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Welcome to the Body Control Pilates Directory, the guide to our unrivalled range of courses, products and services.

Body Control Pilates was established in 1995 with a vision to make the benefits of Pilates as accessible as possible to the average person, irrespective of age, income and fitness level. This represented a fundamental change from the studio-based approach to Pilates that predominated at that time. Nearly 20 years on, our mission remains the same.

We are proud of the leading role that we have played since then in building international awareness of the Pilates Method; in integrating the teaching and application of Pilates into the worlds of sport, medicine and health and fitness; and in developing comprehensive training and development programmes to underpin the quality of Pilates teaching. We also take pride in the professionalism and commitment of our international network of more than 1,250 Body Control Pilates teachers.

The teaching of Pilates has always been the cornerstone of our business, whether it be to students, teachers or clients. Our method maintains the integrity of Joseph Pilates’ original material whilst developing his key principles to form a unique and highly evolved approach.

The Body Control Pilates Method is built on sound movement principles that develop body awareness and control. Its effectiveness lies not simply in the material that we teach, but in the method of our teaching, through which exercises can be safely and effectively adapted to meet and fulfil the particular needs of the individual.

Whether you want to experience the benefits of exercising the Body Control Pilates way; train to become a Pilates teacher; retrain to become a Body Control Pilates-certified teacher; or enhance and develop your established Pilates career or business, we will do everything we can to help you achieve your goals.

“Our mission has been to bring the benefits of Pilates to everyone. To this end, we have created a method that is effective, safe and challenging: a method that is taught by teachers with unrivalled skills, knowledge and integrity.”

Lynne Robinson, co-founder of Body Control Pilates
Body Control Pilates: The Way Forward

Our first company was established in 1995 by co-founder Lynne Robinson, who is still actively involved in our education and training activities. Since then, we have been committed to delivering an unsurpassed level of Pilates teaching to the general public, whether centrally or through our national and international network of Body Control Pilates teachers.

Our unique approach to Pilates, coupled with our renowned teacher training programme, has gained unprecedented success in the United Kingdom and, increasingly, throughout the world. Our teacher training faculty now comprises more than 25 experienced tutors who deliver all of our UK courses and many of our international courses. They also support and train our international education and workshop partners in countries as diverse as Japan, South Korea, Qatar, Canada, Norway, Denmark and France.

This is also mirrored in the sales success and critical recognition of our books and DVDs, which are sold in more than thirty countries. ‘The Pilates Bible’ has kept its status as an international best-seller, and this was joined by our most recent books ‘Pilates for Pregnancy’ (2012) and ‘Pilates for Life and Health’ (2014).

Meeting the demands of the rapidly evolving Pilates market is a challenge that we meet with enthusiasm. We are committed to fulfilling the needs and surpassing the expectations of the clients we teach, the teachers we train, the medical practitioners who refer patients to us and the customers we supply. Through this commitment we strive not only to maintain our leading position in the Pilates market, but to expand upon it further whilst never losing sight of our key watchwords: quality, safety, effectiveness, and integrity.

Respecting our Heritage

Body Control Pilates is based on the work of Joseph Pilates (1883-1967), who created a series of exercises that built strength without adding bulk, and balanced that strength with flexibility. The ‘classical’ Pilates exercises that he developed in the choreographed sequence of the ‘Full Mat’ may take many years to perfect and may be beyond the capability of the average person. We break those exercises down so that our clients can enjoy the benefits of Pilates whilst working safely and effectively as they move towards the more advanced exercises.

Joseph left a huge legacy of work, but never set up an official training programme. Many of his early assistants went on to establish their own studios and teach their ‘own versions’ of his method. These ‘first generation teachers’ have become known as the ‘Pilates Elders’ and we are particularly proud that we regularly offer workshops for Body Control Pilates teachers with ‘Pilates Elders’ Mary Bowen and Lolita San Miguel. Our work with them is a vital link back to the studio that Joseph and Clara Pilates set up in New York in the 1920s.

Lynne Robinson with Mary Bower (left) and Lolita San Miguel (right) during their workshop visits at the Body Control Pilates Centre
Since our formation, Body Control Pilates has been at the forefront in the growth of Pilates in the UK and beyond and, most importantly, in the development of standards for Pilates education. Our approach to teacher training was the first of its kind in the world and represented a total change from the previous ‘apprenticeship’ method of becoming a teacher.


Just some of the areas where Body Control Pilates has led the industry include:

### Setting New Standards
Two decades of innovation and leadership

- Work starts on creating the world’s first curriculum-based Pilates teacher training course
- ‘Body Control The Pilates Way’ is published (the world’s first Pilates book for the general public)
- Publication of ‘The Official Body Control Pilates Manual’, which becomes the world’s top-selling Pilates book
- Body Control Pilates is appointed exclusive provider of in-flight exercise by British Airways

**1995**
- Delivery of the first Body Control Pilates matwork teacher training course in London

**1996**
- Lynne Robinson’s first DVD ‘Body Control The Pilates Way’ is released

**1997**
- Body Control Pilates is a founding member of the Pilates Standards Working Group

**2000**
- Body Control Pilates is appointed exclusive provider of in-flight exercise by British Airways

**2002**
- Body Control Pilates is appointed exclusive provider of in-flight exercise by British Airways

**2003**
Level 4 Pilates Qualification

In September 2012 Body Control Pilates became the first UK Pilates training provider to receive a ‘Level 4 Pilates’ accreditation from Ofqual, the UK Office of Qualifications and Examinations Regulation. This is the highest level of formal Pilates qualification available in the UK and entry is only open to Body Control Pilates teachers, all of whom have already met the requirements of the ‘Level 3’ National Standard for Pilates. A Level 4 Pilates certificate demonstrates that teachers have the advanced knowledge and skills to teach Pilates across a very broad spectrum of clients, including special population groups and those involved in specific activities such as dance or sport. For more details, please see the ‘Level 4 Pilates’ section in this Directory.

Low Back Pain Programme

The Back4Good® Programme has been created by, and is exclusive to, Body Control Pilates. Practitioners are Body Control Pilates teachers who have undergone extensive additional training to help people with non-specific low back pain and to also offer classes that can help in the prevention of low back pain. The Back4Good® certification is recognised by the UK Register of Exercise Professionals as a Level 4 Specialist Exercise Instructor qualification on their Register. The Back4Good® Programme has been endorsed by leading independent experts in the field and by BackCare, the UK national charity for healthier backs. For more details, please see the ‘Low Back Pain’ section in this Directory.

Developing a European Pilates Standard

Whilst the UK has had a national standard for Pilates since 2005, a European equivalent has only just been ratified. As part of a European initiative to develop standards across all key health and fitness sectors, in 2012 Body Control Pilates management was invited to form a Pilates ‘Technical Expert Group’ on behalf of EHFA (the European Health and Fitness Association) and EREPs (European Register of Exercise Professionals). The proposed standard was officially ratified by EHFA in April 2013 and will now be introduced across all European Union countries in the coming years.
The Body Control Pilates Centre London

The Body Control Pilates Centre is one of the foremost Pilates facilities in Europe with four studios offering equipment and matwork classes and training.

When we first established Body Control Pilates, our longer-term ambition was to eventually consolidate all of our activities into one central London location. It took us more than 10 years to do this, but that aim became a reality in late 2006 with the opening of the Body Control Pilates Centre. It is housed in a listed building known colloquially as ‘The Dairy’ due to its historical use as a Victorian dairy. More recently, the space was occupied by a recording studio and graced by such celebrated names as Jimi Hendrix, the Rolling Stones, Phil Collins and Blur.

The Centre enjoys an excellent location on the border of Covent Garden and Bloomsbury in Little Russell Street, just a few minutes’ walk from four underground stations and a stone’s throw from the British Museum. With an area in excess of 600m², it is the UK’s largest dedicated Pilates facility and, as well as the Body Control Pilates head office, it houses:

- two fully-equipped studios, staffed by senior Body Control Pilates teachers with a full range of the latest Balanced Body® studio equipment. Open on weekdays, clients may book into the studios for private tuition, studio sessions or group equipment classes
- two group matwork rooms
- private/VIP changing facilities, upon request

In addition to its role as a training centre, the Centre hosts a full programme of group matwork and equipment classes for the public and for teachers. At weekends, the Centre is given over fully to teacher training and professional development courses and workshops.

For the latest information on classes and workshops at the Dairy, please visit www.bodycontrolpilates.com or contact The Body Control Pilates Centre.
The Body Control Pilates Association

The Body Control Pilates Association (BCPA) is widely regarded as one of the world’s foremost professional Pilates organisations. It is the membership body for qualified Body Control Pilates teachers, with all members having gained entry through successfully completing our Matwork Certification or Matwork Conversion courses. Established in February 1997, it currently has more than 1,300 teaching members in the UK and abroad. It is a non-profit making body governed by a Council that includes elected members from amongst our teaching community. Its main role is to support all Body Control Pilates teachers in their business and in their professional development. It also works to ensure that the integrity of the Pilates Method and the interests of Body Control Pilates students and teachers are protected as much as possible in any wider initiatives regarding Pilates standards or other regulation related to Pilates industry.

All BCPA members work to a Code of Practice governing professional ethics, teaching standards and maximum class sizes. Membership is renewed on an annual basis and a precondition for renewing is that members have undertaken a sufficient level of professional development courses within the year. In this respect Body Control Pilates teachers enjoy a unique position in the Pilates community in that they have access to more than 30 different courses once qualified; to typically about 50 workshops a year with many led by guest presenters and to an annual conference in London with over 40 lectures and workshops on the programme. For the last ten years, this conference has been held at the Royal College of Physicians in London.

Body Control Pilates Worldwide

The very first Body Control Pilates matwork classes were taught by Lynne Robinson in a village hall in Sevenoaks, England, in 1995. Thanks to the commitment and passion of our students, teachers, course tutors and office team much has changed since then! Body Control Pilates teachers are now based in more than 40 countries around the globe and our teacher training and development programmes are run internationally in conjunction with our network of Education Partners and host organisations.

No matter which country you train in, you can rest safe in the knowledge that both the course content and the skills and expertise of our tutors remain the same across the world, thanks to the comprehensive training that all Body Control Pilates tutors receive.

