



## **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 current training methods

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

**The Program Founders / Directors Are  
PMA Certified Teachers™ and PMA Education Providers™**

**Boutique Education / Non-Corporation Owned**

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

**Co-Created by a Doctor of Chiropractic**

**Course Manuals are Illustrated and Extensive / DVD Support**

**Rehabilitation Protocols**

**Classical & Progressive Styles Taught**

**Competitively Priced**

**PSC Founders Have Completed Numerous Exercise Science Courses and  
Collaborated with PT's and Sports Medicine Professionals  
For over 17 years**

**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 photographic Manual will be provided to you for the course or module(s) you will attend.

The Comprehensive Program will include:

- 136+ In-Person Classroom Instruction – Not video
- 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
- Ladder Barrel / Small Barrel / Spine Corrector – as a workshop
- Pilates Props 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
- 15+ Hours of review of all material to insure your retention of material
- Graduates of a Comprehensive Program will the meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™
- *No delayed weeks/months between modules, no extra testing fees, no levels, no “traffic school” hours to push it through, no video learning*
- *No required PSC Continuing Education Workshops for graduates - all optional*
- *Directory Listings, Job board and Workshops Available for Graduates*

## **PRE-REQUISITES**

- 30+ **documented / verifiable** hours of well-rounded Pilates instruction with a Qualified Pilates Instructor. *(PSC Host Studio will offer you a Student Discount to complete these hours if needed)*
- Completed Application / Entrance interview / Tuition deposit
- Signed Student Contract (day 1 of class)
- 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*

## **COURSE REQUIREMENTS**

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

- 136 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, review/quizzes, 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, review/quizzes, 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 Text** – by Books of Discovery (Edition 4 or 5) 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 Controllogy (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

## **ABOUT THE FOUNDERS/DIRECTORS**

**Founders Kelli and Andromeda** share the following credentials and have been teaching for over 17 years:

- Creators of the PSC Pilates Teacher Training Program and PSC International Master Training Program
- Body Mind Spirit Presenters / Pilates On Tour Presenters / PMA Presenters / Inner IDEA Presenters
- Master Teacher Trainers for Reebok Sports Club/NY
- Pilates Method Alliance Corporate Sponsors™ 2010
- Participants: PMA Fostering Future Professionals Program™
- PMA CEC Providers™
- Produced and Created 14 DVD titles in the PSC library
- Written or co created over 25 workshops with continuing education credits
- Graduates of Advances in Pilates - Long Beach Dance Conditioning

### **Kelli Altounian, PMA® - CPT**

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™
- TRX® Suspension Training

### **Dr. Andromeda Stevens, D.C. PMA® - CPT**

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 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
- Schroth Best Practice® Scoliosis Certified Level I & II
- 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

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

## **COURSE FEES / DEPOSIT**

Comprehensive Program (Fundamentals, Mat & Apparatus): **\$4,900.00**

(Minus **Non-Refundable 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). Payment Plans or Financing Available through PayPal.

Modular Programs: (Minus **Non-Refundable Deposit** of \$100 for any single module)

•Fundamentals: Nuts and Bolts / Philosophy\*

**\$300** \*required for any module

•Pilates Mat **\$1,000** (you will attend the first 3 weeks of a Full Course)

•Reformer **\$2,000** - 6 weeks approx.

•Cadillac **\$1,000** - 3 weeks approx.

•Chair **\$1,000** - 2.5 weeks approx.

=5,300 total for a modular program, so it is more cost effective to take comprehensive course than modular.

*Modular Courses are more expensive overall. PSC encourages completing a Full Program for best job placement and gives a price incentive to participating students.*

•Barrels Course (includes Baby Arc, Spine Corrector, Ladder Barrel): **\$300**

**Optional: \$50 Test Out fee if diploma is desired**

*Graduates of a Comprehensive Program that includes: mat, all apparatus and barrels will meet criteria for, and be prepared to take, the (non-mandatory) Pilates Method Alliance Certification Exam™*

Private Comprehensive Program (Fundamentals, Mat, Apparatus and Barrels): \$8,700.00 per student, 2 students max. (Minus **Non-Refundable Deposit** of \$500 for Full or any one Module) 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). Payment Plans or Financing Available through PayPal.

