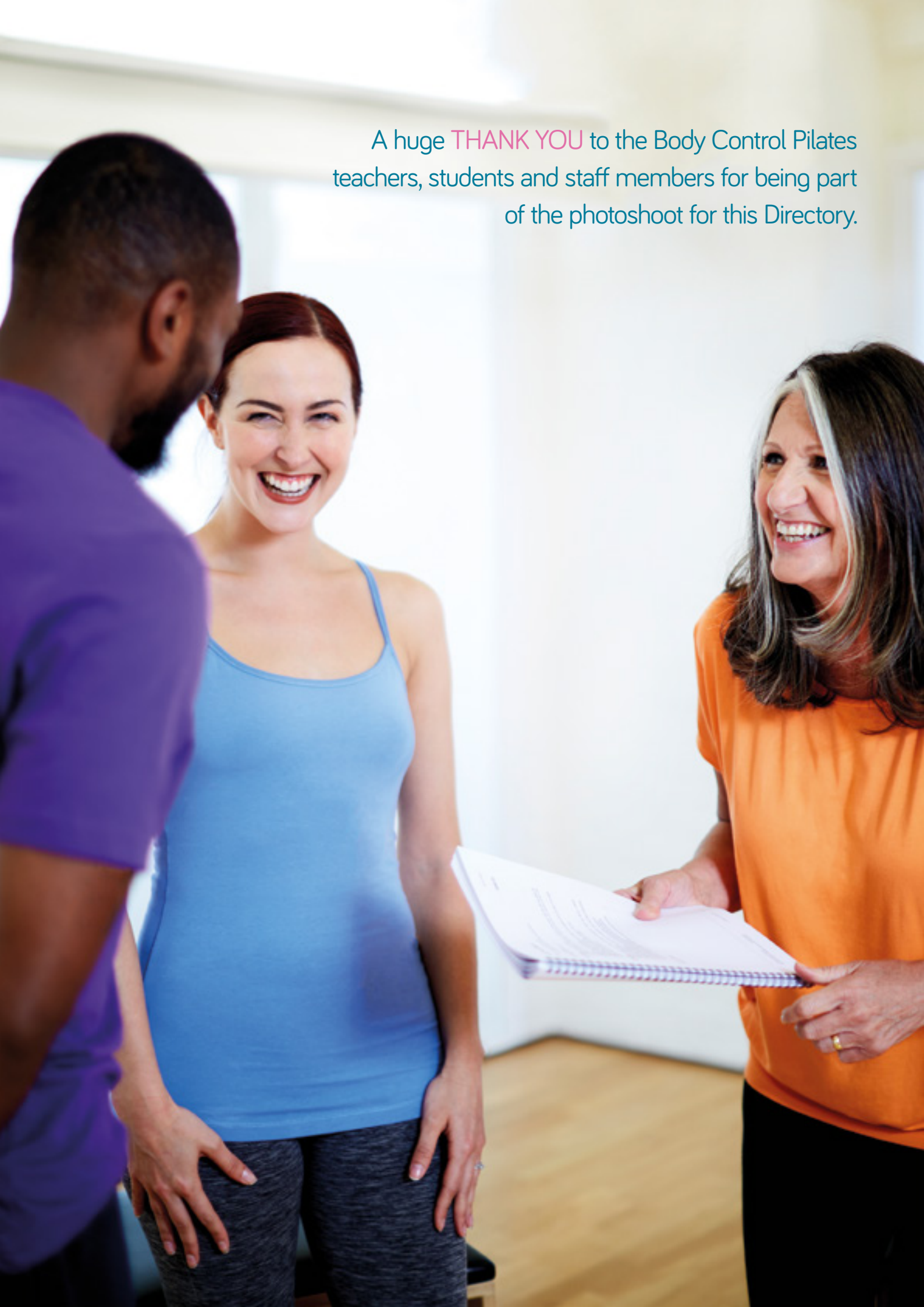


BODY CONTROL  
PILATES®







A huge **THANK YOU** to the Body Control Pilates teachers, students and staff members for being part of the photoshoot for this Directory.

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# Our Guiding Principles

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. More than 20 years on, our mission and our passion remain the same.

We are proud of the leading role that we have played since then in building awareness of the Pilates Method through our work in the media and our books and DVDs; 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 close to 1,500 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.

*“Well into our third decade, our mission remains the same now as it was at the outset – to bring the benefits of Pilates to everyone. To this end, we have created a method that is effective, safe, challenging and rewarding: a method that is taught by teachers with unrivalled skills, knowledge and integrity.”*

**Lynne Robinson**  
co-founder of Body Control Pilates





# Leading the way for more than 20 years...

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. This is mirrored in the sales success and critical recognition of our books and DVDs.

Meeting the demands of the rapidly evolving Pilates market is a challenge that we meet with enthusiasm. We are committed



## LEVEL 4 PILATES QUALIFICATION

Body Control Pilates was 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 in the UK, available only to qualified teachers. 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. For more details, please see the 'Level 4 Pilates' section in this Directory.

1995

Work starts on creating the world's first curriculum-based Pilates teacher training course

1996

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

1997

'Body Control The Pilates Way' is published (the world's first Pilates book for the general public)

1998

Lynne Robinson's first DVD 'Body Control The Pilates Way' is released

2000

Publication of 'The Official Body Control Pilates Manual', which becomes the world's top-selling Pilates book

2002

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

2003

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

2005

Body Control Pilates is the first UK Pilates training provider to gain 'Level 3 Pilates' approval

2006

The Body Control Pilates Centre London opens – Europe's largest dedicated Pilates space

2008

Body Control Pilates book and DVD sales exceed 2 million units cumulative sales worldwide

2010

Body Control Pilates is the first Pilates training provider to gain 'Level 4' approval for its Low Back Pain course

2012

Body Control Pilates delivers the first Ofqual-accredited 'Level 4 Pilates' courses from January onwards

2013

Body Control Pilates launches dedicated programmes for sport and breast cancer rehab

2014

Body Control Pilates celebrates 20 years with 1,400 teachers based in 42 countries

2016

Body Control Pilates runs its first teacher training course in China

2017

Creation of a benevolent fund to support Body Control Pilates teachers in their training

# ...and educating around the globe

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, with countries including Canada, China, Denmark, Germany, Hong Kong, Japan, Lithuania, Norway, Qatar, South Africa. In 2017, we even ran our first course on the Faroe Islands!

No matter which country you train in, you can feel 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.



## DEVELOPING A EUROPEAN PILATES STANDARD

Body Control Pilates management was invited to set up and lead a Pilates 'Technical Expert Group' on behalf of EHFA (the European Health and Fitness Association) and EREPs (European Register of Exercise Professionals). After official ratification, the standard is being introduced across all European Union countries.



QATAR



JAPAN



CHINA



LITHUANIA



POLAND



SOUTH AFRICA



CANADA



NORDIC





# Our commitment to excellence

The Body Control Pilates Method is known for its attention to detail, both in terms of movement patterns and teaching techniques. Our entire training curriculum of more than 40 courses emphasises the need to ensure that attention is given to each client and that exercises are adapted or avoided where necessary. It is for this reason that any client coming to a class must complete an enrolment form and why our teachers will never take more than 12 participants in a class.

Our initial matwork certification course is probably the toughest and most comprehensive course in the marketplace, and teachers graduate from that course with the necessary skillset and confidence to start a successful teaching career. Yet, they and we also recognise that learning is a continuous process, so all Body Control Pilates teachers undertake regular ‘Continued Professional Development’ (CPD) courses and workshops. We

monitor latest research findings – and sometimes invite our teachers to participate in projects – to ensure that all courses are fully up to date in terms of the latest thinking and best practice. Our course tutors also all have, or are in the process of gaining, a formal qualification in adult education.

