



SHOPPING FOR A PILATES PROGRAM...

Pilates Organizations Suggest the following when shopping for a Program:

The Italics will denote how PSC compares

Dear Student – ask yourself what kind of teacher you want to be? Where do you want to work? Do you want to become an instructor who knows ALL of the apparatus that Joe Pilates created? Do you want to specialize in certain type of client care?

These are questions to ask once you find a Pilates program that you are interested in to make the best choice with your time and money, be advised there are some things you MUST ask!

Do your research – there are some very shady practices and you don't want to waste your valuable time or money.

- Who is the Instructor, and what is his/her background and training? How many years has the instructor of the course been teaching Pilates and how many years teaching THIS program? *It needs to be 5+ years! PSC Instructor Bios available on website <http://www.PilatesSportsCenter.com> (The Pilates Method Alliance guidelines suggest facilitators of comprehensive training programs to have taught Pilates a minimum of 5 years prior to instructing instructors.)*

- Who wrote the program? (Was it purchased and re-branded, or created by the instructor? Were they fully trained by the program creator?)
The PSC Program was written over 22 years ago by a NPCT/Certified, Professional Dancer and a Doctor. Each PSC master trainer has graduated from a complete Pilates education, been extensively trained by PSC to teach our program and holds a high level of education and years of experience. Many hold other degrees, are Certified, have specialty education, run businesses, and are respected in the industry.

- Who is the program director of the school? Are they a Pilates Teacher or just a business owner?
PSC Directors are: Dr. Andromeda Stevens, D.C. and Kelli Altounian, teaching clients and educating students over 22 years, Certified, hold multiple degrees and have hundreds of hours of continued education, writing of workshops and presenting at conferences, produced multiple DVDs, created a Membership Portal, and run a studio.

- Are there any other facilitators/trainers who assist with the program? Will they be an Approved Master Trainer?
Depending on the PSC location there will be assistants and/or apprentice Master Trainers available. PSC does NOT employ unqualified instructors to teach our students in any capacity.

- Does the program have more than one location - if so what are they?
PSC has programs in 40+ locations across the USA, Turkey, Korea, and Israel.

- How long does it take to complete the program?

The Next Generation in the Teachings of Joseph H. Pilates
www.PilatesSportsCenter.com

PSC takes 16 weeks for a full program plus self-paced homework and required observation/practice hours.

•How many hours is each class? How many hours are classroom hours?

PSC classes are 4 hours – after that you are exhausted and will retain zero information. 128+ hours are in the classroom with a live skilled teacher – no video!

•Are there any prerequisites to attend the program?

Yes, 30 hours of Pilates experience with a qualified Pilates Instructor – we can assist you with accomplishing these hours at a discount

•Is the program live and/or video based?

NO, PSC does not believe in video learning except for review, all hours at PSC are in-person with a skilled teacher..... to make you a skilled teacher

•Is there a written and practical exam? Is there a fee for the exam?

Yes, the Final Exam is practical and written. We don't charge extra for exams

•Does the program provide a student contract so I know what to expect and to protect me?

Yes, a PSC Student Contract is in place to protect the Student. Don't take any program without one. You need to be aware of all expectations (student and school) and have a binding agreement to protect you – imagine if the school had no rules, schedule, policies, or procedures or ones you aren't aware of?

• Minimum 450 hours required for completion of program. *Yes – anything less produces a lower quality of teacher. The NCPT has a minimum number of 450 hours to sit for the Certification Exam. High classroom hours are a MUST. We offer more hours of actual class time with an instructor than any other program.*

• You must learn all of the apparatus to be a teacher who is employable and successful (Mat, Reformer, Cadillac, Barrels and Chair) at least! Pilates invented multiple pieces of equipment – become a REAL teacher. ASK: Does the Program cover mat/reformer/cadillac/pedi-pull/barrels/wunda chair?

Yes, all of these are offered by PSC (Barrels, Pedi-pull, Foot Corrector, Toe Corrector, Sand Bag and 2X4 are all offered by PSC as well as Jump Board, Pregnancy and many other valuable workshops)

• What is the time structure for the program? Does it meet weekly or weekends, monthly?

PSC Meets twice-weekly for 4 hours per session for 16 weeks to best absorb the material and interfere minimally on lifestyle and ability to rest, as well as absorb the material.

• How long does it take to complete the program? (For example: Total structure of the program requirements in hours/months.)

Full Program is 16 weeks plus self-paced study – no crash courses!!!

• Can the program provide references with contacts of prior graduates of their program?

Yes, PSC are all very successful and have created a Global Network. PSC can provide references of graduates. You should check Yelp and other reviews of the Studio/School you are looking at!

• Does the program administer a practical and written exam prior to issuing a certificate?

Yes – our graduates are skilled and become successful – we don't push through any student who isn't ready and is going to make this industry better!!!

WE SUGGEST WHEN SHOPPING FOR A PROGRAM: ask a few more questions...

Is this a weekend course? Look out for modular programs that are remarkably brief – you cannot learn the material in 1 weekend or even in 1 month!

Back-to-Back all day programs, days in a row. You won't absorb the material, burn out rate is very high

Policies on missed days – how will you make up the material? PSC offers tutoring, or the PSC Channel, Training.PilatesSportsCenter.com a digital platform of all course materials. The PSC course also offers multiple in person review sessions (15+ hours) during the course, something most programs DON'T do.

Some programs insist on 10-15 apprentice hours per week per "level" and do not allow you to go at your own pace. There may be as many as 4 levels to complete.

Lengthy programs that span weekends/holidays and disrupt your life for an extended period of time.

Programs taught in "Levels" are hard to follow and integrate the material.

Some may require you to "work" in the Studio for hours – this is inappropriate and unsafe.

Beware of hidden fees and policies:

Please be sure to read the fine print when choosing a course, some of them have the following policies:

Extra testing fees to complete the course

Required video purchases along with course

A tuition "loan" with an employment contract that is binding and may hold up your diploma if broken

Required practice teaching hour policies within their studio only, where the Studio collects fees from client and pays little or nothing to you - the uncertified and un-prepared teacher

Some programs require you to take their CEC's to maintain certification in good standing. This may be in addition to the NCPT CEC's

An additional Anatomy Course may be required to enter the course at an extra cost

Weekly workouts at their facility may be required at your cost

Some may charge high rent for you to "rent space" to self-practice or even to observe

Extra workshops may also be required at your cost to complete the certification