

COMPREHENSIVE PILATES INSTRUCTOR, CERTIFICATE OF ACHIEVEMENT

Banner Code: 1_CN_CPIL
Financial Aid Eligible

The Comprehensive Pilates Instructor Certificate of Achievement prepares students to teach in a privately owned dance, fitness or Pilates studio, physical therapy clinic, recreational facility, or health club. Courses taught by Pilates certified specialists cover the theory and technique surrounding various Pilates apparatus (Reformer, Cadillac, Tower, Wunda or combination chair). Students will learn methods to determine appropriate conditioning programs for people of all ages and physical conditions. To prepare students for employment, instruction uses both classroom work, with a variety of instructional methods (lecture, lab/ demonstration, independent and group projects), and supervised off-site internship experiences.

Program Outcomes

1. Successfully teach a Pilates Mat and apparatus class (utilizing Reformer, Cadillac, Tower, Wunda or Combination chair).
2. Communicate effectively through clear demonstration and verbal cueing using appropriate terminology and safety measures.

Review Graduation Requirements (<https://catalog.cccd.edu/orange-coast/graduation-requirements/certificates/#achievementtext>).

Recommended Prior to Internship 2 - Current First Aid/CPR Certification

Course	Title	Units
Required Courses		
<i>Core Courses</i>		
DANC A108	Pilates Mat Work	1
DANC A119	Kinesiology For Dance	3
DANC A151	Pilates as a Profession	1
Pilates Methodology (1.5 units from each class)		3
DANC A129	Pilates Methodology 1 (Must take 1.5 units)	
DANC A229	Pilates Methodology 2 (Must take 1.5 units)	
DANC A152	Pilates Apparatus 1	2
DANC A153	Pilates Apparatus 2	2
DANC A215	Pilates Internship I	1
DANC A217	Pilates Internship 2	1
<i>Restricted Electives - Select two units of the following:</i>		2
DANC A106	Strength and Stretch	
DANC A107	Conditioning for Dance	
DANC A115	Yoga For Dancers	
or DANC A225	Yoga for Dancers 2	
DANC A118	Movement for Longevity	
DANC A139	Gyrokinesis	
Total Units		16

Program Sequence

These sequences at Orange Coast College are curriculum maps for students to finish all requirements for the certificate. There may be advisories, prerequisites, or time requirements that students need to consider before following these maps. **Students are advised to meet with an Orange Coast College Counselor for alternate sequencing.**

Course	Title	Units
Year 1		
Semester 1		
DANC A108	Pilates Mat Work	1
DANC A119	Kinesiology For Dance	3
DANC A129	Pilates Methodology 1 (Must take 1.5 units)	1-2
DANC A152	Pilates Apparatus 1	2
DANC A215	Pilates Internship I	1
CERT RESTRICTED ELECTIVES- CHOOSE ONE UNIT (See Requirements)		1
Units		9-10
Semester 2		
DANC A151	Pilates as a Profession	1
DANC A153	Pilates Apparatus 2	2
DANC A217	Pilates Internship 2	1
DANC A229	Pilates Methodology 2 (Must take 1.5 units)	1-2
CERT RESTRICTED ELECTIVES- CHOOSE ONE UNIT (See Requirements)		1
Units		6-7
Total Units		15-17