The need for CPD is a cornerstone of the Body Control Pilates ethos and a precondition for membership of the Body Control Pilates Association, to such an extent that in 2017 we launched the ‘Mitsi Pippa Fund’ to support any teachers who may be struggling to gain CPD due to extenuating circumstances.

As a matter of policy, we also encourage our teachers to gain externally accredited qualifications where these are available and of relevance, especially in the area of special populations. Please see the panel (below left) for a list of the qualifications.

## SUPPORTING NATIONAL STANDARDS AND QUALIFICATIONS

Whilst Body Control Pilates has its own ‘in-house’ qualifications (in areas such as studio equipment, for example), where a relevant external qualification is available, our policy is to offer courses that meet the requirements of these qualifications and to then encourage our members to take the necessary assessments. These external qualifications include:

- Level 4 Pilates
- Level 4 Low Back Pain Specialist Practitioner
- Level 3 Pilates Matwork
- Level 3 Exercise Referral
- Level 3 Pregnancy (pre- and postnatal)
- Level 3 Pilates for Bone Health
- Level 3 Pilates for the Older Adult
- Level 2 Pilates for Children and Adolescents

The Awarding Body for all of the above is Active IQ.

The ‘Level’ shown is related to the UK National Qualifications Framework.

## THE MITSI PIPPA FUND ...SUPPORTING BCPA MEMBERS IN THEIR PROFESSIONAL DEVELOPMENT



As part of our support for the Body Control Pilates teaching community, we were pleased to announce the creation of the Mitsi Pippa Fund in 2017. It is named in honour of Mitsi Pippa, who passed away in 2015. Mitsi was one of our first course tutors and was characterised by a passion for Pilates and for movement, with a generosity in the sharing of her knowledge and a particular pride in seeing students grow into excellent teachers. The Fund offers a limited number of bursaries each year to members who have genuine financial difficulties and who, therefore, may need some financial assistance to be able to attend courses and continue their professional development. This assistance usually takes the form of complimentary courses and/or contribution to the cost of attending courses.



# 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, one-to-one teaching, and education courses and workshops. It is very much ‘a second home’ for our students and teachers.

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 a host of celebrated artists.

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 the Tottenham

Court Road Crossrail station. It is a stone’s throw from the British Museum. With an area in excess of 600 m<sup>2</sup> it houses:

- the Body Control Pilates head office
- 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

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](http://www.bodycontrolpilates.com) or contact the Body Control Pilates Centre.



# The Body Control Pilates Association

The Body Control Pilates Association (BCPA) is one of the world’s longest-standing and most highly regarded Pilates membership bodies. Membership of the BCPA is open only to qualified Body Control Pilates teachers, whether they have graduated from our Matwork Certification Course or Matwork Conversion Course. These are the only routes to membership.

Established in early 1997, it currently has in the region of 1,500 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.

Whilst its main role is to support all Body Control Pilates teachers in the running of 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 regulations related to the Pilates industry. It also

explores partnerships with third party organisations that can provide a positive business or reputational spinoff for members.

All BCPA members work to a Code of Practice governing professional ethics, teaching standards and maximum class sizes (12 participants for matwork). They have access to the full range of Body Control Pilates courses, workshops and qualifications as well as to the annual ‘Development Weekend’ conference in London, which is only open to Body Control Pilates teachers and students.

BCPA membership is renewed on an annual basis and a precondition for renewing is that members are seen to undertake a sufficient level of professional development courses within a prescribed two-year period.

In our most recent survey of Body Control Pilates teachers:





# The Body Control Pilates Education Programme



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

Demand for, and awareness of, Pilates is now greater than ever, with that demand coming from an increasingly wide variety of areas, whether it is medical or sport, older adults or children, gentle rehab work or more advanced and demanding mat or machine work. 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 and applications.

As an example, appropriate physical activity is recommended for a growing number of medical conditions on both a prevention and treatment basis. On the basis of UK guidelines published by NICE (National Institute for Health and Care Excellence) we created our Back4Good® Programme that can lead to teachers receiving exercise referral from medical practitioners. We will continue to develop courses and qualifications in the areas of physical and mental health.

Supported by a growing education offer, 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.

## ENABLING SUCCESS

We understand that, by attending any of our courses, teachers are investing precious time and money, so we work to ensure the best possible outcomes 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 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 40 courses, along with up to 100 workshops a year. This provides the opportunity for teachers to maximise their personal and professional development across our four different education streams so that they can develop expertise in the areas in which they wish to focus.



## AN UNPARALLELED MATWORK CERTIFICATION COURSE

Body Control Pilates has built its reputation on delivering a 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 and to the success that they enjoy after establishing their teaching business.

## THE FIRST STEPS

We are very happy to give advice to teachers, whether newly-qualified or well-established, as to the best education options for them. We strongly recommend that new teachers focus initially on courses that will enhance their matwork offer as they build their business and client base – focussing

## A COMPLETE 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, including small equipment and accessories through to Level 4 Pilates and performance courses
- Special Populations, including Pregnancy, Bone Health, Older Adults, Children
- Studio Equipment
- Medical, including Back4Good® Low Back Pain, Breast Cancer and the 'Understanding...' series

on one-day courses such as Matwork Evolution and small equipment (such as band, toning circle) along with perhaps the two days of Pilates and Pregnancy courses as this will open a key opportunity. See page 15 for more details.

# The Body Control Pilates Matwork Certification Course

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. Dependent upon your progress and your availability during the supervised teaching process (see below), this course will take you typically between 6 and 12 months to complete. It is not a problem if you need longer. Throughout this time, you will enjoy the active support of our education team and course mentors.

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. This is one of the elements that sets our course apart.

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.

Our renowned approach 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.

Whilst this course has been approved against the UK national standard for Pilates (Level 3 Pilates awarded by Active IQ), 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. It is also recognised by the European Health and Fitness Association and by the European Register of Exercise Professionals.

UK course tuition takes place in London with occasional courses in Edinburgh 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.

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.

## STUDENT SELECTION

From the outset, the objective of Body Control Pilates has been to bring the benefits of Pilates to everyone and we recognise that excellent teachers can come from a wide variety of backgrounds and age ranges. We encourage that diversity, whether a student is moving out of corporate life, coming back after a career break, coming to the end of a career as an elite athlete, or more.

The main requirements for those wanting to join a teacher training course are experience of Pilates, passion, commitment and an openness to learn. Applicants must have regularly attended Pilates classes for several months - ideally with a Body Control Pilates-certified teacher so that the applicant is familiar with our exercises and 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, a one-hour one-to-one session. We do not accept a student if they have not seen a Body Control Pilates teacher or have been to an application assessment. We reserve the right to decline an application or to recommend deferring to a later course.

## COURSE FORMATS

This course can be taken in one of two formats, both following the same curriculum:

### INTENSIVE

The tuition days are taken in two blocks, typically of six and seven days respectively, usually interspersed with a break of three weeks.

### EXTENDED

Where the tuition days are taken in two-day blocks (at weekends) spread over a two to three-month period. There is one three-day block, including a Monday.



## COURSE OVERVIEW

The course comprises 13 tuition days, followed by a period of supervised teaching (essentially teaching practice where you develop your skills and confidence as a teacher), along with written examinations and self-study work. Once you have completed the tuition days, all other elements are flexible in terms of how you plan them - many of our students fit their training around full- or part-time jobs, enjoying the flexibility that this course offers.

