

**ACTIVATED BODY**

*Studios*

# Pilates Teacher Training Catalogue

*Updated November 2022*



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## Introduction

The Activated Body Studio offers a comprehensive Pilates teacher-training certificate program that is taught by NCPT (National Certified Pilates Teacher) teachers.

The Activated Body Studio (Studio) owns the Pilates Teacher Training school. The director of the school is Angelina Corwin. Founded in 2019, Angelina offers Pilates classes, personal training, and restorative movement private sessions and started the Pilates teacher training certificate program in 2021.

This Catalogue is designed to introduce you to the Pilates Teacher Training program offered at the Studio. It is also the binding content of the agreement between the student and the Studio. If you become a student you will be asked to sign a document saying you read through this catalogue and understand the contents.

## Mission and Goals

It is our mission to bring you more joy in your life through improving your movement quality so you can increase your movement quantity.

At the Studio, we want to inspire excellence by preparing our graduates for the highest standards of professional practice of Pilates. We integrate scientific research to provide practical applications to the Pilates Method and we teach students to assess each client's unique needs.

The goals of the Studio are the following: to empower people to take charge of their health by improving their movement quality, to elevate the integrity of the Pilates Method, to develop continuing education programs for teacher training graduates, to offer a personalized movement experience for clients even in a class setting, and to create a community around wellness that inspires each member to reach their full potential.

## Programs and Courses Offered

### 450+ Comprehensive Pilates Teacher Training

This is the minimum requirement to be completed to sit for the National Certified Pilates Teacher (NCPT) exam. This course offers you the full 450 hours with the appropriate information to prepare you to become a National Certified Pilates Teacher if you choose this course of action. Completion of the comprehensive Pilates program does not guarantee employment or NCPT certification.

- The main goal is to complete the comprehensive training in one year though it is not a requirement of the NCPT. The course is broken down into 4 Modules and will be paid for separately. See Descriptions below.
- General Time Commitment: Each module has a designated set of in-person instruction, personal practice hours, practice teaching hours, and observation hours. There will also be reading and homework assigned between meetings. You could expect to spend about 10-50 hours outside of the learning weekends each month.
- Cost of program is listed under each Module.
- Upon completion of the Program, student receives a Diploma/Certificate of Completion.



## **Module 1: 200 Hour Mat**

Learn the Pilates method and how to design a mat Pilates class for all levels and special populations. This course will teach you to how to modify exercises for skill level and physical considerations using only the mat, small equipment, and props for modifications. You will learn anatomy, biomechanics, and current exercise philosophy that will prepare you to be a great movement professional.

- The Mat Pilates Training is the first segment of the comprehensive Pilates Teacher Training. You are not required to continue as this course will prepare you to teach a Mat Pilates class.
- Graduation requirements - attending in person lectures; attend virtual lecture; completing practice teaching, personal practice, and observation hours; exams (written, practical), satisfying all payments, and completing the course in 6 months time frame.
- Hours: 75 hours of in-person instruction, 50 hours practice teaching, 50 hours personal practice, 25 hours of observation.
- Price: 1,850 (includes instruction, manual, and admin)
- Additional Costs: Anatomy of Movement by Blandine Calais-Germain will be used throughout the program and Pilates Props Workbook by Ellie Herman.

## **Module 2: 125 Hour Reformer**

You will learn to use and teach Pilates with the Pilates reformer. The Activated Body Studio uses a Stott and Balanced Body reformer. The anatomy will focus on body assessment and how to program for an individual. We cover the foot, ankle, knees, and hips. You will learn more about muscles and how they relate to joints, exercise, strength.

- Graduation requirements - attending in person lectures; completing practice teaching, personal practice, and observation hours; exams (written, practical), satisfying all payments, and completing the course in 4 months time frame.
- Hours: 50 hours of instruction, 30 hour of practice teaching, 30 hours of personal practice, and 15 hours of observation.
- Price: \$1200 (includes instruction, manual, and admin)
- Additional Costs: the following will be used for the remaining Modules: Pilates Anytime subscription, New Rules of Posture by Mary Bond.
- Optional Additional Costs: if you are planning on taking the NCPT exam I recommend you purchase the Study Guide to use in parallel to the remaining Modules. See [HERE](#) for a list of study materials.