*Graduates of a Comprehensive Program will meet criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™*

Modular Private Programs:

•Fundamentals: Nuts and Bolts / Philosophy \*required for any module

**\$500**

•Pilates Mat **\$1,300**

•Reformer **\$3,700**

•Cadillac **\$1,500**

•Chair **\$1,200**

•Barrels **\$500**

**PSC PILATES and BURN at the BARRE™ AFFILIATES WORLDWIDE**

Please visit our [web site](#) for more information

[LINK to National and International Locations & Instructor Bios](#)

**PSC TEACHER TRAINING APPLICATION & AGREEMENT**

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

**NOTE: Name below as it will appear on your diploma:**

**(Please Print Clearly)** Example: Dr. Laura S. Smith, D.C.

**Your Name:** \_\_\_\_\_

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

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

**Course Location: (CITY & STATE)** \_\_\_\_\_

**Type of Course: (MUST circle one, or all that apply to you)**

Comprehensive Program: (Mat/Reformer/Cadillac/Chair)

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

Bridge Course: Mat only / Reformer only / Cadillac only / Chair only / Barrels only

*(Please list modules you have proof of already completing: \_\_\_\_\_)*

Private Comprehensive Program ~ 1-2 Students

Private Modular Course: Mat only / Reformer only / Cadillac only / Chair only / Barrels only

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: \_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

Explain your experience working with, or teaching people:

---

---

My expectations from the course are:

---

---

**Program Requirements and Fees:**

I declare that I have read, understand and will comply with the terms listed in the document called "PSC Catalog and Brochure" document on the Pilates Teacher Training page of the Pilates Sports Center website. [www.PilatesSportsCenter.com](http://www.PilatesSportsCenter.com)

**Medical Release:**

I declare that I am medically mentally 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. I have disclosed all medical issues and special needs, if any, prior to beginning any program with PSC.

**Studio Policies:**

I declare that I have read, understand and will comply with the Studio Policies:

- All series expire 6 months from purchase and are not transferable, refundable or interchangeable
  - “Specials” will have a posted expiration date that is not extendable
- “Hold” placed on any series is by written request 1X or require a Medical letter *before* hold is needed (not retroactive) and prior to expiration date of series.
- Group Classes not permitted for clients with injuries or those requiring rehabilitation. Privates are suggested until injury has resolved or proficiency is achieved at the discretion of the trainer
- Late arrival to class: (more than 15 min) no admittance permitted – for your safety and respect of other clients. Late cancel charge *will* apply
  - Cancellations made 24 hours prior to appointment will avoid forfeiture of session
- Clean socks are mandatory to use Equipment
  - Please arrive perfume and fragrance free
  - Please do not attend class if you are ill or contagious for the welfare of others
  - “Special Offers” apply to designated classes only and are non-transferable
- All sessions are approx. 50-55 mins long and begin at the appointment time, not at time of arrival
  - No cell phones, children or pets in studio
  - Sign in is required at time of session
  - No open studio policy – no use of any machines or props while unattended by an instructor
- Please notify us of any changes in your health
  - Studio reserves the right to assign substitute teacher
- Appropriate attire must be worn. (Ex: dance pants, bike shorts/sweats, undergarments and socks)
  - At least 1 Private Session is required prior to taking equipment classes – for your safety
  - Instructor may advise you to a class level that is appropriate for you for your safety
  - Studio not responsible for lost items
  - All sessions/series must be paid for in advance

**Refund/Cancellation Policies:**

A **Non-Refundable Deposit** of \$500.00 (*\$100 for Mat or a Module*) is due with application/registration to reserve a place in the course. Your non-refundable deposit and application entitle you to all PSC Studio discounts as soon as it is made. No Studio discounts given if tuition is refunded or if the student drops from the course.

Student is entitled to tuition refund upon withdrawal/termination:

Within 14 calendar days before the start of program or module 100%

After program has begun, No refund of tuition.

All refunds will be made within 30 days from date of termination. The official date of termination/withdrawal of a student shall be determined in the following manner:

- The date on which the school receives notice of the student’s intention to discontinue the training program; or
- The student will receive a full refund of tuition & fees paid if the school discontinues a Program within a period of time a student could have reasonably completed it.

*The policy for granting credit for previous training shall not impact the refund policy.*

I understand that this Contract is made between myself and PSC and that any communication will only be made between myself and PSC (or PSC Master Trainers). PSC (or its Master Trainers) are under no obligation to communicate with any third-party purporting to represent the applicant, unless 1) the applicant is physically unable to communicate with PSC on her or his own behalf, or 2) the third-party is the applicant’s attorney at law.

I have read and understand the above course requirements, refund and cancellation policies, medical release, studio policies and the content of the Pilates Sports Center Catalog. Please sign and date

**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 upon successful completion of all requirements.