### TUITION DAYS

13 days of modules comprising Pilates history and theory, principles and fundamentals, more than 100 exercises, functional anatomy, client enrolment and management, lesson planning, teaching skills, 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 develop 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. Whilst we have seen that typically it takes a minimum of 50 hours for a student to reach the required level in order to take their final teaching assessment (sign-off class), if a student is ready earlier then they may take the assessment sooner. During this period, students also have access to a variety of 'supervised teaching workshops' on weekdays, evenings and weekends 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 cardiovascular fitness as required by the Level 3 national standard. Students must also answer two essay questions on Pilates theory.

## 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 a 'Level 3 Pilates' Certificate (where applicable) from our Awarding Body. 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. Our fees include all elements of the course (tuition, course material, assessments, work with supervising teachers, Awarding Body registration). They also include a one-day student workshop. Other workshops can be attended on an optional basis at nominal charges. Fees can be paid in advance (at a discounted rate) or in instalments.

## A CAREER TEACHING BODY CONTROL PILATES

Body Control Pilates attracts a unique mix of students onto its Matwork Certification Course, almost certainly a more eclectic mix than any other Pilates training provider. Our students all have two things in common: a passion for Pilates and a desire to teach in the future. They cover a range of ages (we train more 60 year olds than 20 year olds). Many are training as a result of a decision to change career by easing back on their current job whilst starting to teach Body Control Pilates - we have trained architects, QCs, Royal Marines, City workers, elite athletes, ex-dancers, bloggers, scientists, office workers, people coming back to work after a break due to parenthood or other reasons... the list is endless. This variety of backgrounds adds a richness to both our student and teaching communities and long may it continue.

We know that our new teachers are the best-equipped in the Pilates marketplace. Their knowledge and skills are second to none. The support they enjoy from Body Control Pilates is second to none. It's a great recipe for success and, whilst there can never be any guarantees on how successful someone will be as a teacher, we have seen that the vast majority of new Body Control Pilates teachers see a very quick growth in the number of clients, either directly as a result of promotion or from referrals from other teachers.



# The Body Control Pilates Matwork Conversion Course

A course for qualified Pilates teachers who would like to gain a Body Control Pilates Matwork Certificate and become a part of Europe’s largest Pilates teaching community.

The 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 benchmark 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, with a minimum of one year’s teaching experience.

### 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 and Spine; Breathing and 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 final teaching assessment (sign-off class).
- Completion of two essays covering Pilates fundamentals.
- A teaching 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 of students.
- Completion of Level 3 Pilates worksheets and a written examination on Anatomy and Principles of Fitness. These are set by our Awarding Body. Please note that this element may be waived if you already hold an accredited Level 3 Pilates certification.

### COURSE OUTCOMES

Upon successful completion of the course, you will receive a Body Control Pilates Matwork Certification and complimentary first year’s membership of the Body Control Pilates Association. You will also gain Level 3 Pilates certification from Active IQ (our Awarding Body) and, if you choose, a Level 3 Pilates Teacher listing with the UK Register of Exercise Professionals or, for teachers based in Europe, an equivalent listing 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.

### WHY BECOME A BODY CONTROL PILATES TEACHER?

Since running our first Conversion Course in 2010, four key reasons for teachers joining the course have emerged:

**COMMUNITY**  
Body Control Pilates teachers are part of possibly the largest community of its kind in the world, with unique access to support, advice, networking and professional development opportunities.

**RECOGNITION**  
Body Control Pilates enjoys a leading position in terms of both public awareness and reputation for the effectiveness and quality of its teachers.

**ACCESS TO EDUCATION**  
Body Control Pilates teachers have access to more than 40 professional development courses and, for UK-based teachers, typically more than 100 workshops a year as well as our Development Weekend conference, exclusive to Body Control Pilates teachers and students.

**ENHANCING TEACHING SKILLS**  
Many teachers only had very limited opportunities to teach when training initially as some courses place little focus on this element, therefore not adequately preparing someone to start teaching a group of mixed ability clients. By gaining access to our unique supervised teaching structure, Conversion Course students gain a new confidence and skillset for the future.

# Developing your Matwork

Gaining your matwork certification is the launchpad for your future Body Control Pilates teaching career. This is the point where your investment, both from a time and financial perspective, starts to pay off. As our Matwork Certification Course is so comprehensive, we are able to plan the majority of our professional development courses as one or two days in duration.

With more than 40 different courses open to you as a teacher, it is important when planning future courses to balance what you would like to do with what perhaps is best to do to enable you to grow your teaching business successfully. We recommend that you focus initially on matwork courses that will grow your teaching repertoire by adding new content and challenges for your clients. These courses are ‘low investment’ in terms of time and money, but they offer high returns in terms of value to your teaching business. Matwork Evolution is an excellent starting point in this respect and is a very good bridge towards the more demanding work covered on the Intermediate Matwork course.

# Matwork Evolution

Matwork Evolution is ideal for teachers whose main focus is teaching group matwork classes, irrespective of the length of their teaching experience. It is, in fact, a perfect first step after starting to teach as it provides new exercises and combinations covering all planes of movement, building 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 look at developing your verbal cueing and at how you can become more creative in your teaching using 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, giving you the opportunity to fully understand and practise each exercise, so that you can quickly and easily incorporate the material into your own classes.

**ENTRY REQUIREMENT**  
Body Control Pilates matwork certification

**DURATION**  
1 day

**OUTCOME**  
Certificate of Attendance

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





# Intermediate Matwork

A ‘must do’ course. The Intermediate Matwork course is the perfect bridging course for teachers working towards the more advanced classical exercises, building on the knowledge and skills that teachers have gained from the Matwork Certification Course. Whilst this is one of the first courses that a new teacher should take, we do recommend that, in order to get the most from the course, you have several months of teaching experience beforehand.

## 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
- Teachers who did not train with Body Control Pilates must have attended the Precision of Movement course

## DURATION

2 days

## OUTCOME

Certificate of Attendance

## 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

This 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.

A detailed knowledge of the material forms a key part of the Matwork Master Teacher Certification that can be taken once this course has been attended.

## ENTRY REQUIREMENTS

Body Control Pilates Intermediate Matwork Course attendance

## DURATION

1 day

## OUTCOME

- Matwork Master Teacher examination (see page 19)
- Certificate of Attendance

## CONTINUED PROFESSIONAL DEVELOPMENT POINTS

Body Control Pilates: List A 30 points

# Precision of Movement for Pilates Teachers

Ideal for teachers of all levels of experience, it is particularly recommended for teachers thinking of working towards a Level 4 Pilates qualification. For teachers who did not train initially with Body Control Pilates, this provides an important introduction to our approach and is a prerequisite for attending the Intermediate Matwork course.

## CONTENT

This mat-based course focuses on movement at joint level. Analysis of exercises will enable you to gain a clear understanding of the objectives and of the exact movement involved, including range of movement. Emphasis will be placed on the start positions as well as on the movement itself, giving an insight into why things go wrong. The aim is to give a deeper understanding of each exercise and to consequently enhance the ability to improve quality of movement.

## 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

# The Body Control Pilates Matwork Master Teacher Certification

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

## CONTINUED PROFESSIONAL DEVELOPMENT POINTS

Body Control Pilates: List A 20 points







# Level 4 Pilates



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. Body Control Pilates helped to create this qualification and were the first training provider to deliver it.

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 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, and strokes.

A few years later, agreement was given to the principle that teachers should be able to formally demonstrate a higher level of knowledge and competence in the non-medical sector by also gaining Level 4 status. A condition of this, however, was that that such qualification must incorporate a significant degree of new knowledge and skills when compared to the existing Level 3 standard for that discipline – both in terms of the approach to assessment and movement, as well as to the ability to adapt its application to meet the needs of special population groups.

The Level 4 Pilates qualification is now firmly established as a benchmark that helps to set Pilates teachers apart and give them a competitive edge in the marketplace.

