



## **PROGRAM INFORMATION AND APPLICATION**

The Cutting Edge Approach to Pilates Teacher Training

PSC teaches a contemporary approach to the original exercise method developed by Joseph Pilates in the 1920s; one that preserves the essence of the original technique but incorporates today's knowledge and principals

### **WHAT MAKES THE PSC PROGRAM UNIQUE?**

**The Program Founders / Directors Are  
PMA Certified Teachers™**

**Boutique Education / Non Corporation Owned**

**Limited Class Size: Student / Equipment Ratio is Ideal**

**Co-Created by a Doctor and Emphasizes the  
Anatomically Based Concept of "Neutral Spine"**

**Course Manuals are Illustrated and Extensive**

**Rehabilitation Protocols and Modern Principals**

**Classical & Progressive Styles Taught**

**Competitively Priced**

**PSC Founders Have Completed Numerous Exercise Science Courses and  
Collaborated with PT's and Sports Medicine Professionals  
to Create This Program**

**Challenging Variations as well as Modifications to Assist with Injuries and  
Limitations**

## **COURSE DESCRIPTION**

This comprehensive 450-hour program is offered in a modular or comprehensive 16-week format. The class size is limited to ensure a high level of attention and service. A fully photographic Manual will be provided to you for the course or module(s) you will attend.

Each student will learn:

- Fundamental Pilates principals and philosophies
- Client assessment and alignment protocol
- Anatomy and biomechanics taught using visual aids in an interactive environment
- Pilates Mat Repertoire
- Reformer Repertoire
- Cadillac/Trapeze Table Repertoire
- Wunda/Combo Chair Repertoire
- Small apparatus skills utilizing the jump board, magic circle, rotating discs, balance/wobble board, foam rollers, thera bands and balls
- Combining Classical and Progressive Pilates styles with modifications and variations
- Creative training and program development skills for any level of proficiency
- Medical anatomical terminology
- Verbal and tactile cueing skills
- Attitude, confidence and composure of a professional instructor
- Studio etiquette and equipment safety
- Ethics and scope of practice
- Understanding indications and contraindications for specific injuries/dysfunctions and special circumstances
- Graduates will meet the criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

## **PRE-REQUISITES**

- 30+ documented hours of well-rounded Pilates instruction with a Qualified Pilates Instructor. (*PSC Host Studio will offer you a Student Discount to complete*)
- Completed Application
- Entrance interview
- Tuition deposit
- Signed Student Contract (day 1 of class)
- Medical and liability release form (provided)
- Personal Liability Insurance if practicing in your Host Studio

*PSC upholds the most current PMA curriculum recommendations and standards of practice.  
PSC reserves the right to refuse admittance to any applicant*

Pilates Sports Center, Inc. 16430 Ventura Blvd. #100 Encino, CA 91436  
Ph 818-788-8112 Fax 818-788-8303 Updated March 2013  
[www.PilatesSportsCenter.com](http://www.PilatesSportsCenter.com)

## **COURSE REQUIREMENTS**

**Assessment Based Certificate/Diploma** issued upon completing all course requirements including, but not limited to:

- 120 hours of Classroom Experience with a PSC Master Trainer - Provided
- 75 hours of Observation/Apprenticeship: Observation (50)/Apprenticeship (25) of/with a qualified instructor
- 100 hours of Practice Teaching/Charting with classmates/family/friends etc.
- 40 hours of Self Integration (additional Pilates private, semi private or mat class experience with qualified instructor)
- 45 hours Client Assessment and Programming Project - assignment
- 25 hours of an Anatomy Thesis Project - assignment
- 15 hours Pilates Professional Video/DVD Observation
- Passing scores on tests, practical exams and projects

*Requirements are different for Mat only or any Modular Course*

- 25 hours of Observation/Apprenticeship of/with a qualified instructor
- 25 hours of Practice Teaching/Charting with classmates/family/friends etc.
- 10 hours of Self Integration (additional Pilates private, semi private or mat class experience with qualified instructor)
- 12 hours Client Assessment and Programming Project - assignment
- 5 hours Pilates Professional Video/DVD Observation
- Passing scores on tests, practical exams and projects

## **MATERIALS**

Required: (you will need to purchase these books, not included in course or course fees)

- **Trail Guide to the Body 4<sup>th</sup> Edition Text** – by Books of Discovery  
a user friendly musculoskeletal anatomy & palpation text that includes 3 hour DVD
- **Trail Guide to the Body Student Workbook**- designed to be used with the text, this study guide offers matching, coloring and fill-in-the-blank exercises to practice the information in the text.  
*Trail Guide "Pack" includes all of the above at a discount: <http://www.booksofdiscovery.com/products.php?cat=9>*

Optional Additions, at a discount if you purchased the above items (same company):

- Flash Cards- 2 volumes covering the muscles, bones, joints, ligaments and movements of the human body
- Audio Guide- 100 muscle tracks on 4 CDs. Each track includes information and palpation instructions.

