

Swan Pilates Education

Pilates Instructor Education Program



天之鵝普拉提形体管理中心
SWAN PILATES BODY MANAGEMENT CENTER

Total Hours: 570

Courses Details:

1. Mat 1	80 hours
2. Mat 2	80 hours
3. Reformer, Cadillac	120 hours
4. Wunda Chair, Barrel	80 hours
5. Functional Anatomy and Analysis	60 hours
6. Comprehensive Pilates Rehab Specialist	150 hours

Course Description:

1. Mat 1:

Pilates History, Pilates Principles, Posture Clinic, Breathing Pattern Analysis, Shoulder Stability Analysis, Hip Stability Analysis, Mat Foundation Movements, Coaching Methodology.

Class: 60 hours

Practical: 20 hours

Total: 80 hours

2. Mat 2:

Pilates Principles, Intermediate and Advance Movements, Training Methods for Special Groups, Safety and Pathology. Training for Low Back Pain Symptoms, Training for Scoliosis, Balance Series, Posture Analysis, Gait Pattern Analysis.

Class: 60 hours

Practical: 20 hours

Total: 80 hours

3.Reformer & Cadillac:

Essential Movements, Pilates Principles, Small Tools, Foot Series, Back Rowing Series, Front Rowing Series, Midback Series, Short Box, Long Box, Standing Series, Spine Articulation Series, Hip Hinge Series, Arm Series. Intermediate and Advance Movements, Pilates Principles, Balance Series, Foot Series, Swan Dive Analysis, Thoracic Spine Movements Analysis, Foot Arc Analysis, Scoliosis Rehabilitation Movements, Advance Standing Series, Advance Rowing Series, Shoulder Girdle Rehabilitation Movement, Mindfulness Practice.

Class: 100 hours

Practical: 20 hours

Total: 120 hours

4.Wunda Chair & Barrel:

Essential and Intermediate Chair Movements, Shoulder and Thoracic Spine Movements, Arm Series on Chair, Spine Articulation on Chair, Leg Series on Chair. Basic Movements on Barrel, Safety and Special Group Cautions, Spine Articulation Movements, Scoliosis Rehabilitation Treatment on Barrel. Lateral Series, Leg and Midback Series. Barrel Training Principles.

Class 60 hours

Practical 20 hours

Total: 80 hours

5.Functional Anatomy and Analysis:

Skeleton System, Muscular System, Connective Tissue, Exercise Planes Analysis, Movements Analysis, Exercise Chain Analysis, Common Range of Motion Restriction, Muscular Function and Structural Analysis, Common Injury Analysis. Posture and Gait Analysis.

Class: 50 hours

Practical:10 hours

Total: 60 hours

6. Comprehensive Pilates Rehab Specialist:

Training Methods for Pregnant Population, Training Methods for Seniors, Training Methods for Low Back Pain, Training Methods for Scoliosis, Training Methods for Athlete, Training Methods for Professional Dancers, Training Methods for Youth, Training Methods for Professional Models.

Class: 100 hours

Practical: 50 hours (Internship in associated Physio clinics)

Total: 150 hours

Total Hours: 570