## 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. Movement and Adaptations, the two 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.

## ENTRY REQUIREMENTS

Level 3 Pilates certification





Movement



ASSESSMENT & ANALYSIS, PRESCRIPTION & PROGRAMMING

This course forms the hub of the Body Control Pilates Level 4 Pilates qualification. The knowledge and skills that will be developed can be applied across a wide spectrum of courses, including studio equipment. As an outcome of this course, you will know how to accurately assess the biomechanical capabilities of clients on both a physical and technical level. You will know how to 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 content includes: 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

Level 3 Pilates certification

DURATION

2 days

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

PROGRESSION AND REGRESSION IN A PILATES ENVIRONMENT

Adaptations follows on from the work covered in the Movement course and is focused more on the application of the knowledge gained from that course by developing a further understanding of the modes of progression and regression available in a Pilates exercise environment. Whilst we encourage anyone who has attended this course to work towards their Level 4 Pilates qualification, as with Movement, the knowledge and skills learnt can be applied across the spectrum of courses within the Level 4 Pilates structure and beyond, thereby providing an added value to your Pilates teaching.

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

Prior attendance of the 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

Level 4 Pilates Qualification Structure

In order to gain the Level 4 Pilates certification, you must gain a minimum of 18 credits through course attendance and by passing the assessments related to the three mandatory courses and the special populations courses. This qualification only covers Pilates matwork and allows you to select from a range of courses, so that you can focus on your main areas of interest.

LEVEL 4 PILATES MANDATORY COURSES  
TOTAL CREDITS: 11

	NUMBER OF CREDITS	ASSESSMENT
Movement	6	Workbook
Adaptations	3	Workbook
Intermediate Matwork	2	Workbook
and Case Study covering all three courses		

GROUP A: SPECIAL POPULATIONS  
YOU MUST GAIN AT LEAST 7 CREDITS FROM THIS GROUP

	NUMBER OF CREDITS	ASSESSMENT
Pregnancy 1 and 2	5	Workbook
Pilates for the Older Person	6	Workbook
Pilates for Children – Foundation Day and Programmes	9	Workbook Session Plans Teaching Assessment
Pilates for Bone Health	3	Workbook





# Enhancing your Classes

Many Pilates matwork teachers may not wish to go on and train in the more traditional Pilates studio equipment, whether for reasons of practicality or because of the financial outlay involved in purchasing equipment. Many teachers have built a very successful business based on group classes and have learnt the value of enhancing their classes by offering new challenges to their clients by introducing small equipment or by doing more standing work.

Applying the exercises learned in these courses is a very cost-effective way of developing a group teaching business by adding variety for established clients or by bringing in new clients who may prefer may to work with accessories as soon as they have mastered the fundamentals.

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. Whether teaching clients on a one-to-one basis or within a group class format, our small equipment and Standing courses will give teachers a wider choice of exercises to continue to add variety to classes and to help clients learn new skills.

# 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 highly effective 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 looking at 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

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





Pilates with the Foam Roller

Small Ball and Toning Circle

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 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 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

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



These are very popular items of equipment used by many Pilates teachers to add variety 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 and provide support and feedback, as well as facilitating many familiar Pilates exercises by helping the client focus on recruiting key stabilising muscles more effectively. This often makes the exercise feel more physically challenging but, conversely, easier to perform. One of the most important benefits of their application is to focus the client on 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 small ball (overballs and TriadBalls™) and the Toning Circle (often called the Magic 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

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

Spine Corrector and Pilates Arc

The lightweight Pilates Arc and the more traditional Spine Corrector (Step Barrel) will both add another dimension to your Pilates matwork one-to-one or group teaching. They can be used to enhance functional strength by challenging the body in all planes, as well as encouraging 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 advanced, increasing ranges of movement and challenging control and balance with a reduced base of support.

**CONTENT**  
This course introduces teachers to a number of exercises with variations across all levels of ability. It 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



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 of 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

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



# Pilates on the Core Fitness Roller (MOTR)

The MOTR Core Fitness Roller is a perfect tool for bringing machine-style resistance work into your 1:1 or small group teaching, wherever you are. Weighing in at just 9kg and with a shoulder carry-strap, it is highly portable and is becoming an increasingly popular accessory for Pilates teachers. This course will look at how the MOTR can be used to challenge stability and balance and to increase proprioception skills through a variety of positions. Varying levels of resistance enable you to work with clients at both beginner and intermediate/advanced level.

### CONTENT

Specific attention will be given to safety considerations, to the range of exercises that can be performed, and to techniques and guidance for progressing clients on the MOTR. Exercises will be drawn from the current matwork and machine repertoires, specially adapted to offer maximum challenge and benefit when performed on the MOTR and to make full use of the multidirectional opportunities that the MOTR offers.

### 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



# Pilates on the Ball

The Gym Ball (also known as a Physio Ball) is a fun and highly functional piece of fitness equipment that challenges core stability and proprioception. This course looks at how we can best use the Ball in the Pilates environment, further demonstrating its viability 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 be an excellent equipment choice for Pilates teachers.

### CONTENT

This course takes teachers through more than 30 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.

### 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

# 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 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, where available, of the UK National Qualifications Framework for each given sector, with the result that, by passing the required course assessments, teachers will gain a nationally recognised qualification for that category of client.



PILATES FOR LIFE BY LYNNE ROBINSON AND CARMELA TRAPPA IS PUBLISHED BY KYLE BOOKS (£18.99). PHOTOGRAPHY BY DAN DUCHARS.





# Pilates and Pregnancy 1: Antenatal Pilates

As Pilates teachers, we have a unique and privileged opportunity to work closely with pregnant women to ensure that, during the pregnancy, they remain healthy and comfortable, preparing them for the birth itself and for the demands of early motherhood. It is essential that any teacher wanting to work with pregnant clients attends this and the Pregnancy 2 course and gains the Level 3 qualification.

## CONTENT

The aims of this lecture-based course are to:

- discuss the main contraindications to exercise during pregnancy and the risk of miscarriage
- 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)
- review considerations with regard to supine hypotensive syndrome and positional hypotension
- identify the main warning signs for when to stop exercising.
- 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
- take a brief look at the main postnatal exercise guidelines

## ENTRY REQUIREMENTS

Level 3 Pilates Teacher or recognised equivalent qualification

## DURATION

1 day

## OUTCOME

- Certificate of Attendance
- See Pregnancy 2 Outcome

## CONTINUED PROFESSIONAL DEVELOPMENT POINTS

- Body Control Pilates: List A 30 points
- Gaining certification attracts a further List A 30 points.

# Pilates and Pregnancy 2: Ante- and Postnatal Programmes

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

## CONTENT

This aims of this practical course are to:

- review guidelines on return to exercise and client enrolment for postnatal clients
- 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’)
- examine the different methods of delivery and their impact on the pelvic floor
- study safe stretching techniques for ante- and postnatal mothers
- examine common ante- and postnatal conditions, including pubis symphysis dysfunction and sacroiliac pain
- present guidelines on exercise strategies, including suitable exercises for each stage of pregnancy and for the postnatal period
- review contraindications and precautions for ante- and postnatal exercise
- look at further advice regarding supine hypotensive syndrome
- examine how postnatal lifestyle changes affect the body and offer general advice on how to cope with these problems
- review guidelines on antenatal cardiovascular activities

## ENTRY REQUIREMENTS

Pilates and 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 are distributed during the course.

## CONTINUED PROFESSIONAL DEVELOPMENT POINTS

- Body Control Pilates: List A 30 points
- Gaining certification attracts a further List A 30 points



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, in its most recent guidelines, NICE (the National Institute for Health and Care Excellence) has continued to emphasise the role that appropriate exercise should play in the treatment of low back pain. This is supported by independent research studies.