Body Control Pilates has its headquarters in London and now has education partner or host organisations in more than 15 countries:

Education Partners
London, Bahrain, Bergen, Cape Town, Copenhagen, Doha, Paris, Seoul, Sydney, Tokyo, Toronto, Vilnius

Education Hosts
Dublin, Faro, Geneva, Hong Kong
The Body Control Pilates Education Programme

Our Mission
Our mission is to deliver excellence in Pilates teacher training and further education.

Pilates is now used in an increasingly wide variety of contexts. We reflect this in an education programme which ensures that Body Control Pilates teachers have the skills and the most up-to-date technical expertise needed to work with this broader range of clients.

For example, in light of the recognition by the medical world that appropriate physical activity can play a major role in the prevention and treatment of many conditions, we offer a programme to help those recovering from breast cancer and also a ‘Level 4 Low Back Pain’ course which enables certified teachers to receive exercise referrals from the NHS and from medical practitioners in line with the latest NICE (National Institute for Health and Clinical Excellence) guidelines. Underpinning this is our commitment to train and develop Pilates teachers who demonstrate the highest levels of knowledge and professionalism within the industry.

We recognise that it is our teachers throughout the world who help to define Body Control Pilates as an organisation and that our overall reputation is built on the quality of the teaching that they provide. We therefore focus fully on supporting the ongoing development of all students and teachers who attend our education courses, as well as ensuring that our team of tutors have access to the latest knowledge and research. All Body Control Pilates teachers also benefit from an unrivalled central support structure to help them establish and develop their teaching businesses.

Ensuring Success
We ensure that students on our courses receive the best possible outcomes from the investment in both time and finance that they make when undertaking our various Body Control Pilates courses. We do this by offering:

A SUPPORTIVE LEARNING ENVIRONMENT:
All Body Control Pilates courses take place in an environment that is conducive to learning and development. We limit the number of course participants to ensure that each student gains the maximum benefit from working with our team of experienced tutors. Our course structures are also designed to build students’ confidence as they develop their knowledge and teaching skills.

AN EFFECTIVE METHOD:
The unique combination of our content, our teaching approach and our attention to detail ensures that the Body Control Pilates method can be successfully adapted to meet the needs of every individual.

UNRIVALLED OPPORTUNITIES FOR FURTHER DEVELOPMENT:
Our education programme for qualified teachers comprises more than 30 courses and provides the opportunity for teachers to maximise their personal and professional development across four different learning streams so that they can develop expertise in the areas in which they wish to focus, whether this is teaching on studio equipment, teaching older clients or working with elite athletes.

An Unparalleled Matwork Certification Course
Body Control Pilates has built its reputation on delivering a Pilates matwork teacher training course that is second to none in Pilates education. We strongly believe that, in order to become an excellent Pilates teacher and to be able to fully meet the needs of a varied client base, a teacher should initially gain a thorough understanding of, and teaching competence in, Pilates matwork. Once a teacher has gained that valuable ‘real world’ experience, they are in a much better position to understand and get the most from their future training.

By structuring our programme in this way, Body Control Pilates has been able to bring Pilates to a far wider audience and the greater accessibility of our matwork approach has meant that millions of people have been able to enjoy the benefits of exercising ‘the Body Control Pilates way’. This stands as particular testament to the exceptional quality of teachers who have graduated from our Matwork Certification Course.

A Comprehensive Education Programme for Pilates Teachers
Body Control Pilates offers possibly the most comprehensive Pilates training curriculum anywhere in the world. All Body Control Pilates teachers initially gain a certification in Pilates matwork, providing a sound foundation for the development of future knowledge and skills.

Gaining a certificate to teach Pilates matwork is just the beginning however. It is imperative that a teacher continues their education (professional development) throughout their career - a key condition of membership of The Body Control Pilates Association. Supporting this philosophy, Body Control Pilates offers a broad range of further education courses for Pilates teachers, including full studio and Master Teacher certifications.

OUR COURSES ARE DIVIDED INTO FOUR STREAMS:
- Matwork
- Small Equipment & Accessories
- Studio Equipment
- Special Populations

For details of UK Register of Exercise Professional CPD Points, please contact us.
This course enables you to become a qualified Body Control Pilates matwork teacher and it provides the foundation upon which our entire education programme is built.

This is an unrivalled matwork teacher training course in terms of breadth and depth of content, and of the variety of experienced teachers that you will work with during your course. We cover more than 100 exercises - many unique to Body Control Pilates - and, importantly, we teach you how to assess and progress clients, adapting exercises as appropriate according to their level of physical ability.

On graduating from this course you will be qualified to teach Body Control Pilates matwork in group classes and on a one-to-one basis and you will have the ability to draw on the knowledge given to you on the course to plan effective classes for a wide variety of clients.

Our renowned approach to the Pilates method is built around a series of matwork exercises and a method of teaching them that remains unique to Body Control Pilates. First and foremost, time is taken to build body awareness and improve movement patterns. These essential skills provide the basis for more challenging work, moving towards the classical Pilates repertoire and beyond.

This course delivers the exercises and teaching skills needed to facilitate better movement quality and enhanced physical wellbeing and it will equip you to teach the movement skills needed to gain maximum benefit from Pilates.

Whilst this course has been approved against the UK national standard for Pilates (Level 3 on the Register of Exercise Professionals), it far exceeds the requirements of that standard and is widely seen as an international benchmark, being the most comprehensive matwork teacher training course on offer worldwide. It is also recognised by the European Health and Fitness Association and by the European Register of Exercise Professionals.

UK course tuition generally takes place in London, although we usually offer one course in Scotland each year. Additionally, our UK regional supervised teaching and practical assessment centres help students to undertake much of the practical element of the course closer to home.

Course Formats

The Matwork Certification Course can be taken in either of the following formats:

<table>
<thead>
<tr>
<th>Format</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>INTENSIVE</td>
<td>The tuition days are taken in two blocks, typically of six and seven days respectively, usually interspersed with a break of three weeks.</td>
</tr>
<tr>
<td>EXTENDED</td>
<td>Where the tuition days are taken in two-day blocks (typically at weekends) spread over a two to three-month period.</td>
</tr>
</tbody>
</table>

Course Overview

TUITION DAYS

13 days of modules comprising Pilates history and theory, principles and fundamentals, more than 100 exercises, functional anatomy, teaching skills, client enrolment and management, lesson planning, setting up classes, and business/career planning.

PRACTICAL ASSESSMENT

A one-hour assessment that takes place after the tuition days. Students must successfully demonstrate their knowledge of the core exercises covered during the tuition modules days, before they may commence the supervised teaching phase of their training.

SUPERVISED TEACHING

A key phase of the course where students practise and refine their teaching skills under the guidance of experienced Body Control Pilates teachers who are part of a network of more than 100 ‘Supervising Teachers’ around the UK. These are specially trained to work with students, allowing them to assist and teach in their classes under supervision. There is no set period for supervised teaching – typically it takes a minimum of 50 hours for a student to reach the required level of teaching skills in order to take their final teaching assessment (sign-off class). During this period, students also have access to half-day and one-day workshops at the Body Control Pilates Centre in London.

FINAL TEACHING ASSESSMENT (SIGN-OFF CLASS)

This involves the submission of a series of lesson plans to show how a group class is progressed over a six-week period. The student is then assessed teaching one of those lessons to fellow students.
**WRITTEN EXAMINATION**
All students must pass a three-hour written examination which is divided into two sections: Anatomy and Principles of Fitness. This is taken at any time after the course tuition days, with examination days typically being held once a month.

**SELF STUDY**
Students are also given material to study on a ‘directed learning’ basis, including elements related to nutrition and cardiovascular fitness as required by the Level 3 national standard. Students must also answer two short essay questions on Pilates theory.

**Student Selection**
From the outset, the objective of Body Control Pilates has been to bring the benefits of Pilates to everyone. We recognise that excellent teachers can come from a wide variety of backgrounds and we do not define particular backgrounds for those wishing to train as a Pilates teacher – more and more people, for example, are making a decision to change a desk-based career to become a Pilates teacher. When someone applies to join a teacher training course we are looking for passion, commitment and an openness to learn. All applicants must have regularly attended Pilates classes for at least a period of six months. Ideally this has been with a Body Control Pilates-certified teacher so that the applicant is familiar with the exercises and with the Body Control Pilates approach. If an applicant has been taking classes with a teacher who is not Body Control Pilates-certified, we will invite them to attend an informal ‘application assessment’, this being a one-hour 1:1 session. An offer of a place will generally be conditional on the student undertaking regular Pilates classes during the period between an offer being made and the course start date. We reserve the right to decline an application.

**Certification**
Once all the required elements of the course have been successfully completed, students are awarded a ‘Certificate in Body Control Pilates Matwork’ as well as an appropriate Awarding Body Level 3 Pilates Certificate (where applicable). They are then eligible to become a member of both the Body Control Pilates Association and of the UK Register of Exercise Professionals (Level 3 Pilates Teacher) or the European Register of Exercise Professionals (EREPs).

**Course Fees**
Please see the detailed Information Pack that is available for this course. Fees include all elements of the course, bar some optional workshops. Assessments are included, as is work with supervising teachers. Fees can be paid in advance (at a discounted rate) or in instalments.
The Body Control Pilates Matwork Conversion Course

A course geared to qualified Pilates teachers who would like to gain a Body Control Pilates Matwork Certificate (REPs Level 3) and thereby become a registered Body Control Pilates teacher.

The Body Control Pilates Matwork Conversion Course has been structured to recognise and build on the skills and knowledge that you already have as a practising Pilates teacher. It is based on our world-renowned Matwork Certification Course and focuses on the specific content and exercises that make the Body Control Pilates approach so distinctive — the range of exercises; the ability to adapt these exercises to the needs of the individual; the breaking down of the classical exercises; the unique teaching approach.

ENTRY REQUIREMENTS
Level 3 Pilates teacher or equivalent.

COURSE STRUCTURE
There are five elements to the Body Control Pilates Matwork Conversion Course:

- Five tuition days covering an introduction to Body Control Pilates; Pelvis & Spine; Breathing & Relaxation; review of Core Stability; Upper Limb; Lower Limb; Precision of Movement; Teaching Skills and Client Progression; Certification Process. These can be taken in either an ‘intensive’ format of five consecutive days or in an ‘extended’ format of one weekend block, typically two weeks’ break, and then a Friday to Sunday block.

