



Training Prospectus

2013



Principles

CONTROL

PRECISION

CENTRE

BREATH

CONCENTRATION

FLOW

ISOLATION

ROUTINE

Concept

CHALLENGE

For our students we want to push the learning curve not only by giving as much information as we can during the training experience but also by asking in return that our students commit to the pathways and processes of training and the training programme.

INSPIRE

The Pilates technique offers a rich tapestry with many varied ways to train the body. With the MK Pilates training programme we want to open the door for our students to responsibility and creativity resulting in an industry professional with a high standard of ever developing knowledge.

TRAINING

You decide your goals and then we will guide you through the programme best suited to those goals and your needs. Whether you choose to train initially in Matwork or to fully train in both the Matwork and Studio Equipment Repertoire you will find everything you need to achieve your goals with the Pilates method.

CHOICE

We have designed these courses to be as adaptable and versatile as possible to allow you to take what you need as you need it. This makes it possible for you to get started, gain experience and earn an income from the very first course you attend. Our goal is to create comprehensively trained instructors but using our modular programmes to facilitate learning as your existing commitments allows.





MICHAEL KING (company founder)

Michael King, with over 34 years teaching the Pilates Method is respected throughout the industry as an educator and is actively involved with the Pilates Standards both internationally and in the UK developing the national standard of Pilates education in the UK. Trained in the original technique as designed by Joseph Pilates, his training programmes offer a researched based programme which is continually evolving and being developed as new research is being presented to the Pilates industry as well as to the wellbeing and medical worlds. Michael King was the co-founder and director of the Pilates Institute UK until 2008 and his method and teacher training programmes are taught worldwide in over 25 countries. In 2008 Michael King Pilates was created to continue the work and Michael King's instructors have a dedication to the technique not only to continue Joseph Pilates innovative work but to utilise current research as it becomes available so that best practice can be taught to their students.



MALCOLM MUIRHEAD (company founder)

Malcolm was the co- founder and director of the Pilates Institute UK until 2008 when along with Michael he created and launched the Michael King Pilates brand . With a background for more than 25 years in training Students as well as Tutors and also the development of Educational Programmes . Malcolm brings his skills to the detail of the training programs. He travels internationally and has presented Pilates in many countries both as a course facilitator as well at conventions and is seen as a mentor and inspiration to many teachers around the world. Malcolm's book Total Pilates has sold all over the world with translation in Spanish and is one of the best selling Pilates books in Latin America.



Introduction

"This training programme is the result of my 34 years teaching the Pilates method and my extensive work with the fitness industry, combined with Malcolm's years of experience as a course developer and train the trainer specialist. It has been designed to meet the fantastic demand for the Pilates method and I believe we have a great opportunity to educate our students about complete body awareness rooted in an understanding at all levels."

There are many interpretations of Pilates based exercise and with the Michael King Pilates Method the training focus has an equal measure of both classical and contemporary work with a strong emphasis on solid foundations and teaching skills. By learning modifications and progressions we are able to design suitable programmes for all levels of clients and those foundations are firmly rooted in modern research and understanding of body mechanics. We recommend newly qualified instructors apply their knowledge by teaching Pilates Matwork classes as soon as they have successfully completed the Matwork Stage 01 course. All experienced teachers will attest to the fact that no matter how you train it is when you start teaching, with a good questioning knowledge base to work from, that learning begins! We should always stay open to learning as every class, session and client is an opportunity to grow and expand your knowledge.

Congratulations! You have taken the first step towards your training. I look forward to the opportunity of meeting you when you attend our courses and I know you will find the same fulfillment with this technique that both Malcolm and I have.