Body Control Pilates has created its Back4Good® Programme with this in mind, based on specially adapted Pilates exercises to be taught in a one-to-one or small group environment. There are now in the region of 300 qualified Back4Good® Practitioners, who are exclusively able to offer ‘Healthy Back’ classes geared specifically to the prevention and management of low back pain. All of these Practitioners are qualified Body Control Pilates teachers. Many have gone on to take additional assessments related to the Level 4 Low Back Pain Specialist Instructor, enabling them to receive referrals from GPs and other medical practitioners.

CONTENT

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 three 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

ENTRY REQUIREMENTS

This course is only open to Body Control Pilates teachers

DURATION

3 tuition days, plus self-study for assessments and examinations

OUTCOMES

There is a two-stage certification process, geared to the following qualifications:

1. Back4Good® Practitioner

This enables someone to deliver the ‘Healthy Back’ programme and to be listed on the Body Control Pilates website as a specialist in Low Back Pain. ‘Healthy Back’ classes are geared to the prevention of low back pain and the management of chronic low back pain with smaller class sizes, adapted exercises and a tailored Enrolment Form. After attending the tuition

days, students must pass a Worksheet assessment to gain Back4Good® Practitioner status. This also entitles them to be listed as a ‘BackCare Professional’ on the BackCare website.

2. Level 4 Specialist Instructor in Low Back Pain

This is awarded by Active IQ, the Awarding Body we work with across all of our Level 2 to Level 4 qualifications. After gaining their Back4Good® Practitioner certification, teachers who want to go on and gain the Level 4 need to hold, or to gain, a Level 3 Exercise Referral qualification, after which they must successfully complete a Case Study and pass a practical teaching assessment.

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

- Body Control Pilates: List A 90 points for attendance of the tuition modules
- An additional List A 30 points for gaining the Back4Good® Practitioner qualification
- A further List A 40 points for going on to gain the Level 4 Specialist Instructor qualification

HEALTHY BACK CLASSES

*“The Back4Good® programme fulfils one of the three Core Treatments for the 2009 NICE Guidance on Back Pain: Regular Exercise. I have treated hundreds of patients for whom Back4Good® has played an important role in keeping them free of back pain and allowing them to function normally. I strongly recommend it.”*

**Nick Birch FRCS (Orth)**  
Director of Spinal Rehabilitation,  
The Chris Moody Centre, Moulton, Northants.

The Healthy Back group class is an effective way to strengthen the back or to prevent back pain. Based on the world-renowned Body Control Pilates matwork programme, these classes (one-to-one sessions are also available) provide a gentle, balanced workout with the focus on strengthening the abdominals that do so much for posture and for supporting the back. Class sizes are small so that participants get maximum attention in a supportive environment.

A Back4Good® Practitioner will initially teach clients the Pilates ABCs – Alignment, Breathing and Centring (Core Stability), and then move on to a series of exercises designed to control movements and improve posture, increasing both the strength and the flexibility of the back.







PILATES FOR LIFE BY LYNNE ROBINSON AND CARMELA TRAPPA IS PUBLISHED BY KYLE BOOKS (£18.99). PHOTOGRAPHY BY DAN DUCHARS.

## 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 one in four.

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 examines 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.

### ENTRY REQUIREMENTS

Level 3 Pilates Teacher or recognised equivalent qualification

### DURATION

2 days

### OUTCOMES

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

### CONTINUED PROFESSIONAL DEVELOPMENT POINTS

- Body Control Pilates: List A 60 points
- Gaining certification attracts a further 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 essential that any teacher wanting to work with clients with osteopenia or osteoporosis attends this course and gains the related 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 Pilates teachers teach clients from within the Target 1 and 2 groups. The aims of the course are:

- To briefly examine osteoporosis, osteopenia, fracture sites, risk factors, BMD testing



PILATES FOR LIFE BY LYNNE ROBINSON AND CARMELA TRAPPA IS PUBLISHED BY KYLE BOOKS (£18.99). PHOTOGRAPHY BY DAN DUCHARS.

- 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

**OUTCOMES**

- Certificate of Attendance
- Participants may take the Active IQ [Level 3 Award in Understanding Physical Activity \(Pilates\) and its Impact on Bone Health](#) by passing Workbook and Case Study assessments. Full information and materials are given during the course.

**CONTINUED PROFESSIONAL DEVELOPMENT POINTS**

- Body Control Pilates: List A 30 points
- Gaining certification attracts a further List A 30 points

# Pilates for Children and Adolescents

Our Children's courses were developed in response to a growing demand from schools, children's groups, dance schools and more, underpinned by new government initiatives designed to encourage children to include more physical activity in their daily life. Whilst they 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 before teaching children on a regular basis.

Our Pilates for Children and Adolescents programme comprises two courses:

**FOUNDATION DAY**

Just one hour of exercise a day could transform the health of children not only now, but also 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 lecture-based day lays the foundation for teaching children of all ages and is a prerequisite before attending the Children's Programmes course. 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

**OUTCOMES**

- Certificate of Attendance
- Participants may take the Active IQ [Level 2 Certificate in Planning and Instructing health-related exercise and physical activity \(Pilates\) for Children and Adolescents](#) by attending both Children's courses and passing Workbook and teaching assessments. Full information and materials are given during the course.

**CONTINUED PROFESSIONAL DEVELOPMENT POINTS**

- Body Control Pilates: List A 30 points
- Gaining certification attracts a further List A 30 points

**PROGRAMMES**

Building on the background covered in the Foundation Day, this is essentially a practical course that will further explore how to work with children and adolescents in a matwork setting. We will look at how to put together a programme that has the goal of helping child development in a variety of ways, including improving children's movement and coordination skills.

Day 1 of the course focuses on 5-11 year olds and will fully explore and determine the aims of Pilates sessions for children; create fun Pilates matwork programmes using stories, rhymes, games and, of course, Pilates exercises; adapt Pilates exercises to be used appropriately in a child-friendly environment; review our teaching skills and, at the same time, consider how Pilates teachers need to adapt their approach when teaching children in this age group.

Day 2 will move on to consider the teaching of 12-16 year olds. So many of the postural and movement problems that we see in adults start in adolescence. This mainly practical day will focus on how Pilates can help prevent these common problems, as well as considering how Pilates teachers can help youngsters cope with the stresses of peer pressure, examinations and simply growing up! We will explore how to adapt the exercises and approach for teenagers, looking at ways to keep them engaged and motivated.

**ENTRY REQUIREMENTS**  
Children's Foundation Day attendance

**DURATION**  
2 days

**OUTCOMES**

- 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](#) after attending both courses and passing Workbook and teaching assessments. Full information and materials are given during the course.

**CONTINUED PROFESSIONAL DEVELOPMENT POINTS**

- Body Control Pilates: List A 60 points
- Gaining certification attracts a further List A 30 points





# Pilates and Scoliosis

As a Pilates teacher you often have clients coming to you for help with their scoliosis. This course is designed to give teachers an understanding of the condition and the knowledge to create a tailored exercise programme.

Whilst Pilates (or any other physical activity) cannot fully ‘correct’ a scoliosis, it can contribute to alleviating the tension and strain on the body that arise directly from its postural deviations. Pilates can also be beneficial in improving posture, health, physical awareness and fitness and it can facilitate an increase in overall functionality. This two-day course will review the types and mechanics of scoliosis, looking in detail at the anatomy and at the latest research. It will focus on how to identify the plane of the deviations and asymmetry of the body and then look at how to enrol and assess clients and then apply the Body Control Pilates matwork repertoire, adapting exercises where needed to improve areas of weakness and to facilitate improved movement patterns. Small props will be used to help clients work more effectively and we will also explore several new exercises created specifically for this course.