Optional for your library: Available new or used on Amazon.com

Joe Pilates wrote the following two books that you should add to your library.

- Your Health: A Corrective System of Exercising That Revolutionizes the Entire Field of Physical Education (1934)
- Return to Life through Contrology (1945)

Also available:

- The Complete Writings of Joseph H. Pilates - Joseph H. Pilates
- The Anatomy Coloring Book Second Edition - by Wynn Kapit / Lawrence M. Elson
- Anatomy of Movement - Blandine C. Germain & Anatomy of Movement: Exercises - by Blandine C. Germain, Stephen Anderson
- Atlas of Human Anatomy - by Frank N. Netter
- The Joseph H. Pilates Archive Collection - Edited by Sean P. Gallagher and Romana Kryzanowska
- The Complete Guide to Joseph H. Pilates' Techniques of Physical Conditioning - by Allan Menezes
- The Pilates Method of Body Conditioning - by Gallagher and Kryzanowska
- Illustrated Essentials of Musculoskeletal Anatomy - Sieg and Adams

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## ABOUT THE FOUNDERS/DIRECTORS

### **Kelli Altounian**

Kelli is the co-founder of Pilates Sports Center and co-director of the PSC Pilates Training Program in Los Angeles, California. Kelli holds a BA (dance emphasis) from the University of Central Oklahoma and performed professionally for over 15 years. Kelli became a Pilates advocate in 1994 while performing as a Radio City Rockette. After sustaining a career ending back injury, Pilates was her choice for physical therapy. In 2000, Kelli and Andromeda Trumbull united their efforts with the aim of updating the approach of Pilates based movement utilizing therapeutic influence. They have since created a Pilates Training Program of International Recognition. The PSC program incorporates manipulation of the equipment to maximize the benefits for the client. PSC's approach to education and post education continues to grow worldwide.

Her credentials include:

- B.A. in Theatre with dance Emphasis from University Of Central Oklahoma
- Yamuna® Body Rolling Certification Program
- Certified Trainer recognized by the National Endurance and Sports Training Association (N.E.S.T.A.) for Golf Conditioning
- Pilates Method Alliance Certified Pilates Teacher™

### **Dr. Andromeda Stevens, D.C.**

Andromeda became a Doctor of Chiropractic Medicine inspired by her own spinal condition. Her practice specializes in the proper rehabilitation of the lower back. She was introduced to Pilates as a fitness regimen and was so impressed that she mastered its philosophy and became an Certified Instructor to offer Pilates to her patients as a way of treating pain and resolving it more effectively. The profound results of her patients led her to co-found Pilates Sports Center in Los Angeles, California along with Kelli Altounian. Andromeda also co-directs the PSC Pilates Teacher Training Program, which aims to provide the highest standard of excellence in Pilates education.

Her credentials include:

- Graduate - Cleveland Chiropractic College of Los Angeles 1996
- Post graduate certification: Cox Flexion/Distracton Technique for treatment of discs
- Integrated Flexibility Training - The Sports Club/LA
- BalletCore® Certified
- Massage Therapist - Touch Therapy Institute
- Pilates Method Alliance "Gold" Certified Teacher™
- Booty Barre® Course 2011
- Co-Creator of the Burn at the Barre™ Workout, DVD and Teacher Training Program

**Founders Kelli and Andromeda** share the following credentials:

- *Advances in Pilates* - Long Beach Dance Conditioning Graduates
- CPR / First Aid Certified
- Body Mind Spirit Presenters 2007 & 2008
- Pilates On Tour Presenters 2010 & 2011 & 2012
- Inner IDEA Presenters 2011
- Master Teacher Trainers for Reebok Sports Club/NY
- Pilates Method Alliance Corporate Sponsors™ 2010
- Participants: PMA Fostering Future Professionals Program™
- PMA Registry of Schools™
- PMA CEC Providers™