- A post-tuition assessment – this will assess your knowledge of the key Body Control Pilates exercises and agree an individual route plan towards your ‘sign-off’ assessment.

- Completion of a Self-Study Paper covering Pilates fundamentals

- A ‘Sign-Off Assessment’ to be taken after submission of a series of lesson plans. In this assessment, you will be asked to teach part of a lesson plan to a small group.

- Completion of Level 3 Pilates worksheets and a written examination on Anatomy and Principles of Fitness. These are set by the Awarding Body for the course. Please note that this element may be waived if you already hold an accredited Level 3 REPs certification.

COURSE OUTCOMES
Upon successful completion of the course, you will receive a Body Control Pilates Matwork Certification and first year’s membership of the Body Control Pilates Association. You will also gain Level 3 Pilates certification from Active IQ (the Awarding Body for our matwork course) and Level 3 Pilates Teacher status with the UK Register of Exercise Professionals or, for teachers based outside the UK, equivalent status with the European Register of Exercise Professionals (EREPS).

Certification also opens up a number of further courses that are exclusive to Body Control Pilates teachers, including Low Back Pain, Level 4 Pilates.
We recognise that many teachers may not wish to develop their knowledge or business beyond the Pilates matwork format and we therefore offer a wealth of course options based solely around matwork. Whether teachers want to focus on one-to-one sessions or group classes, all of our matwork courses have plenty to offer Pilates teachers in terms of teaching skills, exercise repertoire and client progression.

As a way of demonstrating their advanced knowledge and teaching skills regarding matwork, Body Control Pilates teachers can now work towards gaining the highest level of formal Pilates qualification available in the UK – a Level 4 Qualification in Instructing Pilates Matwork. This sets Body Control Pilates apart from the rest of the industry.

The introduction of a government-accredited ‘Level 3’ qualification in 2005 represented a sea change in the UK Pilates industry. For the first time, there was a reference point for the minimum level of training needed to teach Pilates. Body Control Pilates became the first specialist training provider to gain Level 3 approval for its teacher training course and has been widely regarded as the benchmark for Pilates education ever since.

It was therefore a natural progression that, when new ‘Level 4’ qualifications were announced in early 2010, Body Control Pilates led the way in gaining approval for its Low Back Pain course, as a result of which the Back4Good® Programme was launched. Level 4 qualifications were all linked to medical conditions, such as diabetes, low back pain, strokes.

This remained the case until 2012 when SkillsActive, the government’s Sector Skills Council that oversees standards in the UK health and leisure industry, opened the door to recognising that it is possible for teachers to formally demonstrate a higher level of knowledge and competence in the non-medical sector by gaining Level 4 status. A condition of this, however, is that any Level 4 qualification must incorporate a significant degree of new knowledge and skills when compared to the existing Level 3 standard for that discipline.

Body Control Pilates started work on its ‘Level 4 Pilates’ qualification in early 2012. It is a ground-breaking qualification and in September 2012 formal recognition was received from Ofqual, the UK Office of Qualifications and Examinations Regulation. This means that Body Control Pilates Level 4 Pilates now sits on the UK national register of academic and vocational qualifications – the best endorsement any teacher can have!

The Qualification

After gaining sufficient credits and passing all of the necessary assessments, you will receive a ‘Level 4 Certificate in Instructing Applied Pilates Matwork’. Alongside your Body Control Pilates certificate, you will receive an Active IQ Certificate as the Awarding Body for this course.

A Level 4 certificate represents the highest level of achievement within the health and fitness industry. It demonstrates that you have the advanced knowledge and skills to teach Pilates across a very broad spectrum of clients, including special population groups and those involved in specific activities such as dance or sport. The two new courses which form the core of this qualification will give you the skills to undertake an accurate assessment of a client’s physical and technical performance; to develop client-specific exercise and session plans drawing on the full Body Control Pilates matwork repertoire and to adapt these based on a dynamic assessment of client performance.

Who can apply?

This qualification is only open to members of the Body Control Pilates Association.

Qualification Structure

In order to gain the Level 4 Pilates certification, you must gain a minimum of 18 credits through course attendance and pass the related assessments. This qualification only covers Pilates matwork and allows you to ‘pick and mix’ from courses across three different categories, so that you can focus on your main areas of interest:
To gain your Level 4 qualification, you need to have attended (and passed assessments for) all 3 Mandatory Courses and at least one Group A course. A detailed Level 4 Pilates presenter is available upon application. This includes information on Awarding Body registration fees and on all assessment fees.

<table>
<thead>
<tr>
<th>Level 4 Pilates Mandatory Courses</th>
<th>Number of credits</th>
<th>Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Movement</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Adaptations</td>
<td>3</td>
<td>Workbook and Case Study covering all three courses</td>
</tr>
<tr>
<td>Intermediate Matwork</td>
<td>2</td>
<td></td>
</tr>
</tbody>
</table>

**Group A: Special Populations**
- You must gain at least 3 credits from this group

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
<th>Assessment</th>
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<tbody>
<tr>
<td>Pregnancy 1 &amp; 2</td>
<td>5</td>
<td>Workbook &amp; Case Study</td>
</tr>
<tr>
<td>Pilates for the Older Person</td>
<td>6</td>
<td>Workbook &amp; Case Study</td>
</tr>
<tr>
<td>Pilates for Children</td>
<td>9</td>
<td>Workbook Teaching Assessment Session Plans</td>
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<tr>
<td>- Foundation Day</td>
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<tr>
<td>- Programmes 5-11 years</td>
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<tr>
<td>- Programmes 12-16 years</td>
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</tr>
<tr>
<td>Pilates for Bone Health</td>
<td>3</td>
<td>Workbook &amp; Case Study</td>
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**Group B: Repertoire**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
<th>Assessment</th>
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</thead>
<tbody>
<tr>
<td>Advanced Matwork</td>
<td>3</td>
<td>Practical Assessment</td>
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<tr>
<td>Matwork Evolution</td>
<td>2</td>
<td>Expanded Session Plans</td>
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<tr>
<td>Standing Pilates</td>
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<td>Expanded Session Plans</td>
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<tr>
<td>One-day equipment courses</td>
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<td>Expanded Session Plans</td>
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**Group C: Client-Specific**

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<td>Pilates for Dancers</td>
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**Movement**

**Assessment & Analysis. Prescription & Programming**

This course forms the hub of the Body Control Pilates Level 4 Pilates qualification, developing knowledge and skills that can be applied across a wide spectrum of courses, including studio equipment. The advanced skills gained from this course will enable you to accurately assess the biomechanical capabilities of clients on both a physical and technical level. You will know how best to combine your assessment findings with client objectives, so that you can accurately set client-specific exercise prescriptions and session plans. ‘Movement’ also introduces the concepts of exercise adaption, which can be applied to on-going sessions based on a dynamic assessment of client performance. These are then developed further in the ‘Adaptations’ course.

Course contents include: exploration of the systems employed within the body to control the dynamic relationship between stability and mobility of joints; the biomechanical and physiological processes involved in human movement and how these processes are specifically challenged for any given exercise; categorisation and grading of exercises based on the physical ability and technical skills they require to be performed; creating and implementing movement assessments to accurately assess existing movement strategies and identify movement impairments; movement assessment analysis and objective utilisation of findings in accordance with a ‘client-centred approach’; bespoke exercise prescription and programme design; ongoing progress evaluation and session adaptation.

**ENTRY REQUIREMENTS**

Body Control Pilates Association membership.

**DURATION**

2 days (1 day ‘Update Course’ for those who have attended the Body Control Pilates Low Back Pain course)

**ASSESSMENTS**

Worksheets and Case Study (combined with Adaptations and Intermediate Matwork)

**OUTCOME**

Certificate of Attendance

6 credits towards Level 4 Pilates upon passing assessment

**CONTINUED PROFESSIONAL DEVELOPMENT POINTS**

Body Control Pilates: List A 60 points
Adaptations

Modes of Progression and Regression in a Pilates Environment
Adaptations follows on from the work covered in the Movement course, and may only be taken after attending the latter. This course aims to develop further understanding of the modes of progression and regression available in a Pilates exercise environment. As with ‘Movement’, the knowledge and skills learnt can be applied across the spectrum of courses within the Level 4 Pilates structure and beyond to any Pilates application, including studio equipment.

This course reviews foundation concepts of exercise adaption, before developing them further to encompass adaptation techniques for every physical and technical aspect of Pilates exercise.

Course contents include: defining form and functionality; understanding the influence Pilates has upon the physical and technical Components of Fitness; analysis of the physiological and technical objectives of Pilates exercises; developing strategies for progression and regression based on client performance and objectives; maintaining an objective approach to the modification of pre-existing exercises and the creation of new ones; application of progression and regression strategies.

ENTRY REQUIREMENTS
Body Control Pilates Association membership.
Prior attendance of ‘Movement’ course.

DURATION
2 days

ASSESSMENTS
Worksheets and Case Study (combined with Movement and Intermediate Matwork)

OUTCOME
Certificate of Attendance
3 credits towards Level 4 Pilates upon passing assessment

CONTINUED PROFESSIONAL DEVELOPMENT POINTS
Body Control Pilates: List A 60 points
Intermediate Matwork

A ‘must do’ course. The Intermediate Matwork course is the perfect bridging course for teachers working towards the more advanced exercises. It is designed to build on the knowledge and skills that teachers have learned from their Matwork Certification Course and provides an essential gateway to further development through other Body Control Pilates courses. It is therefore one of the first courses that we recommend teachers to undertake once qualified.

**CONTENT**
The course addresses two key elements:

**DEVELOPMENT OF PILATES MATWORK**
We explore variations of key exercises from the Matwork Certification Course as well as introducing many new exercises. This gives a greater depth of understanding of the potential of the work and shows how the Pilates matwork repertoire can continually be adapted to challenge all of your clients.

**PROGRESSION TO ADVANCED MATWORK**
The second, and main, element of this course introduces the Classical Matwork philosophy, providing a preparatory series of exercises and transitions that can be introduced into classes to add progression to clients. More importantly, it paves the way to understanding the structure and integrity of Joseph Pilates’ original work, essential in the development of a Pilates teacher.