## **Module 3: 75 Hour Springs**

You will learn how to teach Pilates using the various Spring apparatuses. The Activated Body Studio uses the Fuse Ladder that encompasses the Springboard, the Tower, the Ped-O-Pull, and the Cadillac. We will build on the previous modules fine tuning assessment and programming. The anatomy will focus on the shoulder complex and how it relates to the spine.

- Graduation requirements - attending in person lectures; completing practice teaching, personal practice, and observation hours; exams (written, practical), satisfying all payments, and completing the course in 2 months time frame.
- Hours: 25 hours of instruction, 20 hour of practice teaching, 20 hours of personal practice, and 10 hours of observation.
- Price: \$700 (includes instruction, manual, and admin)



## Module 4: 75 Hour Chair

Learn to teach Pilates using the chair. This is the most advanced piece of equipment in the Pilates repertoire. The Activated Body Studio uses the Balanced Body Exo Chair and the Stott Pilates Wanda Chair. Continuing to grow as a Pilates teacher with advanced teaching techniques, troubleshooting uncommon physical conditions and how to adapt to unforeseen circumstances. The anatomy will focus on the elbow, wrist and hand.

- Graduation requirements - attending in person lectures; completing practice teaching, personal practice, and observation hours; exams (written, practical), satisfying all payments, and completing the course in 2 months time frame.
- Hours: 25 hours of instruction, 20 hour of practice teaching, 20 hours of personal practice, and 10 hours of observation.
- Price: \$700 (includes instruction, manual, and admin)

## Admission Requirements

Prospective students must meet the following criteria:

- A minimum of 18 years of age.
- Must have a high school diploma or equivalency diploma.
- Mat Training Only: Taken a Mat Pilates Class at the Activated Body Studio.
- Equipment Training: Taken at least one Equipment Class at the Activated Body Studio.
- Have no injuries that would prevent performance of exercises during the course of the program.
- No applicant will be denied on the basis of race, national origin, color, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation.

## Enrollment Procedures

- Review the Activated Body Teacher Training Catalog.
- Sign the Pilates Teacher Training Agreement on the registration page.
- Payment of course fees (installment plan available).
- Prospective students may enroll any time prior to the start of the training.
- Late enrollments will not be accepted.

## Attendance Requirements

The structure of this training is to deliver an intensive training weekend to accommodate those who work full time or live a distance away from Oak Hill, West Virginia. Each weekend contains 25 hours of in-person instruction by the designated qualified teacher, plus a 5 hour virtual session outside of those weekends.

- Students are expected to arrive on time for class with proper materials.
- Students are allowed to miss 20% (16 hours) of the in-person training and be qualified for the exam. Instructors may request a student to withdraw from the program if absences or tardiness exceed 75%.
- Make up time with the instructor is charged at \$60/hour. A review of the weekend materials is required prior to attending a makeup session.
- Each Module has a required duration of time to complete all of the Module components (see Module descriptions above). If module requirements are not met in the time allotted then the student must retake



the course to obtain a certificate of completion.

- To help students stay on track, use of the studio is provided for study at no additional cost, observing classes and private sessions (with client permission) is allowed, and partnering with other students for study and practice is encouraged.
- Students who are unable to continue classes for medical reasons or severe personal problems will be required to take a Leave of Absence until they are able to return to class. Proper documentation will be required to substantiate a student's withdrawal (see Leave of absence).

## Leave of Absence

Students may request a Leave of Absence and still be considered enrolled in the Teacher Training. A Leave of Absence allows the student to return to the course without financial burden.