Michael A. King



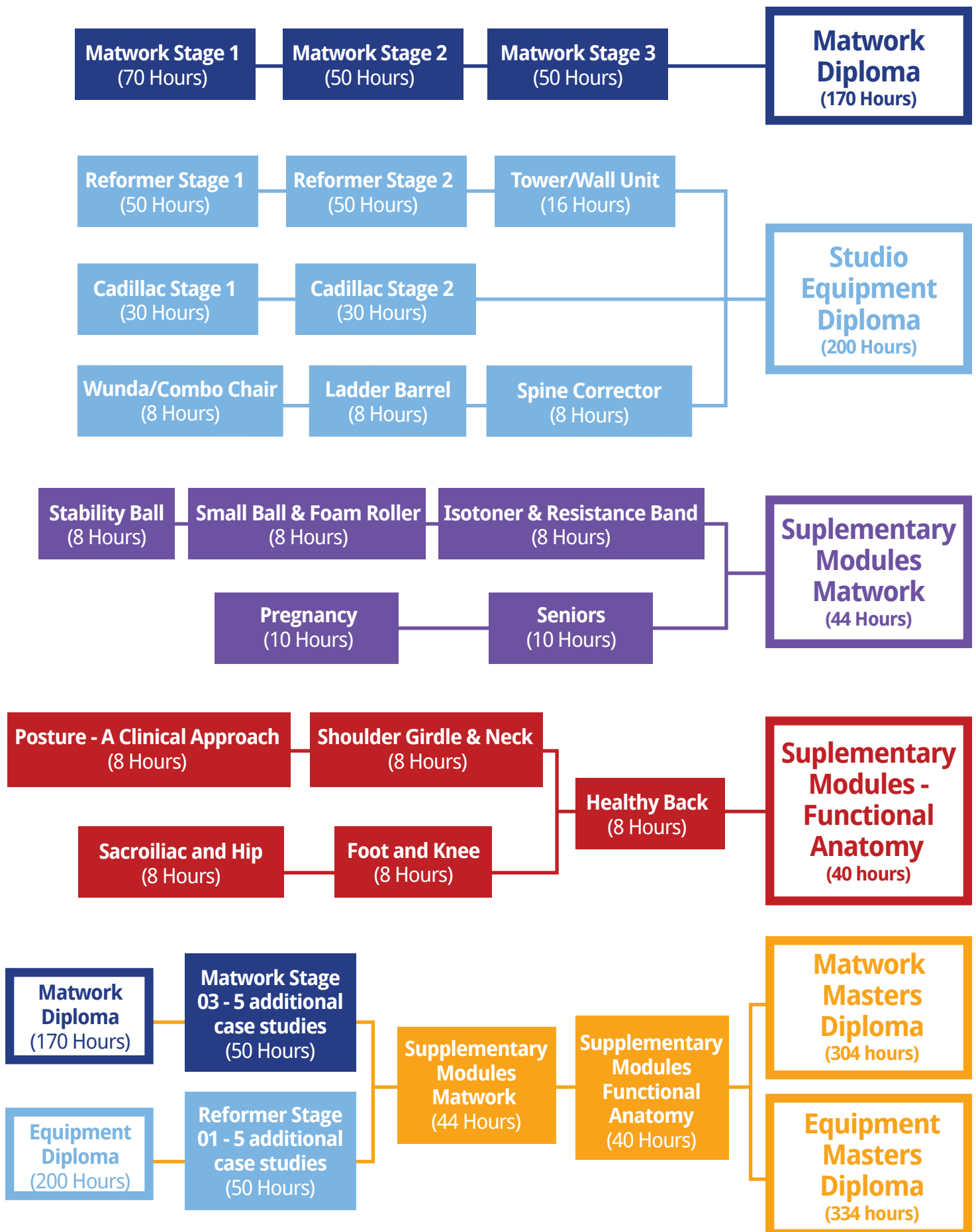
Masters & Graduate Diplomas

The Graduate Diploma Certificate is our highest level of certification and is issued when you have attained a Masters Diploma in both Matwork and Equipment and is the result of following 554 hours of training over a period of one to three years. Our courses, when entered into with commitment, these qualifications will give you all the knowledge you need to teach Pilates to all levels from Preventative to Remedial Pilates. With our open learning programme, you will work at your own pace, deciding when to advance to the next stage of the process. Each course of the Diploma Programmes have relevant practical and theory elements set at the appropriate level for the purpose of that particular course. Our courses are based upon hours of training and with a clear and accountable system of evidence based assessment. Anatomy and Physiology will naturally form an element of each course as needed to give solid foundations to the work but to varying and suitable depths. This is an important element of the training and additional anatomy and physiology lectures are available as separate modules and are included in the final Diploma qualifications.

We offer different levels of qualification based on hours of attendance and specific topics covered in an overall Diploma programme. Our comprehensive Graduate programme includes two Masters Diplomas, one for Matwork and one for Studio Equipment and combined is the highest level of certification with us. The flowcharts which follow here will show you your potential path to becoming a comprehensively qualified Michael King Pilates teacher.

