - lateral rotation/medial rotation
  - pronation/supination
  - tilt
  - protraction/retraction (of scapulae)
  - elevation/depression (of scapulae)
  - upward/downward rotation (of scapulae)
  - dorsiflexion/plantar flexion (of ankles)
6. Different types of muscular contractions:
  - concentric
  - eccentric
  - isometric
  - isotonic
7. The three curves of the spine: cervical, thoracic and lumbar

## Northeast Pilates Education Centers Policy/Procedures registering for STOTT PILATES® Courses

### STOTT PILATES Prerequisites:

Three years teaching experience in dance movement and/or group fitness, a strong background in functional anatomy and familiarity with the mat repertoire. If you do *not* meet the prerequisites, please our Education Department for options.

### Tuition & Withdraw Policies:

- All Courses tuition includes a non-refundable, non-transferable registration fee. (fees are different according to course).
- *Registration for acceptance* must be received no later than *3 full weeks from start date of course*; however, to *avoid* cancellation or postponement, you should register *as early as possible*.
- **Full payment** of tuition is due *3 full weeks out from start date of course*.
- **\*\*EARLY BIRD SPECIAL\*\*** – Pay in full by *5 full weeks* from course state date and receive a discount off tuition. See *Mindbody schedule for details*.
- A *late fee of \$50* will be charged if full payment is not received by the due date.
- Tuition does not include materials or your written and practical exam fee.
- Should you transfer from one course to another, there is a \$50 transfer fee.
- Once payment and confirmation of the course have been made; there are *no refunds*.
- Once a student starts a course, there will be no refunds or transfers unless we have a written medical doctor letter stating medical necessity. At which point, we will offer a transfer up to one year into a future course. No exceptions.
- Should Northeast Pilates have to cancel course due to insufficient enrollment, you will receive a *full refund*.

### Attendance Policy:

- You *cannot* miss the first weekend (first 2 days) of any certification course.
- If you miss more than 15 minutes throughout the course you will need to make up time missed for an additional fee.
- You are responsible to make up hours/days that you miss. See Options below for make-up hours.
- Option 1: For each hour absent, you will be required to make up one half hour privately with a STOTT PILATES Instructor Trainer. Inquire with our Education Department for additional fees.
- Option 2: Attend the next course offered by Northeast Pilates at no charge on the exact day(s)/hours missed.
- You must contact the Education Department at 978.702.4666 to arrange either option.

### Registration:

- *Register Early!* NEPEC retains the right to cancel/change any course/workshop within 2-4 weeks from start date.
- Carefully fill out the registration form completing each section.
- To assure enrollment in the course a non-refundable, non-transferable deposit of \$300 is required at the time of processing most courses (if not taking advantage of Early Bird Discounts).
- Fax applications to our Off-Site Education Department if using one of the following credit cards: Visa, MasterCard, Discover Fax: 978.702.4635
- If mailing a check with your application, please make payable to: **Northeast Pilates** and mail checks to Northeast Pilates - 6 School Street – Manchester by the Sea, MA 01944
- *Course Materials:* A materials order form of required course materials must be submitted with application even if ordering course materials from STOTT PILATES. If ordering through us; full payment for course materials is expected at the time of registration. Registration is *incomplete* if not provided with Application Form.

### Certification:

- After completion of the teacher training course; you will be required to log various observation hours, physical review hours and practice teaching hours. This will be explained the first day of class.
- Certification is awarded upon successful completion of course requirements and a written and practical exam.
- There is a separate charge for exams.
- Exams must be taken within six months from the end date of any teacher-training course or register for the next level of education and test after completing your STOTT PILATES education.
- Completion of courses will award STOTT PILATES & ACE Cec's.
- Northeast Pilates Education Centers reserves the right to refuse any applicant.

**Education Questions** should be directed to our off-site education department –  
Dianne Jackson - Telephone: 978.702.4666 or Fax: 978.702.4635