Whilst there is no formal, practical examination on the exercises in this course, a detailed knowledge of the material forms a key part of ‘The Matwork Master Teacher Certification’ examination that can be taken once the Advanced Matwork Course has also been attended.

**ENTRY REQUIREMENTS**
Level 3 Pilates Teacher or recognised equivalent qualification

**DURATION**
2 days

**OUTCOME**
Certificate of Attendance
3 credits towards Level 4 Pilates upon passing assessment (Master Matwork examination)

**ASSESSMENT**
Worksheets and Case Study (combined with Movement and Adaptations)

**CONTINUED PROFESSIONAL DEVELOPMENT POINTS**
Body Control Pilates: List A 60 points

Advanced Matwork

The ‘Classical Mat’ is viewed by many Pilates enthusiasts as the essence of the Pilates Method. We believe that it forms a vital part in the development of a fully-rounded Pilates teacher. Performing and understanding this work gives a teacher a sense of completeness and enlightenment with regard to the original method.

**CONTENT**
Our Advanced Matwork Course covers the Classical Matwork Repertoire in its entirety, including transitions between exercises. It preserves the integrity of Joseph Pilates’ original work by maintaining the highly athletic and dynamic style of flowing movements. Through the way in which Body Control Pilates approaches the advanced work, participants are better able to assimilate this advanced work as they build upon the detailed movement knowledge gained from their previous matwork courses. Emphasis is placed on delivering this material safely, effectively and appropriately, so that it can be used by teachers to further their own personal development as well as that of their clients.

Whilst there is no formal, practical examination on the particular exercises in this course, a detailed knowledge of the material forms a key part of ‘The Matwork Master Teacher Certification’ examination that can be taken once this course has been attended.

**ENTRY REQUIREMENTS**
Body Control Pilates Intermediate Matwork Course attendance

**DURATION**
2 days

**OUTCOME**
Certificate of Attendance
3 credits towards Level 4 Pilates upon passing assessment (Master Matwork examination)

**OPTIONAL ASSESSMENT**
Master Matwork examination (see next page)

**CONTINUED PROFESSIONAL DEVELOPMENT POINTS**
Body Control Pilates: List A 60 points
The Body Control Pilates Matwork Master Teacher Certification

This is only available to teachers who gained their certification through the Body Control Pilates Matwork Course and who have then attended the Body Control Pilates Intermediate and Advanced Courses.

Candidates must take a 90-minute examination encompassing all the practical and teaching skills learned from these courses. The Matwork Master Teacher Certification represents a formal demonstration of a teacher’s ability to utilise the full scope of Pilates Matwork for both themselves and their clients.

EXAMINATION FORMAT

- Movement technique and demonstration: candidates must perform a demonstration of the full ‘Classical Mat’ with transitions as taught on the Advanced Matwork Course, adapting the exercises only where necessary to accommodate any physical limitations.
- Teaching Skills: candidates must take a client through various stages of progression for an exercise from its origins in the ‘basic matwork’ through to its fruition in the ‘Classical Mat’ repertoire.

CERTIFICATION
All successful candidates receive the ‘Body Control Pilates Matwork Master Teacher’ Certification.

CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS
Body Control Pilates: List A 20 points
Matwork Evolution

The Matwork Evolution course is ideal for teachers whose main focus is teaching group matwork classes, irrespective of the length of teaching experience. It will provide new exercises covering all planes of movement that build on those already covered in the Matwork Certification Course. The exercises will provide a gradual challenge to your clients enabling safe, effective progression. In addition, the course will demonstrate how you can become more creative in your teaching with the skills that you have already acquired — skills that will develop the familiar basic exercises to a new level. Matwork Evolution is a highly practical course, thereby enabling students to fully understand and practise each exercise thus making it easier to then introduce the material into their own classes.

ENTRY REQUIREMENTS
Level 3 Pilates Teacher or recognised equivalent qualification

DURATION
1 day

OUTCOME
Certificate of Attendance
2 credits towards Level 4 Pilates upon passing assessment

OPTIONAL ASSESSMENT
Submission of expanded Session Plans

CONTINUED PROFESSIONAL DEVELOPMENT POINTS
Body Control Pilates: List A 30 points

Standing Pilates

Joseph Pilates included many standing exercises in his original work. They are a great way to add variety and functional challenges within the group matwork environment, especially with regard to balance and proprioception. Other benefits of standing work are the improvement of awareness in gait, effective pelvic floor training and the fact that standing exercises, by their very nature, are weight-bearing.

CONTENT
This course reviews the use and benefits of standing exercises and then looks in detail at the anatomical alignment in standing, considering our relationship with gravity and how we can learn to use it to our maximum advantage. The course also examines the action of the body in walking and considers correct use of the feet.

A comprehensive programme of exercises is introduced, ranging from basic functional awareness to advanced challenging movement patterns around the main themes of: Balance, Core Connection and Stability; Spinal Mobility and Abdominals; Dynamic Stability and Coordination; and Creating Sequences and Transitions. The course concludes with time spent on combining and choreographing sequences of standing exercises which can easily be integrated into either a group matwork class or one-to-one sessions.

ENTRY REQUIREMENTS
Level 3 Pilates Teacher or recognised equivalent qualification

DURATION
1 day

OUTCOME
Certificate of Attendance
2 credits towards Level 4 Pilates upon passing assessment

OPTIONAL ASSESSMENT
Submission of expanded Session Plans

CONTINUED PROFESSIONAL DEVELOPMENT POINTS
Body Control Pilates: List A 30 points
Although many Pilates matwork teachers may not wish to take training courses in the larger Pilates studio equipment, they can enhance their classes and offer new challenges to their clients by introducing small equipment and accessories into their classes. With this in mind, we offer a selection of courses that focus on bringing these affordable and easily transportable items into the Pilates matwork format.

The Body Control Pilates Programme for Small Equipment and Accessories

The Pilates Ball

The Pilates Ball (also known as the gym or physio ball) is a fun and highly functional piece of fitness equipment that challenges core stability and proprioception. This course looks at the application of the Ball in the Pilates environment, further demonstrating its viability as a powerful tool in developing movement skills and physical improvement and in challenging stability. The inclusion of Ball work in Pilates classes or sessions enables teachers to improve a client’s range of movement beyond their normal ability. Its application is suited to a wide range of clients, from post-injury clients to the elite athlete. Whatever the goal, the ball is versatile enough to prove an excellent equipment choice for Pilates teachers.

**ENTRY REQUIREMENTS**
Level 3 Pilates Teacher or recognised equivalent qualification

**DURATION**
1 day

**OUTCOME**
Certificate of Attendance
2 credits towards Level 4 Pilates upon passing assessment

**OPTIONAL ASSESSMENT**
Submission of expanded Session Plans

**CONTINUED PROFESSIONAL DEVELOPMENT POINTS**
Body Control Pilates: List A 30 points

This course takes teachers through more than thirty ball-based Pilates exercises that are aimed primarily at beginner and intermediate level clients. It covers the techniques needed to perform and teach these exercises safely and effectively as well as a number of related issues, including choice of ball size, ball safety and client progression.
Pilates with the Foam Roller

Foam Rollers are versatile, affordable and easily transportable, making them an ideal addition to group classes and one-to-one sessions. They can be used to increase or decrease the challenge of many familiar exercises from the regular Pilates repertoire. They also expand the movement possibilities beyond those of normal mat-based exercises, leading to a unique and expansive repertoire of new and exciting exercises.

**CONTENT**
This course introduces teachers to a broad range of exercises that demonstrate the full potential of this simple piece of equipment, working through material of varying levels from basic low level movements to intermediate-level exercises. It covers the techniques needed to perform and teach these exercises safely and effectively as well as to a number of related issues, including the appropriate roller type and size for each exercise, safety issues and client progression. Pilates teachers attending this course and are sure to find there is something to suit all the clients they teach, as well as gaining some fresh ideas for their own workouts.

**ENTRY REQUIREMENTS**
Level 3 Pilates Teacher or recognised equivalent qualification

**DURATION**
1 day

**OUTCOME**
Certificate of Attendance
2 credits towards Level 4 Pilates upon passing assessment

**OPTIONAL ASSESSMENT**
Submission of expanded Session Plans

**CONTINUED PROFESSIONAL DEVELOPMENT POINTS**
Body Control Pilates: List A 30 points

Pilates with the Band

Resistance bands (stretch bands) are one of the simplest and most effective accessories available to a Pilates teacher. They can be used to increase or decrease the challenge of many familiar exercises from the Pilates matwork repertoire. They give greater opportunity to work with closed-chain movements, which can provide increased support and feedback as well as being used to increase physical load. The use of bands therefore provides increased levels of progression for clients, as well as expanding movement possibilities. The result is an expansive repertoire of exercises that will facilitate more effective progression within clients and keep them challenged and inspired.

**CONTENT**
This course covers more than thirty exercises using different levels of resistance bands, demonstrating the effectiveness of this simple accessory. The exercises covered are aimed at beginner to intermediate level clients. The course also explores in detail the techniques needed to perform and teach these exercises safely and effectively as well as a number of related issues, including resistance choice for each exercise, safety considerations and client progression.

**ENTRY REQUIREMENTS**
Level 3 Pilates Teacher or recognised equivalent qualification

**DURATION**
1 day

**OUTCOME**
Certificate of Attendance
2 credits towards Level 4 Pilates upon passing assessment

**OPTIONAL ASSESSMENT**
Submission of expanded Session Plans

**CONTINUED PROFESSIONAL DEVELOPMENT POINTS**
Body Control Pilates: List A 30 points
Small Ball & Toning Circle

The small ball (Overball) and the Toning Circle (Magic Circle) are highly popular items of equipment used by many Pilates teachers to add variation and a new focus to their Pilates classes and sessions. Both offer a wide range of exercise variations taken from across the matwork repertoire. They can be used to add physical challenge as well as to provide support and feedback, as well as facilitating many familiar Pilates exercises by helping the client focus on recruiting key stability muscles more effectively. This often makes the exercise feel more physically challenging but, conversely, easier to perform. One of the most important benefits from their application is the help in focussing the connection to the Pilates ‘powerhouse’ - or centre - making them an invaluable aid in enabling clients to understand and tune into this important concept.