**For more information on PSC's other Master Trainers of the Program, please visit our Web Site**

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## **COURSE FEES / DEPOSIT**

Full Course (Fundamentals/Start Up Course, Mat and Apparatus): **\$4,900.00** (minus Deposit of \$500) to guarantee a place in the course. Tuition balance (less deposit) is due on the first day of the course. Deposit/Tuition paid via: check, money order, cash or credit card (mc/visa)

Modular Pilates Apparatus Programs: (Minus Deposit of **\$500** for any single module)

- Nuts and Bolts / Philosophy – “Start Up Course” **\$300** – required for any program
- Pilates Mat - **\$1000** (you will attend the first 3 weeks of a Full Course)
- Reformer - **\$2000** - 6 weeks approx
- Cadillac - **\$1000** - 3 weeks approx
- Chair - **\$1000** – 2.5 weeks approx

*Private Programs available for \$7,500.00. Modular Private Programs also avail. Please inquire*

Location Information: Application & payment to be sent directly to your location. Fundamental/2-Day Start Up Course avail. at most locations.

**Encino, CA: 818 - 788 - 8112** [www.PilatesSportsCenter.com](http://www.PilatesSportsCenter.com) Contact: Andromeda or Kelli “PSC” 16430 Ventura Blvd. Suite 100, Encino, CA 91436

**Studio City, CA: 818 - 509 - 0914** [www.PilatesStudioCity.com](http://www.PilatesStudioCity.com) Contact: Lora or Nichole “Pilates Studio City” 11650 Riverside Dr #2, Studio City, CA 91602

**Palm Desert, CA: 760 - 360 - 5199** [www.Infinity-Pilates.com](http://www.Infinity-Pilates.com) Contact: Lisa Diffey “Infinity Pilates” 777-70 Country Club Dr., #C, P.D., CA 92211

**Riverside, CA: 951 - 784 - 7343** [www.Articulations.com](http://www.Articulations.com) Contact: Tricia Hill “Articulations” 6180 Brockton Ave Suite 104, Riverside, CA 92506

**Camarillo, CA: 805 - 482 - 7110** [www.JustBreathePilates.net](http://www.JustBreathePilates.net) Contact: Leslie Brangham “Just Breathe Pilates” 1931 E Daily Dr. Ste B 'Paseo Del Sol' Camarillo CA 93010

**San Francisco, CA: 415 - 386 - 9008** [www.ElevationPilates.com](http://www.ElevationPilates.com) Contact: Peggy Wallace: “Elevation Pilates” 425 Balboa St., San Francisco CA 94121

**San Diego, CA: 858.673.4455** [www.PropelPilates.com](http://www.PropelPilates.com) Contact: Karen Rickett “Propel Pilates” 16769 Bernardo Center Dr., San Diego, CA 92128

**Spokane, WA: 509 - 994 - 8109** [www.ThePilatesLife.com](http://www.ThePilatesLife.com) Contact: Maria Sevilla “The Pilates Life” 1107 Main St. Bothell, WA 98011

**Scottsdale, AZ: 480 - 699 - 8160** [www.RemedyPM.com](http://www.RemedyPM.com) Contact: Kelly Snailum “Remedy Pilates & Massage” 6949 E. Shea Blvd. #115 Scottsdale, AZ 85254

**Silverton, CO: 970 - 387 - 5187** [SilvertonMovementCenter.com](http://SilvertonMovementCenter.com) Contact: Maryanne Garvin “Silverton Movement Center” PO Box 272, Silverton, CO 81433

**Denver, CO: 720-941-8971** [www.PillarOfStrengthStudio.com](http://www.PillarOfStrengthStudio.com) Contact: Sarah Smysor Panning “Pillar of Strength” 1485 S. Colorado Blvd, #310, Denver, CO 80222

**Oklahoma City, OK: 405 - 463 - 3388** [www.Pilates-Edge.com](http://www.Pilates-Edge.com) Contact: Rene Craig “The Pilates Edge” 2927 W. Wilshire, OKC OK 73116

**Killdeer, IL: 847.726.9642** [www.TrucorePilates.com](http://www.TrucorePilates.com) Contact Luann Brusa “TruCore Pilates” 20771 North Rand Rd., Killdeer, Illinois 60047

**Louisville, KY: 502 - 409 - 4200** [www.PilatesVillage.com](http://www.PilatesVillage.com) Contact: Stacy Celi or Jodey Lowber “The Pilates Village” 4160 Westport Rd. Suite D, Louisville, KY 40207