Whilst both days will involve a mix of theory and practical, Day 1 will mainly be lecture-based and Day 2 will be a mainly practical day.

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

**DURATION**  
2 days

**OUTCOME**  
Certificate of Attendance

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

# Pilates and Hypermobility

The Assessment and Management of Hypermobility and Associated Conditions for Pilates teachers.

Hypermobility is the term used to describe the ability to move joints beyond the normal range of movement. Joint hypermobility is common in the general population, whether present in just a few joints or widespread. It is most common in childhood and adolescence, in females, and Asian and Afro-Caribbean races and tends to lessen with age. For many, joint hypermobility is of no medical consequence and commonly does not give rise to symptoms. Hypermobility can, in fact, be considered an advantage for some, as gymnasts, dancers, swimmers and musicians might be selected because of their extra range of movement. For a small percentage of the population, instead of being advantageous, hypermobility may be associated with joint and ligament injuries, pain, fatigue and other symptoms. It may occasionally also be a sign of a more serious underlying condition, often passed down through the generations.

Our overall Pilates and Hypermobility course programme has been written in conjunction with a leading expert in this field. It comprises two days, divided into an initial ‘Foundation Day’ course, followed later by a day more focussed on Application and Programmes. Both days will provide participants with the latest research about hypermobility and the related conditions and will evaluate the role of Pilates in both the prevention of problems and in the management of the condition. Both days involve theory and practical. Day One (the Foundation Day) will focus more on underlying theory, assessment and principles of treatment whilst in Day Two, which will be more case-based, attendees will have the opportunity to reflect on the Foundation Day content and then create progressive exercise plans for people with a range of different presentations. The aims of the course include:

- reviewing the prevalence and cause of hypermobility and associated conditions
- learning how to assess hypermobility and associated movement dysfunctions
- exploring the role of Pilates training within the context of the multidisciplinary team in the management and ongoing wellbeing of people with hypermobility syndromes
- creating holistic programmes including the use of mat work, small accessories and weights, and general lifestyle advice aimed to meet the specific needs of the clients

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

**DURATION**  
2 days in total

**OUTCOMES**

- Certificate of Attendance
- A short assessment document is handed out on Day Two. Teachers who pass this assessment will have their details included in a Hypermobility specialist teacher listing.

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



# Pilates in Breast Cancer Rehabilitation

This important programme was developed by a team including a leading specialist in the area of breast cancer rehabilitation.

Our Pilates in Breast Cancer Rehabilitation programme comprises two courses:

## 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. Attendees also have access to supporting publications from Macmillan.

**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

## PROGRAMMES

This 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 one-to-one 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**  
Breast Cancer Foundation Day attendance

**DURATION**  
1 day

**OUTCOME**  
Certificate of Attendance

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

# Exercise Referral for Pilates Teachers (Level 3 Diploma)

Physical inactivity leads to about 37,000 premature deaths each year in England alone and costs the UK economy approximately £20 billion annually. Projections indicate that inactivity levels will increase by 15 per cent by 2030. Pilates Teachers are well placed to help turn the tide and encourage physical activity as a lifelong habit. In order to do this effectively we need to develop both our skills and our understanding of how some conditions are affected by activity, or lack of it.

By enrolling for this self-study course, completing the self-study work and passing the assessment (including a Case Study) you will gain a Level 3 Diploma in Exercise Referral. This is an area that is generating increasing demand for Pilates teachers and this course and externally accredited qualification will enable you to help in disease management and health promotion by working with clients with the conditions covered on this course. You may also play an active role with medical professionals in your area as part of an exercise referral scheme, opening up a significant market and adding value to your teaching business.

Please note that any teacher wanting to gain a Level 4 Specialist Instructor qualification in Low Back Pain (or other Level 4 medical condition topics) must hold a Level 3 Diploma in Exercise Referral beforehand.

**ENTRY REQUIREMENTS**  
Level 3 Pilates certification

**DURATION**  
Self-study

**OUTCOME**

- Certificate of Attendance
- Participants may gain the Active IQ [Level 3 Diploma in Exercise Referral](#) by passing the assessments detailed below. This requires attending an Assessment Day.

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

OVERVIEW OF EXERCISE REFERRAL ASSESSMENTS	
UNIT	ASSESSMENT
Anatomy and Physiology for Exercise and Health	Multiple choice exam (Those who have already completed this as part of their Level 3 Pilates may be exempt from this paper)
Professional practice for Exercise Referral Instructors	Worksheet
Understanding Medical Conditions for Exercise Referral	Worksheet
Applying the Principles of Nutrition and Physical Activity	Multiple Choice Exam and Case Study
Planning Exercise Referral Programmes with Patients	Worksheet and Case Study
Instructing Exercise with Referred Patients	Worksheet and Observed Teaching Session



# Understanding...

Our ‘Understanding...’ programme comprises a series of one-day courses aimed at giving a detailed insight into specific medical conditions with a particular viewpoint as to how Pilates can help in managing a condition and supporting quality of life from both a physical and mental viewpoint.

## Understanding Cancer

### Dispelling the myths and discussing the facts

Cancer is a top priority for the NHS with recent statistics indicating that 1 in 2 people will develop some form of cancer during their lifetime. There are 2 million people living with and beyond cancer in the UK and, with survival rates increasing and a population that is ageing, addressing the needs of that population is an ongoing challenge.

Rehabilitation and physical activity interventions are hugely important to help people living with and beyond cancer maximise quality of life and function. The aim of this course is to provide teachers with an overview of cancer and how it is treated. We will look at a wide range of common cancers and will use Case Studies to give participants a better understanding of the contribution that Pilates can offer as part of the recovery and rehabilitation process.

In so doing, we will explore the wider role that physical activity can play and consider associated evidence underlining the benefits. We will also review exactly what cancer is; consider risk factors and treatment approaches and try to understand the spectrum of consequences related to particular treatments, whilst dispelling myths and misunderstandings about key issues such as fatigue and pain. This course is strongly recommended for any teacher who has concerns about working with a client who has, or has had a history of, cancer and is anxious about how to look after them and exercise in a safe way.

**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

## Understanding Medical Conditions

This course will review many common conditions that occur amongst our current client population and give both advice and exercise considerations. Conditions covered include hypertension, hypercholesterolaemia, chronic obstructive pulmonary disease (COPD), asthma, obesity, diabetes, osteoarthritis, rheumatoid arthritis, joint replacement, osteoporosis, simple mechanical back pain, depression, stress and anxiety.

Whilst this can be attended as a stand-alone course, it also serves very effectively as a Foundation Day for those teachers who want to go on and gain the Level 3 Exercise Referral Diploma.

**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

## Understanding Neurological Conditions

This course explores the benefits that Pilates can offer to people affected by long-term neurological conditions and shows how to promote movement and control as being central to health and well-being.

It will cover:

- identification and description of the conditions
- evaluation of their effect on the movement and cognitive systems
- client-centred goal setting
- how an adapted form of Pilates, as a part of a multidisciplinary team, can play an active role in helping with gait, posture, balance, transfers and upper limb function
- how the mind-body connection encourages “neuroplasticity” (the brain’s ability to reorganise itself through new neural connections), sometimes helping to recover damaged brain functions

It will then review learning strategies to improve the ‘functional performance of daily living’ and to help maximise independence throughout the course of the conditions, as well as considering how offering various positions to work on (such as lying down, seated, standing) makes exercise easily accessible for clients with impairments, irrespective of fitness level. We will also look at how Pilates helps in overcoming emotional states such as anxiety, depression and loneliness as there have a higher occurrence in neurological clients than in the general population.