- If more than 20% of the in-person hours are missed, then the student will be allowed to attend the next Teacher Training to make up those hours.
- If the absence occurs without written permission, then it is considered a program withdrawal and the student will need to pay the \$60/hour make up time with the instructor or enroll in the next Teacher Training course.
- Leave of Absence Procedure:
  - Personal or family circumstances: must submit a written request.
  - Medical: must submit a note from a doctor.
  - Pregnancy: must submit a written request and/or a note from a doctor.

## Sexual Harassment and General Student Conduct Policy

- All students are expected to act maturely and are required to respect other students and Activated Body staff as well as the Studio's property, assets and traditions.
- Possession of weapons, illegal drugs, and alcohol of any kind are not allowed at any time on the property.
- Sexual and gender-based harassment of any kind will not be tolerated.
  - Sexual harassment is unwelcome conduct of a sexual nature, including but not limited to unwelcome sexual advances; requests for sexual favors; or other verbal or nonverbal conduct of a sexual nature.
  - Gender-based harassment is unwelcome conduct of a nonsexual nature based on a student's actual or perceived sex, including conduct based on gender identity, gender expression, and nonconformity with gender stereotypes.
- Any violation of this policy may result in permanent dismissal from the program.

## Dismissal

- Any student may be dismissed for violations of rules and regulations of the Studio, as set forth in this publication.
- Any student whose conduct is disruptive or unacceptable to the academic setting may be asked to leave the program. After appropriate counseling, students who demonstrate a genuine desire to learn and conform to Studio's standards of conduct, may be allowed to resume attendance. The instructor will review each case and decide upon re-admittance.





- Solicitation of the Activated Body Pilates Teacher Training material for use of unsavory business competition in Fayette County is strictly prohibited and discovery of such behavior will result in immediate dismissal and a permanent ban from all future Teacher Trainings. Tuition will not be returned.

## **Educational Services**

In order to help the student successfully pass the Teacher Training program, the following is provided:

- Each Module has a set of required reading that is pertinent to learning the material. Additional articles, videos, and materials will be provided or suggested in the Course Outline that is provided to you at your first in-person session.
- The use of the Activated Body Studio is included in the tuition. The student may use it to learn the content, practice the exercises, and practice teach volunteer students. Coordination so as not to disrupt paying clients may be necessary.
- The Activated Body Studio is an operational business. The student will have an opportunity to observe live Pilates sessions (with client approval) to satisfy the observation requirement of the Teacher Training program.
- The Mat Pilates Module has access to a Vimeo folder with pre-recorded Mat Pilates classes taught by Angelina Corwin. These are included in the tuition and available for use.

## **Grading System**

- Each Module has a written and a practical exam. The written exam requires an 80% score to pass. The practical exam is pass or fail with a rubric that is filled out as the exam is taking place.
- The full Teacher Training program consists of all 4 modules. A passing score on both the written and practical for each Module is required to be eligible to sit for the National Certified Pilates Teacher (NCPT) exam.
- The Module structure is designed to progress the student incrementally and pause further learning if the previous Module is not complete. Tutoring is available by the instructor at a \$60/hour rate (may be shared between multiple students).

## **Transfer of Credit Policy**

- Activated Body Studio does not guarantee transferability of its credits to another institution unless there is a written agreement with another institution.
- Credits from another institution will be evaluated on a case-by-case basis. Transfer of credits from other institutions requires a review fee of \$150 if a transcript is available. In the absence of a written transcript, test-out options will be considered based on the Activated Body Studio's Module structure and fees related to the process will be charged per Module review.