**Bluffton, SC: 843 - 368 - 2314** [www.TrueFitPilates.com](http://www.TrueFitPilates.com) Contact: Jennifer Wolfe “True Fit Pilates” 59 Sheridan Park Circle, Bluffton, SC 29910

**Panama City, FL: 850 -774-3730** [www.PilatesandMorepc.com](http://www.PilatesandMorepc.com) Contact: Amanda Koch: “Pilates and More” 2400 Lisenby Ave, Panama City, FL 32405

**Houston, TX: 281-419-3131** [www.PilatesPlaceOfTheWoodlands.com](http://www.PilatesPlaceOfTheWoodlands.com) Contact: Greg Monk: “Pilates of the Woodlands” 30420 FM 2978 The Woodlands, TX 77354

**Red Hook/Rhinebeck, & Catskill NY: 845-758-0790** [www.BodyBeWellPilates.com](http://www.BodyBeWellPilates.com) Contact: Chelsea Streifeneder “Body Be Well” 7578 N Broadway #1 & 3 Red Hook NY 12571 OR 401 Main Street, Catskill, NY 12414 Studio #: 518-943-0333

**Quebec, Canada: 514 312-3710** [pilatesguild@yahoo.com](mailto:pilatesguild@yahoo.com) Contact: Therese 5252 boulevard de Maisonneuve, MT1 QC Canada

**Istanbul, Turkey:** Contact: Akin Ercok [www.PilatesSportsAcademy.com](http://www.PilatesSportsAcademy.com)

**Tel Aviv Israel:** Contact: [EllaBenAharon@gmail.com](mailto:EllaBenAharon@gmail.com)

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**PSC TEACHER TRAINING APPLICATION**

*Please retain the previous pages for your reference – Submit only the application.*

**Name to appear on your diploma: (Please Print Clearly)** *Example: Dr. Laura S. Smith, D.C.*

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*(If your name changes you must inform us to receive your accurate diploma, new diplomas are \$20)*

**Type of Course: (circle one)**

Full Course

Modular: Mat only / Reformer only / Cadillac only / Chair only

Bridge Course: Mat only / Reformer only / Cadillac only / Chair only  
*(Please list modules you have proof of completing:\_\_\_\_\_)*

**Course Start Date:** \_\_\_\_\_ (month/year)

**Course Location: (circle one)**

Encino, CA / Studio City, CA / Palm Desert, CA / Riverside, CA / Camarillo, CA  
Beverly Hills, CA / San Francisco, CA / San Diego, CA / Bluffton, SC / Silverton or Denver, CO /  
Scottsdale, AZ / Louisville, KY / Illinois / Rhinebeck, NY / Oklahoma City, OK / Florida /  
Spokane, WA / Panama City, FL / Istanbul, Turkey / Israel / Canada  
Other: \_\_\_\_\_

Your Mailing Address: *(if your address changes you must inform us to receive your diploma)*

Street: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Country \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

How were you referred to PSC? \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

I declare that I am medically and physically able and free from impairment to participate in fitness activities. I further declare that I have consulted with a physician regarding any illness, disability, or injury, which I am aware of and have been cleared to participate fully, and without limitations.

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Signature / Date

Describe your background (include Pilates) and reasons for your interest in the course:

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List your past/present occupations, including outstanding achievements in your career: (attach your curriculum vitae/resume if necessary)

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Explain your experience working with, or teaching people:

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My expectations from the course are:

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### **REFUND / CANCELLATION**

**Deposit** refund is given only if cancellation is received 14 days prior to the course start date that the applicant has applied to. **No deposit refunds are given after that date.**

Deposit can be credited one time to the next scheduled course at the same location or transferred to another student who meets PSC pre-requisites within a 6/six month period.

**Tuition** payments made prior to the course start will be refunded if cancellation meets the above requirements. Any tuition paid is NOT refundable once the course has begun.

I understand that my **Non Refundable Deposit** of \$500.00 (*\$100 for Mat or a Module*) is due with my registration to reserve my place in the course. I have read and understand the above refund and cancellation policies. Please sign and date

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**Print Name:**

**Sign Name:**

**Date:**

Course Fee Includes: 1 photographic manual pertaining to each module(s) registered and paid for, class room lecture/lab with a PSC Master Trainer, use of Studio for self practice and classmate practice, DVD loaning (with a CC deposit on file), and 1 (one) Assessment Based Certificate/Diploma.

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