**ENTRY REQUIREMENTS**

- Level 3 Pilates Teacher or recognised equivalent qualification
- Prior attendance on the Pilates for Older Person course is recommended

**DURATION**  
1 day

**OUTCOME**  
Certificate of Attendance

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



PILATES FOR LIFE BY LYNNE ROBINSON AND CARMELA TRAPPA IS PUBLISHED BY KYLE BOOKS (£18.99). PHOTOGRAPHY BY DAN DUCHARS.



# Performance and Sport

Many of the clients in Joseph Pilates’ New York Studio in the 1920s were athletes and performers. From participants of top-level sport to 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 unprecedented popularity at all levels of sport and the performing arts – with athletes and performers but also 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), the England cricket team, and with leading individuals from the worlds of golf, rugby, cricket and tennis. We also work with the Professional Footballers Association (PFA). Many of our teachers work locally with sports teams and with individuals from amateur to world class level.

Through this work, we have amassed a depth of knowledge that has been incorporated into our Performance and Sport curriculum, including a number of practical ‘programming courses’ where we examine the needs of, and exercise considerations for, specific sports or activities.

## BODY CONTROL PILATES AND THE PFA

Body Control Pilates is proud to be working closely with the Professional Footballers Association (PFA) through a scheme that enables footballers to train as Body Control Pilates teachers as they approach the end of their playing career. Pilates is something that players are increasingly familiar with as it has become an established part of the training and rehabilitation regime for almost all familiar clubs. It is therefore a logical step that players are interested in a new career teaching Pilates, whether that is in the general marketplace or in the football environment.



LENELL JOHN-LEWIS AND JON ASHTON ARE TWO OF THE FIRST PFA MEMBERS TO GAIN CERTIFICATION.

# Pilates for Performance

This 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! Pilates for Performance complements the client-centred approach introduced on the Movement and Adaptations courses, honing the skills developed during these courses to support the ultimate goal for any performer – optimal performance. Whilst this course can be attended on a stand-alone basis, we do recommend prior attendance of the Movement and Adaptations courses if possible.

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

- Level 3 Pilates Teacher or recognised equivalent qualification
- Prior attendance on the Movement course is recommended

## DURATION

1 day

## OUTCOME

Certificate of Attendance

## CONTINUED PROFESSIONAL DEVELOPMENT POINTS

Body Control Pilates: List A 30 points

# Pilates for Runners

Running is a natural end product of our body’s evolution. Runners come in every shape and size and they run for a host of different reasons – whether as a social or leisure activity, within a sport, as training or preparation for a sport, or performance running over shorter or longer distances.

This course is aimed at any Pilates teacher wanting to refine the way they work with clients who run. The material covered will help ensure that the approach and exercises that you employ with ‘runner clients’ complement and support the clients’ objectives rather than work against them. The focus of the course content follows on directly from the Performance course (a prerequisite for attendance) and looks at how we can best modify the work we do to help with the three areas where performance-centred clients may want input – rejuvenation, maintenance and performance enhancement. During the course, we will examine how running techniques and related demands vary by sport, as well as looking at appropriate exercises for a range of clients in this category.

## ENTRY REQUIREMENTS

Prior attendance on the Pilates for Performance course

## DURATION

1 day

## OUTCOME

Certificate of Attendance

## CONTINUED PROFESSIONAL DEVELOPMENT POINTS

Body Control Pilates: List A 30 points





# Pilates for Dancers

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. It has a role to play whatever age and stage a dancer is at, as the demands of the body are constantly changing. A dancer may need more strength or flexibility; may be stuck in a movement 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 and contemporary dance.

- ENTRY REQUIREMENTS
- Level 3 Pilates Teacher or recognised equivalent qualification
  - Prior attendance of the Pilates for Performance course

DURATION

1 day

OUTCOME

Certificate of Attendance

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

Body Control Pilates: List A 30 points

# Pilates for Equestrians

Pilates exercises are now commonly used as part of a rehabilitation or training programme for equestrians from the novice through to the competitive rider.

The aim of this course is to review the biomechanics of riding and equine movement and consider the common imbalances seen in riders within the different specialities, such as dressage and show jumping. Our goal is to develop rider-specific exercise programmes that are tailored to the needs of the individual. This course is aimed mainly at teachers with some or no knowledge of riding, but who may have equestrian clients. It is not aimed at teachers with extensive experience or who may be working with elite riders. The course will also have a practical component looking at the assessment of rider asymmetry, reviewing the key muscles and joints used in riding and the effects of the interactions between the horse, rider and saddle.

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

# Pilates for Golfers

*“The Body Control Pilates for Golfers programme is really effective for improving performance and reducing the risk of injury. It helps to promote quality, range and control of movement and to enhance the golf swing.”*

**Dr. Andrew Murray**  
(Sports and Exercise Medicine Doctor)

Golf England suggests that a staggering 4 million people are estimated to have played golf in the UK and an equally impressive 1 million people play on average once a week. In fact, over 1 million people are members of the 2,000 or so golf clubs around the country. Adding in those courses that are ‘pay and play’ this brings the total number of golf courses in the UK to nearer 3,000. While figures may vary, there is no dispute that golf at all levels is now a huge industry in the UK and Europe. Amateur golfers continue to chase the holy grail of improving their handicap. With this in mind, amateur golfers have a passion for the game that is only matched by their enthusiasm to embrace anything that may potentially help their game. Whilst we cannot stray into the remit of professional golf coaches who work on technique, swing and more, we can help to improve the physical performance and condition of golfers and reduce their risk of injury.

Pilates is now part of the training and conditioning regime of almost every top golfer and, most importantly, part of their rehabilitation process after injury. Yet it also has a role to play in helping the everyday golfer to maximise their performance. This new one-day course is endorsed by golf

professionals and by leading medical practitioners who work with elite golfers. It is designed to give participants a greater understanding of the movement necessary for a good golf swing. It will explore common movement faults and the types of injuries that these can typically cause in golfers. This course is very practical as we look at how Pilates exercises, with many creative adaptations, can address these issues and help golfers perform to the peak of their potential. The last part of the day will look at how you can best make contact with your local golf clubs and golfing community and then recommend how you can organise and structure one-off clinics, regular classes or one-to-one sessions. We will also look at how you need to adapt your teaching techniques when working with this client base. A range of marketing materials will be available to support you as you develop your own ‘Body Control Pilates Golf’ business stream.

ENTRY REQUIREMENTS

Level 3 Pilates Teacher or recognised equivalent qualification

DURATION

1 day

- OUTCOME
- Certificate of Attendance
  - Listing on Body Control Pilates for Golf website page

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

Body Control Pilates: List A 30 points







# The Body Control Pilates Studio Equipment Programme

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 demand for Pilates 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 Beginner and Intermediate courses 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.



# Reformer 1 (Beginner and 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, usually over alternate weekends but we do offer ‘intensive’ courses several times a year for teachers who may be travelling a long distance. Modules comprise both theory and practical work. 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. Whilst this is not a formalised process, as is the case with the Matwork Certification Course, 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. We recommend that students ideally 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

Students are not considered able to teach clients on the Reformer until they have gained their 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 the exam is booked.

### CONTINUED PROFESSIONAL DEVELOPMENT 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 order of the complete classical Reformer repertoire is 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. The course notes include exercise photographs.

## 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 Beginner 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 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 given to the principles and knowledge that set our equipment training apart from other Pilates training providers. These include: understanding spring resistance and load; equipment set-

### ENTRY REQUIREMENTS

Body Control Pilates Reformer Certification

### DURATION

4 Days

### OUTCOMES

- 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 POINTS

Body Control Pilates: List A 100 points

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 75 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). Gaining certification on this course does not provide access to membership of the Body Control Pilates Association.