## Refund Policy

- Cancellation 10 days prior to commencement of the program for any reason results in a full refund.
- Cancellation within 10 days prior to commencement of the program for any reason, including an emergency with a doctor's note, results in a full refund minus \$150 application processing fee.
- Cancellation after the program has commenced will follow a percentage of attendance formula stated below. The Studio will retain a cancellation charge of \$150. The refund is based on the official date of termination or withdrawal.
- If the instructor terminates the student due to student conduct or unexplained absence up to 70% of the program the student will be refunded based on the same formula stated in the Refund Table.
- If a student fails to return after a Leave of Absence and requests a refund, the original date request of the Leave of Absence will be used to determine the refund amount based on the original program they were enrolled in.
- The Studio will provide a full refund of any tuition paid if the Studio cancels the Teacher Training program for any reason before the program begins. If the studio cancels the program once it has begun, then the same Refund Table formula applies except the Studio will not charge the student the processing fee.
- All refunds will be made within 30 days of the date of termination. Termination must be provided in writing to avoid miscommunication about refund amounts.

### Refund Table

Applicable to each Module of the Teacher Training program. Round up to the nearest percentage amount. See Attendance and Leave of Absence policies for applicable circumstances.

Amount of Program Module Attended	Refund Amount
0-25%	75% of tuition minus \$150 processing fee
26-50%	50% of tuition minus \$150 processing fee
51-75%	25% of tuition minus \$150 processing fee
76-100%	No Refund

## Student Grievance Procedure

Should a student need to file a grievance against the Activated Body Studio, the following steps should be followed by both parties:

- The student will bring their grievance to the instructor first.
- The student will bring their grievance to the owner of the Activated Body Studio if they are unable to resolve their grievance with the instructor.
- If the grievance cannot be resolved, then a formal complaint can be filed with the Pilates School Approval Program. Contact: [PSAP@pilatesmethodalliance.org](mailto:PSAP@pilatesmethodalliance.org)
- Student Information and Files
- The Activated Body Studio will maintain up to date files containing the signed Teacher Training Agreement, contact information, photos, test scores, and other information relating to the student as a client.
- Students may review their complete file during studio hours by requesting an appointment with the Activated Body Studio owner or Teacher Training instructor.





## Program Satisfaction

- A student who completes the graduation requirements for the Module they are enrolled, will be awarded a certificate of completion.
- Once all 4 modules are successfully completed the student is eligible to sit for the National Certified Pilates Teacher test. This is an optional test and does not guarantee employment at any Pilates studio. It is the highest level of certification available to Pilates teachers and is held in high esteem in the industry.

## Time Extension for Program Completion

In the event a student cannot finish their program in the time allotted the following policy applies:

- A written request for an extension outlining a plan for completion is required. The extension must have a reasonable reason for needing additional time to avoid any additional cost to the student. The timeline is stated up front and the student has adequate time to plan ahead. Extension due to negligence will not be approved.
- Additional tutoring with the instructor is available at the \$60/hour rate.
- If a Module is not completed in the time allotted and no extension request was submitted, the student will receive a Fail and the Module will need to be retaken the next time it is offered with the full tuition paid.

## Instructor Biography

### Angelina Corwin – Activated Body Studio Owner

- Nationally Certified Pilates Instructor (NCPT)
- Anatomy in Motion (AiM)
- Functional Movement Screen (FMS)
- McLaughlin Scar Tissue Release (MSTR)
- Pre/Postnatal Corrective Exercise Specialist (PCES)

Angelina (Angie) Corwin has been a mover her whole life. In 2008, Angie took up long distance running and within two years was forced to quit due to an injury in her sacroiliac joint. This led her to find Pilates and discover that imbalances in her body likely caused the injury. Through the balanced muscle development and body awareness that Pilates provides, Angie began to excel in rock climbing, achieve better posture and move with more ease than ever before.

Now Angie is on the journey to help others find more joy in their lives through functional, efficient, and pain free movement. “I never want to stop rock climbing and tromping through nature because it gives me more than exercise - it is my meditation, my church, my soul food. I want to help others continue to move well so nothing holds them back.”

Angie started Activated Body in January 2019 when she moved to West Virginia. Working for other studio's limited her ability to apply all of her skills to the clients so she opened her full-service studio in June 2020 in Oak Hill. The Activated Body Studio invites people to enhance their movement quality so they can increase their movement quantity, “so nothing holds them back.”