CONTENT
This course covers a wide range of exercises using both the Overball and the Toning Circle. Exercises are categorised for beginner, intermediate and advanced levels. It demonstrates their usefulness with regard to specific weaknesses as well being used to add challenge and focus.

ENTRY REQUIREMENTS
Level 3 Pilates Teacher or recognised equivalent qualification

DURATION
1 day

OUTCOME
Certificate of Attendance
2 credits towards Level 4 Pilates upon passing assessment

OPTIONAL ASSESSMENT
Submission of expanded Session Plans

CONTINUED PROFESSIONAL DEVELOPMENT POINTS
Body Control Pilates: List A 30 points

Spine Corrector & Pilates Arc

The highly popular lightweight Pilates Arc and the more traditional Spine Corrector (Step Barrel) can both add another dimension to your Pilates matwork. They can be used to enhance functional strength by challenging the body on all planes, as well as being used to encourage release of tension with supportive stretches that are ideal for elongating the spine.

They can equally be used to increase the demands on core stability and strength by challenging the body’s balance and control. Matwork exercises can be modified or indeed advanced, increasing ranges of movement and challenging control and balance with a reduced base of support.

CONTENT
This one-day course introduces teachers to a selection of exercises to suit all levels of ability and looks at how one or both of these pieces of equipment can be integrated into a Pilates matwork session.

ENTRY REQUIREMENTS
Level 3 Pilates Teacher or recognised equivalent qualification

DURATION
1 day

OUTCOME
Certificate of Attendance

CONTINUED PROFESSIONAL DEVELOPMENT POINTS
Body Control Pilates: List A 30 points
We strongly believe that, in order to become an excellent Pilates teacher and to be able to fully meet the needs of a varied client base, a teacher should initially gain a thorough understanding of, and teaching competence in, Pilates matwork. Once a teacher has gained that valuable ‘real world’ experience, they are in a much better position to understand and get the most from their future training. We have gained a worldwide reputation for the effectiveness of our method and, by structuring our programme in this way, Body Control Pilates has been able to bring Pilates to a far wider audience and the greater accessibility of our matwork approach has meant that millions of people have been able to enjoy the benefits of exercising ‘the Body Control Pilates way’.

This is why we separate matwork and studio equipment training and ask that a student has their matwork qualification before embarking on our equipment training. Quite simply, a student will get much more from their studio equipment courses this way.

As the Pilates market continues to grow, ever more people are seeking out the benefits of exercising with Pilates studio equipment. We offer training courses that meet these market demands with a fully comprehensive Studio Equipment education programme that remains true to the methodology that underpins our matwork teacher training.

Working with studio equipment allows for a far greater degree of progression and adaptability than matwork alone. Qualified teachers have the skills and knowledge to offer a more complete and varied exercise programme, thereby widening their appeal and increasing their competitive advantage.

Our equipment programme is structured as a modular-based learning system as we believe it is important to divide the training into specific equipment types so that teachers can build their education around their particular areas of focus and to a timescale and financial budget that suits them. This also allows them to gain valuable teaching experience so that they can better understand the full scope that studio equipment offers.

All of our studio equipment courses encompass the following elements:

**EQUIPMENT SET-UP AND SAFETY**

Set-up and safety are of paramount importance with all studio equipment. Clear, concise guidelines regarding accurate client and equipment set-up along with all relevant safety precautions are therefore given on each course.

**EXERCISES AND VARIATIONS**

The exercises on each course have been carefully selected to enable teachers to accommodate all client levels. Although each course has an optimal level associated to it, the exercises covered on the Basics & Intermediate course still provide adequate challenge and relevance for even the most advanced clients. The exercise repertoire draws its inspiration from Joseph Pilates’ original material, building upon his key principles. Each course offers a comprehensive selection of exercises with Classical Pilates exercises taught alongside innovative new ones specially designed by Body Control Pilates.

The exercises covered over the entire programme provide a complete spectrum of desired objectives, from preparatory movements to highly advanced and athletic combinations.

**TEACHING SKILLS**

Time on each course is spent enhancing the teacher’s observation and analysis skills, and learning how to best use these skills to facilitate positive change in clients’ movements. Focus is given to a variety of verbalisation and tactile techniques in order to give teachers the broad range of communication and delivery skills needed for effective and efficient teaching.

**PHYSIOLOGICAL KNOWLEDGE**

Precision of movement remains at the heart of Body Control Pilates education approach. Movement patterns are therefore explored in detail and clearly defined. Teachers are encouraged to draw from their existing practical experience and understanding of movement, and to build on this knowledge in order to expand their depth of understanding of the material covered in each course.

**SESSION PLANNING**

With thoughtful planning, the total value of a Pilates session should always be greater than the sum of its component parts. Attention is given on each course to understanding appropriate selection and order of exercises as these are both important factors a teacher needs to consider when planning a client’s session.

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*Body Control Pilates Studio Equipment Programme*
Reformer 1 (Basics & Intermediate)

The Reformer is the most popular piece of studio equipment and is usually the first item that teachers choose to train in and purchase. It is not only able to meet the evolving needs of existing clients, but can also be instrumental in attracting a new client base. Whether the objectives are general conditioning, rehabilitation or elite physical performance, the Reformer fits the bill as it enables clients to build strength, increase mobility and so much more. The resistance and framework that it offers gives clients the support and feedback needed to make progressive steps from basic matwork to advanced matwork and beyond. Mind-Body integrity, spinal articulation, precise alignment, muscular endurance and control are just some of the benefits attributed to working with the Reformer.

This course develops the skills needed to work with the Reformer effectively and safely, and forms the foundation for all studio equipment training courses in the Body Control Pilates Education Programme. Attendance on this course is therefore a prerequisite for all other Body Control Pilates Studio Equipment Courses.

Course Overview

Tuition Days
The course is run over 6 days, with modules comprising both theory and practical. Over 75 exercises and variations are covered, delivered with the detail and clarity needed to work with the specific needs of individual clients. The teaching skills developed provide the adeptness and flow needed to teach multiple clients in a dynamic studio environment as well as clients on a one-to-one basis.

Supervised Teaching
This phase of the course is designed to allow students to practise and refine their teaching skills under the guidance of an experienced Body Control Pilates Reformer teacher, whether in a workshop environment or working with clients in a studio. The student is encouraged to gain sufficient supervised teaching hours in order to develop their teaching skills and their confidence to the level needed to pass their examination.

Self-Practice
We cannot emphasise the value of self-practice enough, whether this is before, during or after a course. Ideally a student should have a minimum of 20 hours of practice before joining the Reformer 1 course.

Entry Requirements
Level 3 Pilates Teacher or recognised equivalent qualification

Duration
6 Days

Certification
This involves a two-hour practical examination assessing the candidate’s ability to teach two separate clients on a one-to-one basis: one client at beginner level and one at intermediate level. Successful candidates will be awarded a Body Control Pilates Reformer Teacher Certificate. (Please note that the final examination cost is not included in the course fees and must be paid in full when it is booked.)

Continued Professional Development (CPD) Points
Body Control Pilates: List A 120 points
Reformer 2 (Advanced)

This course builds on the skills and exercise repertoire learned on the Body Control Pilates Reformer 1 course. It covers advanced-level exercises, along with the enhanced teaching and delivery techniques needed to teach the material effectively and appropriately. This course is geared to helping teachers fulfil the needs of their more advanced clients by introducing new, challenging exercises.

The complete classical Reformer repertoire orders are also clarified and consolidated with the introduction of transitions giving teachers the skill set needed to present effective group Reformer classes, as well as enhancing the effectiveness of their one-to-one sessions.

ENTRY REQUIREMENTS
Body Control Pilates Reformer 1 Certification

DURATION
4 days

OUTCOME
Certificate of Attendance.

There is no formal examination for this course. However, a detailed knowledge of the material covered in this course does form a key part of ‘The Studio Master Teacher Certification’ examination.

CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS
Body Control Pilates: List A 100 points

Reformer Bridging Course

If you have already trained in studio equipment with another training provider but would like to learn more about the Body Control Pilates approach, then this course is designed specifically for you!

Body Control Pilates offers ten different courses across the range of Pilates studio equipment, at levels from beginners to advanced. Each is specific to a piece of equipment: Reformer, Cadillac, Chair, Barrel. Our equipment training programme can therefore be varied to meet your needs, but the gateway to every course that we offer is our ‘Reformer 1’ course. This provides the foundation on which all other courses build and it is a mandatory starting point for all equipment training.

We recognise, however, that if you are already a Pilates teacher with a Reformer certification from another training provider, you may not want to take our full six-day ‘Reformer 1’ course in order to then join our other Body Control Pilates equipment courses.

This is why we have created our two-day Reformer Bridging Course. While focusing on the ‘Reformer 1: Basics & Intermediate’ repertoire this course will help you develop the fundamental skills and knowledge we apply across the board in all our studio equipment training courses. When ready, we ask you to pass a two-hour teaching assessment so that you can then enrol for other courses as and when you wish.

Course Content
This two-day course focuses on the key content of our full Reformer course, with particular attention to the principles and knowledge that set our equipment training apart from other Pilates training organisations. These include: understanding spring resistance and load; equipment set-up; lesson planning; client adaptation and progression; communication and teaching skills.

The course is a highly practical introduction to the Body Control Pilates approach to using studio equipment and it covers a wide range of exercises drawn from the 70 exercises that make up the Reformer 1 course. Whilst not all of the Reformer 1 exercises are covered in this Bridging Course, knowledge of the full range of exercises will be required for the examination. It is therefore expected that you will work through ALL the exercises as you prepare to take the exam – we offer separate Reformer Review workshops to help you in this process (additional charge applies). You will receive the full ‘Reformer 1’ course notes when attending this course.

ENTRY REQUIREMENTS
This course is open to any Pilates teacher holding a Reformer Certification from a recognised training provider. Please note that a Certificate of Attendance is not acceptable for entry to this course. When submitting your Enrolment Form for this course, we ask you to provide a copy of your certification.

DURATION
2 days

OUTCOME
Body Control Pilates Certificate of Attendance
Candidates are encouraged to take the Reformer 1 examination (see ‘Reformer 1’ course).
Cadillac 1 (Basics)

The Cadillac is an extremely versatile piece of studio equipment, offering an extensive repertoire of exercises and the capability to suit the individual needs of any client. This versatility makes the Cadillac an invaluable addition to any Pilates studio. Much of the Cadillac repertoire can also be performed with the Total Workout System, which means that many of the benefits of exercising on the Cadillac can also be enjoyed with a smaller more compact studio set-up.