# Cadillac 1 (Beginner)

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 a Tower (half-Cadillac) fitted to a Reformer, with the addition of a drop-in mat. This means that many of the benefits of exercising on the Cadillac can also be enjoyed with a smaller, more compact studio or in-home set-up.

This 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 (certification not required)

**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 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 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 POINTS**  
Body Control Pilates: List A 60 points



# 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**  
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 does form a key part of the Studio Master Teacher Certification examination.

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





## Chair 1 (Beginner to 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 are taught on this course.

### ENTRY REQUIREMENTS

Body Control Pilates Reformer 1 attendance. If you would like to attend this course without having taken a Reformer course, please contact us.

### DURATION

2 Days

### OUTCOME

Certificate of Attendance

### CONTINUED PROFESSIONAL DEVELOPMENT POINTS

Body Control Pilates: List A 60 points

## 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 POINTS

Body Control Pilates: List A 60 points



# The 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 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 90-minute 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 beginner and intermediate level exercises utilising all the key pieces of Pilates studio equipment.

### EXAMINATION FORMAT

Candidates must submit a Beginner and Intermediate level lesson plan incorporating the Reformer, Cadillac, Chair and Barrel. Candidates must then teach an intermediate level client a 90-minute one-to-one session 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 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 and Cadillac 3 courses. Candidates must take an 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

Firstly, candidates must submit a Beginner and Intermediate level lesson plan incorporating the Reformer, Cadillac, Chair and Barrels. Candidates must then teach an advanced level client a 75-minute one-to-one session incorporating those pieces of equipment.

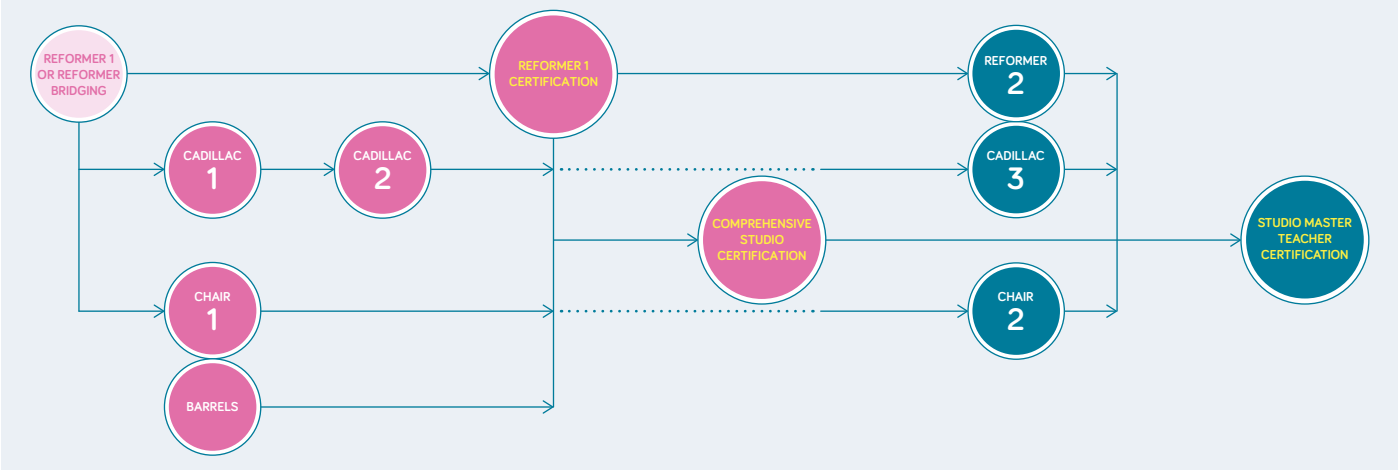
### CERTIFICATION

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 POINTS

Body Control Pilates: List A 20 points

### EQUIPMENT CERTIFICATION ROUTE PLANNER





# Development Weekend Conference

Body Control Pilates is proud to hold one of the foremost Pilates conferences each year in London. It is unique in the Pilates world in that access is only open to Body Control Pilates teachers and students. The ‘Development Weekend’, as it is known, has grown beyond recognition in its 20-plus years of existence. It started with a small handful of lectures and classes in our original South Kensington studio and has now grown into an event with more than 75 lectures, classes and workshops led by presenters from within Body Control Pilates and from around the world, drawn from the worlds of Pilates, movement, medicine and sports performance.

It is seen as an annual coming together of the Body Control Pilates family, with typically 400 attendees for all or part of the weekend, attracted by the content and the chance to catch up with old acquaintances. The event is held in the Royal College of Physicians, one of London’s most prestigious conference venues.



# Professional 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.

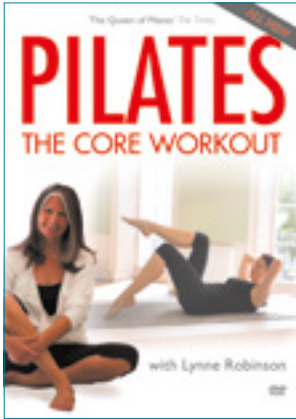
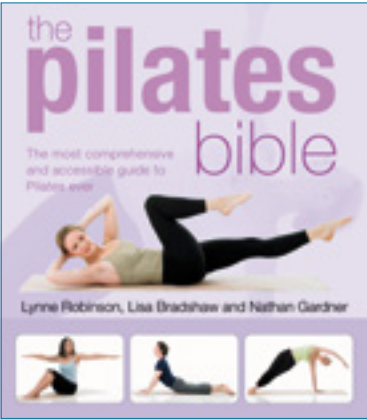
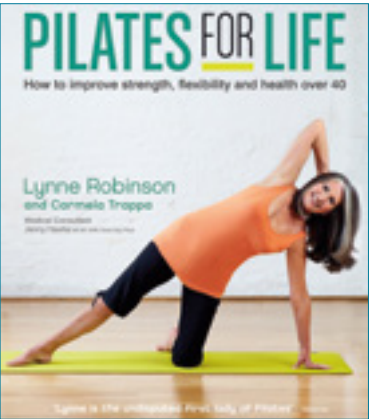
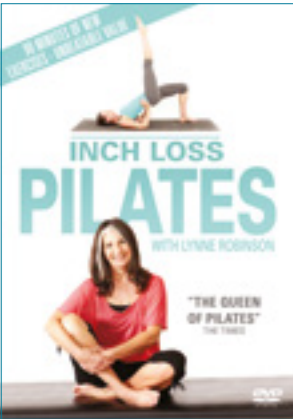
We also consider it vital that Body Control Pilates teachers have access and exposure to experienced teachers and course tutors with varied Pilates backgrounds and with different areas of expertise. For this reason, we typically offer between 50 and 100 workshops each year. These are offered by leading external presenters drawn from across the globe and by our senior Body Control Pilates tutors and cover an extremely broad range of subjects, including medical topics, Pilates matwork, Pilates studio equipment, classical work, myofascial work, gait and walking, looking after your health and wellbeing as a Pilates teacher, postnatal considerations, and much much more.



# Body Control Pilates Books and DVDs

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 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.



# Body Control Pilates Accessories

Body Control Pilates offers a wide range of products and accessories for studio, group class or home use. 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 online store at [www.bodycontrolpilates.com](http://www.bodycontrolpilates.com) or by contacting the Body Control Pilates office.



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The Body Control Pilates Group  
Body Control Pilates Centre  
35 Little Russell Street  
London, WC1A 2HH England

T +44 (0)20 7636 8900  
F +44 (0)20 7636 8898  
E [info@bodycontrol.co.uk](mailto:info@bodycontrol.co.uk)

[www.bodycontrolpilates.com](http://www.bodycontrolpilates.com)

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