The Cadillac 1 Course focuses on perfecting the performance of a selection of basic, but highly usable, Cadillac exercises, along with the skills required to teach them effectively to clients. The physical and technical skills acquired equip teachers with a substantial base on which to progress to the Cadillac 2 Course.

The tuition days cover an introduction to over 30 exercises and variations, exercises having been carefully selected to suit to all levels of clients. All of the Cadillac repertoire covered on this course can also be performed on a Reformer with half Tower.

ENTRY REQUIREMENTS
Body Control Pilates Reformer 1 or Reformer Bridging Course attendance.

DURATION
2 days

OUTCOME
Certificate of Attendance
Optional practical examination – Body Control Pilates teachers may only instruct clients on the Cadillac if they have the Reformer certification or if they take the Cadillac examination. The latter is a one-hour examination which assesses the candidate’s ability to teach a client in a one-to-one environment safely and effectively. Successful candidates will be awarded a Body Control Pilates Cadillac Teacher Certificate.

CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS
Body Control Pilates: List A 60 points
### Cadillac 2 (Intermediate)

This course builds on the Cadillac 1 course and introduces teachers to exercises that really start to explore the full potential of the Cadillac, offering greater technical challenge and being designed to increase the physical demands on the client.

Exercises covered in this course can be carried out on the Reformer/Tower combination or, in some cases, using the canopy of the traditional Cadillac.

**ENTRY REQUIREMENTS**  
Body Control Pilates Cadillac 1 attendance

**DURATION**  
2 days

**OUTCOME**  
Certificate of Attendance.

Whilst there is no formal examination for this course, a detailed knowledge of the material covered in this course does form a key part of ‘The Comprehensive Studio Certification’ examination.

**CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS**  
Body Control Pilates: List A 60 points

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### Cadillac 3 (Advanced)

This completes the series of Body Control Pilates Cadillac courses, offering an advanced exercise repertoire that exploits the full potential of the Cadillac and all of its features. The exercises and various techniques covered are suited mainly to experienced and athletic clients, giving teachers the opportunity to offer continuous progression options to such clients. Exercises require use of the full Cadillac canopy. More than 20 exercises are covered.

**ENTRY REQUIREMENTS**  
Body Control Pilates Cadillac 2 attendance

**DURATION**  
2 days

**OUTCOME**  
Certificate of Attendance.

There is no formal examination for this course. However, a detailed knowledge of the material covered in this course does form a key part of ‘The Studio Master Teacher Certification’ examination.

**CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS**  
Body Control Pilates: List A 60 points
Chair 1 (Basics - Intermediate)

The Chair is a versatile and space-efficient piece of equipment that benefits any Pilates Studio. As with most pieces of studio equipment the Wunda Chair offers support, feedback and challenge with adjustable-spring resistance. What makes it unique is its small footprint, which of course makes it incredibly space-efficient - always an important consideration when setting up a studio space or when working at home. More importantly, the Chair’s small size significantly narrows the base of support for many the exercises performed on or around it, which considerably increases the physical and technical challenge of the exercises performed.

All clients, irrespective of their experience, can be challenged on many levels by utilising their core strength and body awareness. Basic functional exercises focus on posture, stability and alignment, while more experienced Pilates bodies can also benefit from a range of demanding exercises challenging balance, strength and coordination. All work on the Chair requires total mind-body focus, patience and concentration, all of which are vital to get the most out of this simple but highly effective piece of equipment.

**CONTENT**
Introduction to over 30 exercises and variations, with exercises having been carefully selected to suit beginner- and intermediate-level clients. All of the exercises introduced are applicable to the standard Chair configuration. No split-pedal, handle or high chair exercises will be taught on this course – for these, see Body Control Pilates Chair 2.

**ENTRY REQUIREMENTS**
Body Control Pilates Reformer 1 attendance

**DURATION**
2 days

**OUTCOME**
Certificate of Attendance

**CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS**
Body Control Pilates: List A 60 points

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Chair 2 (Advanced)

The material covered on this course enables teachers to meet the needs of their more advanced and athletic clients, with the introduction of new and demanding exercises to challenge balance, strength and coordination. This course also introduces split-pedal, handle and high chair exercises and variations that add even more diversity to the teaching repertoire.

**ENTRY REQUIREMENTS**
Body Control Pilates Chair 1 attendance

**DURATION**
2 days

**OUTCOME**
Certificate of Attendance

Optional practical examination – Body Control Pilates teachers may only instruct clients on the Chair if they have the Reformer certification or if they take the Chair examination. The latter is a one-hour examination which assesses the candidate’s ability to teach a client in a one-to-one environment safely and effectively. Successful candidates will be awarded a Body Control Pilates Chair Teacher Certificate (advanced level).

A detailed knowledge of the material covered in this course forms a key part of ‘The Studio Master Teacher Certification’ examination.

**CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS**
Body Control Pilates: List A 60 points
Ladder Barrel

The Ladder Barrel is a practical and highly creative piece of equipment which adds another dimension to Pilates studio work. It can be used to enhance functional strength by challenging the body on all planes as well as being used to encourage release of tension with supportive stretches that are ideal for elongating the spine. Matwork exercises can be modified or indeed advanced, increasing ranges of movement and challenging control and balance with a reduced base of support. This one-day course introduces teachers to a selection of exercises that can be integrated effectively into a Pilates session.

ENTRY REQUIREMENTS
Body Control Pilates Reformer 1 attendance

DURATION
1 day

OUTCOME
Certificate of Attendance.

There is no formal examination for this course. However, a detailed knowledge of the material covered in this course forms a key part of both the ‘Comprehensive Studio Certification’ and ‘Studio Master Teacher Certification’ examinations.

CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS
Body Control Pilates: List A 30 points
The Body Control Pilates Comprehensive Studio Certification

This is only open to teachers who hold a Body Control Pilates Matwork certification and who have then attended the Reformer 1, Cadillac 1 and 2, Chair 1 and Ladder Barrel courses. Candidates must take a two-hour examination encompassing all the practical and teaching skills learned from these courses. The Comprehensive Studio Certification represents a formal demonstration of a teacher’s ability to teach basic- and intermediate-level exercises utilising all the key pieces of Pilates studio equipment.

EXAMINATION FORMAT
Firstly, candidates must submit two Basic- and two Intermediate-Level lesson plans incorporating the Reformer, Cadillac, Chair and Barrels. Candidates must then teach an intermediate-level client a 90-minute one-to-one session also incorporating those pieces of equipment.

CERTIFICATION
All successful candidates receive the Body Control Pilates ‘Comprehensive Studio Certification’. For all teaching members of The Body Control Pilates Association, this certification will be clearly designated on all teacher listings published by The Body Control Pilates Association.

CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS
Body Control Pilates: List A 20 points

The Body Control Pilates Studio Master Teacher Certification

This is only open to teachers who hold a Body Control Pilates Matwork certification and the Comprehensive Studio Certification. They must have additionally attended the Reformer 2, Chair 2 and Cadillac 3 courses. Candidates must take a two-hour examination encompassing all the practical and teaching skills learned from these courses. The Studio Master Teacher Certification represents the summit of our education programme. It is the ultimate demonstration of a teacher’s ability to teach advanced-level exercises utilising all the key pieces of Pilates studio equipment.

EXAMINATION FORMAT
Candidates must submit three advanced-level lesson plans incorporating the Reformer, Cadillac, Chair and Barrels. They must then teach an advanced client a 90-minute one-to-one session also incorporating the Reformer, Cadillac, Chair and Barrels.

CERTIFICATION
All successful candidates receive the ‘Body Control Pilates Studio Master Teacher’ Certification. For all teaching members of The Body Control Pilates Association, this certification will be clearly designated on all teacher listings published by The Body Control Pilates Association.

CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS
Body Control Pilates: List A 30 points
Special Populations

Body Control Pilates has earned a worldwide reputation for the quality and detail of its work with regard to special populations. Our courses are designed to equip teachers with the skills needed to teach Pilates effectively and safely to specific client groups. Each course is aimed at a particular injury/condition or special population group, and covers the background information and recommended exercises that enable Pilates exercises to be taught safely and effectively. Teachers who wish to gain the Level 4 Pilates qualification must attend courses, and pass the assessments for, at least one special population category.

All of our Special Populations courses fully meet the requirements of the UK National Qualifications Framework for each given sector (where available), which means that passing the required course assessments means that teachers will gain a nationally-recognised qualification for that category of client.
Low Back Pain (REPs Level 4)

Low Back Pain is estimated to affect over 80% of adults at some stage in their lifetime. Back pain is currently the largest reported reason for sickness-related absence from work in the UK and its treatment is estimated to cost the NHS more than £1.5 billion per annum. Treatment approaches are changing and NICE (the National Institute for Health and Clinical Excellence) has recently recommended that the NHS should offer a course of exercise classes to certain categories of back pain sufferer.

Level 4 is the highest level of qualification available through The Register of Exercise Professionals (REPs) and SkillsActive (the Sector Skills Council for Sport and Exercise). A teacher with a REPs Level 4 Registration, as a result of gaining a Low Back Pain certification, will be well placed to work with, and receive referrals from, Primary Care Trusts, GPs and other medical specialists. In addition, only graduates from this course will be able to offer Back4Good® classes, created exclusively by Body Control Pilates for people with Low Back Pain.

COURSE STRUCTURE
Our Low Back Pain course is endorsed by BackCare, the UK national charity for healthy backs, and was approved by three leading independent experts as meeting current best practice in this sector. The four tuition days cover:
- Epidemiology, causes, consequences and classification of low back pain
- Risk factors
- Illness and pain behaviour
- The bio-, psychosocial model
- Red, yellow, orange, blue and black Flags
- Review of spinal anatomy, spinal movement, planes of movement
- Common structural spinal conditions
- Movement assessments: key exercises
- The Back4Good® Programme of exercises and the ‘Get Active’ programme
- Client management skills and the ‘enrolment to release’ process

In addition to the required pre-course reading, students must undertake Guided Learning during their course. The Guided Learning element includes familiarisation with, and study of:
- The REPs ‘Professional Practice Standards and Processes in Exercise Referral and Special Populations Interventions’ paper
- Required Course Reading
- Accepted best practice for Health and Safety, CPR
- Designated websites and research papers

Expected time investment from enrolment to certification for a Level 4 course is typically up to 150 hours.

CERTIFICATION
Students may undertake this element when they wish. To receive certification, all tuition modules must have been attended and students must have:
- submitted, and received approval for, a Case Study outlining information gathering, considerations, exercise objectives and programme design for a low back pain sufferer.
- passed a written multiple choice exam
- completed and passed the REPs online ‘Professional Practice’ test.

Assessment of client enrolment and of movement assessment skills will take place during the course.

ENTRY REQUIREMENTS
This course is open to Body Control Pilates teachers only

DURATION
4 tuition days plus extensive self-study and assessments and examinations

OUTCOME
Upon completing the course and receiving pass marks in the certification elements, students will:
- Receive a Body Control Pilates Certification in Low Back Pain Exercise
- Become a registered Back4Good® Practitioner
- Gain Level 4 Specialist Exercise Instructor registration on the Register of Exercise Professionals in the category of Low Back Pain (note: only if you have current Level 3 Pilates membership with REPs and after taking an Exercise Referral qualification).
- Be eligible for ‘BackCare Professional’ listing with BackCare
- Receive a Starter Pack of Back4Good® enrolment forms, leaflets and other support materials

CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS
Body Control Pilates: List A 120 points
As Pilates teachers we have a unique and privileged opportunity to work closely with pregnant women to ensure that, during the pregnancy itself, they remain healthy and comfortable, preparing them for the birth itself and for the demands of early motherhood. It is important that any teacher wanting to work with pregnant clients attends this and the Pregnancy 2 course and gains the Level 3 qualification.

**CONTENT**

This aims of this course are to:

- To discuss the main contraindications to exercise during pregnancy and the risk of miscarriage.
- To consider the enrolment of antenatal clients, considering regular clients and new clients and special cases, e.g. IVF.
- Identify the major stages and characteristics of the three trimesters of pregnancy, focusing on general health issues and the postural and physiological changes which may impact their ability to exercise.
- For each trimester, consider the implications of these changes when designing exercise strategies for 1:1 and group sessions.
- Review a list of exercises that are suitable for Early Pregnancy (0-16 weeks) and Later Pregnancy (16 weeks - Full Term).
- Identify the main warning signs for when to stop exercising.
- To provide enough information to devise a safe and effective Pilates antenatal programme for clients in a 1:1 and group situation.
- Review the main benefits of Pilates exercise for pregnancy.
- Briefly review where to find guidelines for nutrition advice and cardiovascular activities in pregnancy
- To take a brief look at the main postnatal exercise guidelines

This is a lecture-based course. Comprehensive course notes supplied.

**ENTRY REQUIREMENTS**

Level 3 Pilates Teacher or recognised equivalent qualification.

**DURATION**

1 day

**OUTCOME**

Certificate of Attendance

See Pregnancy 2 Outcome

**CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS**

Body Control Pilates: List A 30 points

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Building on the background given by the Pregnancy 1 course, this course will further explore how to work with the pregnant and postnatal client in a matwork setting.

**CONTENT**

The aims of this course are to:

- To review guidelines on return to exercise and client enrolment for postnatal clients.
- To review the musculoskeletal changes which occur during pregnancy and continue into the postnatal period. Focussing in particular on postural changes, ribcage changes, upper body and abdominal integrity (diastasis recti – the ‘rec check’)
- To examine the different methods of delivery and their impact on the pelvic floor
- To study safe stretching techniques for ante-and postnatal mothers
- To examine common special ante- and postnatal conditions, including pubis symphysis dysfunction and sacroiliac pain
- To present guidelines on exercise strategies, including suitable exercises for each stage of pregnancy and for the postnatal period.
- To review contraindications and precautions for ante- and postnatal exercise
- Advice on Supine Hypotensive Syndrome
- To examine how postnatal lifestyle changes affect the body and offer general advice on how to cope with these problems.
- Guidelines on antenatal cardiovascular activities

This is essentially a practical course. Outline course notes provided.

**ENTRY REQUIREMENTS**

Pilates & Pregnancy 1 attendance

**DURATION**

1 day

**OUTCOME**

Certificate of Attendance

Teachers may take the Active IQ Level 3 Award in Designing Pre-and Postnatal Pilates Programmes by passing workbook and Case Study assessments. Full information and materials given during the course.

**CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS**

Body Control Pilates: List A 30 points
Pilates for Children and Adolescents

A new addition to the Body Control Pilates education offering, developed in response to the increasing demand from schools, children's groups, dance schools and more. This demand is underpinned by new government initiatives designed to encourage children to include more physical activity in their daily life. Whilst these courses can be attended purely for the knowledge, any teacher wanting to work with children and adolescents should attend all three courses and gain the Level 2 qualification. Our Pilates for Children programme comprises three courses

Foundation Day
Just one hour of exercise a day could transform the health of children not just now, but well into their adult lives. More and more researchers, educators, and parents are realising that not only is exercise good for kids – it is crucial!

This is a lecture-based day that lays the foundation for teaching children of all ages. This is a prerequisite before attending the other children's courses. The day will cover most of the theory element of the qualification and will include such topics as: Joseph Pilates' observations on children's movement development; benefits of exercise, in particular Pilates, for children/adolescents; development of motor skills and physiology of growth; stages of adolescence; psychological development; psychosocial challenges facing adolescents e.g.: depression; smoking; drugs; alcohol; eating disorders; common medical conditions affecting children, growth-related injuries and special needs including dyspraxia and dyslexia, scoliosis: lumbar spondylosis; Scheurmann's disease; growth plate fractures; pre-screening of children/adolescents, enrolment, liaising with parents; behaviour management; child welfare and protection.

ENTRY REQUIREMENTS
Level 3 Pilates Teacher or recognised equivalent qualification.

DURATION
1 day

OUTCOME
Certificate of Attendance.
Participants may take the Active IQ Level 2 Award in Planning and Instructing health-related exercise and physical activity (Pilates) for Children and Adolescents qualification by passing attending all three courses and passing workbook and teaching assessments.

CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS
Body Control Pilates: List A 30 points

Programmes for 5-11 year olds
Building on the background covered in the Foundation Day, this is essentially a practical course that will further explore how to work with 5-11 year old children in a matwork setting. The programme will have the goal of helping child development in a variety of ways including improving children's movement and coordination skills.

ENTRY REQUIREMENTS
Children's Foundation Day attendance

DURATION
2 days

OUTCOME
Certificate of Attendance.
Participants may take the Active IQ Level 2 Award in Planning and Instructing health-related exercise and physical activity (Pilates) for Children and Adolescents qualification by passing attending all three courses and passing workbook and teaching assessments.

CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS
Body Control Pilates: List A 60 points

Programmes for 12-16 year olds
A stitch in time... so many of the postural and movement problems that we see in adults start in adolescence. This one-day course is mainly practical in nature and will focus on how Pilates can help prevent these common problems, as well as how we can help youngsters cope with the stresses of peer pressure, examinations and simply growing up! We will explore how to adapt our exercises and approach for teenagers, looking at ways to keep them engaged and motivated. This course must be taken after the Foundation Day.

ENTRY REQUIREMENTS
Children's Foundation Day attendance
Ideally Children's 5-11 Programmes attendance

DURATION
1 day

OUTCOME
Certificate of Attendance.
Participants may take the Active IQ Level 2 Award in Planning and Instructing health-related exercise and physical activity (Pilates) for Children and Adolescents qualification by passing attending all three courses and passing workbook and teaching assessments.

CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS
Body Control Pilates: List A 30 points
Pilates for Bone Health

One in three women and one in 12 men over the age of 50 are affected by low bone density. With many Pilates clients falling into the 50 years plus age bracket, this is a condition that we need to consider when designing Pilates programmes for this sector.

Low bone mass (osteopenia) is indicated by a Bone Mineral Density with a Standard Deviation of 1-2.5 below the young adult mean (known as the Target 1 group). Osteoporosis is indicated by a Bone Mineral Density with a Standard Deviation of 2.5 or more below the young adult mean (Target 2 group). Severe osteoporosis is indicated by not only a Bone Mineral Density with a Standard Deviation of more than 2.5 below the mean, but also with one or more osteoporosis-related fractures (Target 3 group).

It is important that any teacher wanting to work with clients with osteopenia or osteoporosis attends this course and gains the Level 3 qualification.

CONTENT
This course (part theory, part practical) will update participants on the latest medical research on the above and will discuss how the latest findings affect the way that we, as Pilates teachers, teach clients from within the Target 1 and 2 groups.

The aims of the course are:
- To briefly examine osteoporosis and osteopenia; fracture sites, risk factors, BMD testing.
- To consider the effectiveness of exercise
- To review the main objectives of Pilates training for these conditions
- To assess the latest US and UK guidelines on contraindicated movements
- To create a programme of recommended matwork exercises for clients in Target 1 and 2 groups, introducing a variety of new exercises, some utilising smaller lighter apparatus such as foam rollers, physioballs, and weights.

ENTRY REQUIREMENTS
Level 3 Pilates Teacher or recognised equivalent qualification.

DURATION
1 day

OUTCOME
Certificate of Attendance
Participants may take the Active IQ Level 3 Award in Understanding Physical Activity (Pilates) and its Impact on Bone Health qualification by passing workbook and Case Study assessments. Full information and materials given during the course.

CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS
Body Control Pilates: List A 30 points

Pilates for the Older Person

The proportion of older adults in the population is currently at an all-time high. Over the last 25 years, the number of people in the UK aged 65 years and over has increased by 1.5 million. Approximately one person in every six is now aged 65 or over. This trend will only continue as health care improves and life expectancy grows with the result that, within the next 25 years, the ratio will become almost 1 in 4.

At the same time, this age group is also far more active than their predecessors. Recent research has demonstrated that there are clear benefits if older people can begin to undertake even a small amount of light exercise two or three times a week as it quickly helps to rebuild muscle strength, enabling them to cope more easily with regular household chores and routines.

CONTENT
This course will examine how teachers may need to adapt their teaching strategy when working with older clients. It will examine the needs of the older client, the teaching environment, adapting the enrolment and screening process, common medical conditions within the target group, considerations and contraindications to exercise for each condition, and then develop a balanced Pilates matwork programme using accessories where appropriate. This will include stretch bands and small balls. Chairs are used for a range of seated exercises. Full course notes are provided, including a manual detailing all the exercises covered during the course.

ENTRY REQUIREMENTS
Level 3 Pilates Teacher or recognised equivalent qualification.

DURATION
2 days

OUTCOME
Certificate of Attendance
Participants may take the Active IQ Level 3 Award in Physical Activity (Pilates) and Health Considerations for the Older Adult qualification by passing workbook and Case Study assessments. Full information and materials given during the course.

CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS
Body Control Pilates: List A 60 points
Launched in 2014, this represents an important new programme for Body Control Pilates. Developed by a team including leading specialists in the area of breast cancer rehabilitation, the programme is also supported by some of the UK’s leading cancer support organisations.

**Foundation Day**
This course outlines the latest situation regarding breast cancer in the UK and focuses on how Pilates can contribute towards an improved quality of life and functioning in breast cancer survivors. We will review the medical management of breast cancer (including diagnosis and treatment) and how the main consequences of treatment can lead to morbidity. We will explore the role of rehabilitation at all stages of the cancer pathway and examine the evidence-based approaches to upper limb dysfunction, whole body deconditioning and symptoms such as pain, fatigue, scarring and lymphoedema. There will be an emphasis throughout on the importance of exercise/physical activity with a firm focus on comprehensive assessment and a holistic approach. Using case studies, we will explore how Pilates instructors can help in a patient’s rehabilitation after treatment - particularly, how Pilates can help restore range of movement in the shoulder joint and prevent or address any movement dysfunction. Importantly, we will also discuss the emotional responses to cancer and help you to work productively with this client group and manage your own emotional health.

**ENTRY REQUIREMENTS**
Level 3 Pilates Teacher or recognised equivalent qualification.

**DURATION**
1 day

**OUTCOME**
Certificate of Attendance.

**CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS**
Body Control Pilates: List A 30 points

**Programmes**
This one-day course builds on the content of the Foundation Day by looking at how Body Control Pilates matwork exercises can be adapted to help those in rehabilitation from breast cancer. We will consider contraindications and other factors when looking at how to create a safe, effective programme for group class or 1:1 teaching in a supportive environment. Some of the exercises will include the use of accessories and small equipment. The final part of the day will look at how teachers can work with their local support organisations to launch classes. This course will be supported by follow-up workshops to ensure that teachers remain fully up-to-date on breast cancer research and exercise considerations.

**ENTRY REQUIREMENTS**
Foundation Day attendance

**DURATION**
1 day

**OUTCOME**
Certificate of Attendance.

**CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS**
Body Control Pilates: List A 30 points
Pilates for Performance

Many of the clients in Joseph Pilates’ New York Studio in the 1920’s were athletes and performers. From participants of top-level sport to the those working in the performing arts, many found that regular sessions played an important role in enhancing their performance as well as helping them return to full performance after injury or illness. Almost one hundred years on, Pilates now enjoys an unprecedented popularity at all levels of sport and the performing arts – with athletes and performers as well as with the conditioning specialists, coaches and medical support teams who work with them.

Body Control Pilates is proud to have worked centrally with a wide range of teams and organisations at the highest level of sport and performing arts, including Chelsea FC, West Bromwich Albion FC, the English Football Association Medical Department, the PGA (Professional Golfers Association) and with leading individuals from the worlds of golf, rugby, cricket and tennis. Many of our teachers work with sports teams and with individuals from amateur to world class level, including many Olympic athletes. We have also worked with a number of well-known actors and performers.

Through this work, we have amassed a depth of knowledge that has been incorporated into our Pilates for Performance programme, which was launched in 2014.

After attending the Pilates for Performance Foundation Day, participants can then select from a range of practical ‘programming courses’ where we examine the needs of, and exercise considerations for, specific sports or groups of sports. There is also a ‘Pilates for Dancers’ programming course.

Whilst the initial sports programming courses relate to golf and tennis, other courses including football, cycling and running are in development. These programming courses will focus on the application of Pilates matwork and small equipment in these sports – separate follow-up workshops will be offered to cover the use of studio equipment.

Foundation Day

The Foundation Day is a lecture-based day that explores the role that Pilates can play in performance enhancement and maintenance, including injury prevention and rehabilitation. Examples will be drawn from a wide spectrum of mainstream sports and performing arts genres. As well as the specificity of disciplines, considerations will also be discussed in relation to the performance level. From the enthusiastic amateur to the world class elite performer, this day has it covered! The Foundation Day builds on the client-centred approach introduced on the ‘Movement’ and ‘Adaptation’ courses, honing the skills developed during these courses to support the ultimate goal for any performer – ‘Optimal Performance’.

Pilates can be of particular benefit in reaching and maintaining this optimal performance level by facilitating the development of the physical and neuromuscular components of fitness in relation to each performance and to the environment in which it must be performed. So, the primary focus of this day is the maximisation of the individual’s physical and technical performance potential. Some time will, however, also be given to highlight the influence of the other variable factors that will influence performance, such as nutrition and psychology.

ENTRY REQUIREMENTS:
Movement and Adaptations course attendance

DURATION
1 day

OUTCOME
Certificate of Attendance

CONTINUOUS PROFESSIONAL DEVELOPMENT (CPD) POINTS
Body Control Pilates: List A 30 points

Performance-specific Programmes: Sport

These separate one-day courses are practical in nature and build upon the Foundation Day by fusing the creative exercise programmes for specific sports or categories of sport or performing arts, including golf, tennis, cycling, running, football, rugby.

The common themes will be those of performance enhancement and injury prevention across all levels of participation.

ENTRY REQUIREMENTS:
Pilates for Performance Foundation Day attendance

DURATION OF EACH COURSE
1 day

OUTCOME
Certificate of Attendance
4 credits towards Level 4 Pilates upon passing assessments

CONTINUOUS PROFESSIONAL DEVELOPMENT (CPD) POINTS
Body Control Pilates: List A 30 points

Performance-specific Programmes: Dance

The benefits that Pilates can offer to dancers at all levels have been known for generations by dancers and choreographers – from legendary names such as Martha Graham and George Balanchine through to more modern icons such as Wayne Sleep and Darcey Bussell. Almost all of the major dance companies around the world now incorporate Pilates sessions as a mandatory part of their regular conditioning programme. Indeed some of Joseph Pilates’ earliest clients at his studio were dancers from the New York City Ballet.

Pilates helps to provide the core strength and stability that is needed for the wide range of movements and actions that dancers must perform, yet that strength is also coupled with flexibility and with the development of a long, lean physique that is sought by dancers.

Pilates has a role to play whatever age and stage a dancer is in as the demands of the body are constantly changing – a dancer may need more strength or flexibility; might be stuck in a pattern that may become harmful; may just need to find their centre again mentally and physically; or may have an injury where Pilates is the main way for rehabilitating back to top physical condition.
The Pilates for Dancers course will have variations focussed on different categories of dance, such as classical ballet or contemporary dance.

**ENTRY REQUIREMENTS:**
Pilates for Performance Foundation Day attendance

**DURATION**
1 day

**OUTCOME**
Certificate of Attendance
4 credits towards Level 4 Pilates upon passing assessments

**CONTINUED PROFESSIONAL DEVELOPMENT (CPD) POINTS**
Body Control Pilates: List A 30 points
Body Control Pilates Products

Body Control Pilates offers a wide range of products and accessories for studio, group class or home use. All products can be supplied on a ‘one-off’ or wholesale basis. In addition to our own ‘branded’ range of Pilates mats, mat bags, Toning Circles, weighted Toning Balls and stretch bands, we supply essential items, such as covered head cushions and knee squeezers – we even offer a one-stop ‘Starter Pack’ for teachers who are starting to teach classes for the first time.

For teachers or Pilates enthusiasts who want to add more variety to their sessions, we also supply a range of balls (Triadballs™, overballs) and various stability products. All products, including the full range of Lynne Robinson’s books and DVDs, can be ordered through our secure online store at www.bodycontrolpilates.com or by contacting the Body Control Pilates office.

Development Workshops

We recognise that teachers have a very broad range of interests and that they may wish to use their Pilates teaching in ways that cannot always be fully addressed by the courses that we offer.

We also consider it vital that Body Control Pilates teachers have access and exposure to experienced teachers and course tutors with varied Pilates backgrounds and with different areas of expertise. For this reason, we typically offer between 50 to 100 workshops each year, usually ranging from half-a-day to two days. These workshops are offered by leading external presenters drawn from across the globe and by our senior Body Control Pilates tutors.

SOME OF THE TOPICS COVERED BY RECENT WORKSHOPS INCLUDE:

Anatomy Trains™
Basic Life Support CPR
Cadillac Connected
Endurolates – high intensity Pilates matwork
Healthy Necks
Lolita San Miguel Shares her Mat
Lolita San Miguel Shares her Reformer
Mary Bowen – The Pilates Psyche
Myths and Misconceptions of Transversus Abdominis
Pilates for Amputees
Pilates for Multiple Sclerosis Sufferers
Pilates for Parkinson’s Sufferers
Pre- and Post-Op Hip Pilates
Reformer Flow Challenge
Reformer Revolution
Rotation – the Lost Form in Function
The Pelvic Core
The Pilates Foot
Triadball™ Workshop
Unity through Diversity – examining classical matwork approaches
Body Control Pilates co-founder Lynne Robinson is regarded as the world’s top-selling Pilates expert. More than 4 million of her Body Control Pilates books and DVDs have been sold since the publication of Body Control The Pilates Way in 1997. This was the first Pilates book ever written for the general public and is acknowledged as playing a key role in creating the massive demand that Pilates has enjoyed in recent years.

Lynne’s books and videos have provided an important platform upon which the awareness and uptake of the Body Control Pilates method could grow internationally. The flagship book ‘The Pilates Bible’ (Lynne Robinson, Lisa Bradshaw, Nathan Gardner) has consistently retained its position as the leading Pilates book in terms of sales across all language versions since its initial publication in the UK in 2010. More recent books include ‘Pilates for Pregnancy’ and ‘Pilates for Health’ (both published by Kyle Books).