The supplementary modules for Matwork Small Equipment, Seniors, Pregnancy and the Functional Anatomy modules, when attended, give credit towards both the Matwork and Equipment Masters Diploma.

MK Pilates Educational Pathways





Matwork Stage One

GROUP MATWORK

4 Days : 32 lecture hours,

Self Study , Assessment and Workbook Completion 18 Hours ,

Self practice- class attendance - 20 hours

Total 70 Hours

This is the foundation of our training. Whether you are a group exercise instructor, personal trainer or looking to change careers, this is our entry level training. With this format you have tutor time and take personal responsibility to practice before , during and after Tutor Face to Face time. There is a recommended period of at least 4 weeks teaching practice before your final assessment with a suggestion of 5-7 hours teaching practice per week.

Recommended 60 hours practice time – this covers self practice, home study, paperwork completion and practice teaching and is completed before, during and after the tutor attended days.

Lecture Hours include:

- Movement essence and exercise goals.
- Muscular initiation and sequencing.
- Breakdown of fundamental repertoire to beginner and mixed ability movement levels.
- Teaching skills : looking for proper execution of the exercises.
- Class design, exercise variations and modifications.
- Review of moves and Pilates specific cueing issues.
- Preparation and closing phases, movement transitions.
- Effective communication, verbal cueing and effective imagery.
- Workbook requirements documenting understanding of Health and Safety / Emergency issues and understanding of the group education dynamic. General and Pilates specific anatomy knowledge assessment.
- General review of paperwork / workbook requirements.
- Practice teaching with feedback.
- Mock assessment of 2-3 moves for practical preparation (mobility and strength).
- Multiple choice theory paper.

Note: Certificate verified for 2 years (unless enrolled on Diploma Course) with a requirement for ongoing education to maintain verification with 14 hours Teacher Development Hours each 2 years.



Matwork Stage Two

INTERMEDIATE & ADVANCED MOVEMENT

4 Days : 32 Hours

Prerequisite: Stage 1 Matwork or
appropriate equivalent training.

This programme is designed to introduce you to the original Pilates repertoire of over 34 movements along with modifications and variations. The goal is to create a larger body of work to enable you to move your fundamental group Matwork clients toward a more challenging traditional repertoire whilst still adhering to the Michael King Method protocol.

We learn the movements, transition, appropriate stretching and class formatting. For each movement we together develop a rating allowing us to more easily design the class format for the appropriate level of the group. The course also involves homework and a focus on teaching skills and self practice. This course is not a physical test however, the aim is to help you understand what areas of your own physicality and teaching practice needs attention.

COURSE INCLUDES

- Certificate of Achievement issued separately for Intermediate and Advanced Group Matwork
- Manual – containing review of Matwork Stage 01 foundations, the original and modified movements with further adaptations and modifications as appropriate
- An emphasis on developing the ability to analyse any movement for inclusion into a class
- Recommended 40 hours practice time (excluding case studies).
- Muscular initiation and sequencing to allow full teaching analysis.
- Visual skills, looking for proper execution of the exercises.
- Verbal skills, looking at how to communicate effectively for more dynamic and intricate movement choices.
- Introduction to the stretching principles and how to incorporate stretching into a class format.
- Introduction to or discussion of small Pilates Based Equipment (stability ball, small ball, Isotoner ring, resistance band and foam roller (based upon venue availability)
- Observed teaching practice incorporating the new elements of the work
- Introduction of alternative class formats and class planning.
- Overview of screening, marketing and goals of Intermediate and Advanced class formats

Note: Certificate verified for 2 years (unless enrolled on Diploma Course) with a requirement for ongoing education to maintain verification with 14 hours Teacher Development Hours each 2 years.



ASSESMENTS VIDEO EVIDENCE (Intermediate class level only)

Video of intermediate level class (1 hour) minimum 5 class participants. Video of self practice executing the same class plan as class video.

Intermediate Assessment Paperwork:

Workbook pages for completion and submission including:
Marketing text promoting new improver/intermediate class
Lesson plan for intermediate class video
Self evaluation of intermediate class video
Self evaluation of own practice video

Advanced Assessment Paperwork:

Workbook pages for completion and submission including:
Written evaluation of 3 Advanced Moves (allocated after completion of intermediate assessment)
Essay of 2,000-2,500 words on the history of technique development including studio equipment, modern application and future potential goals.

Matwork Stage Three

One to One Personal Programming

Modular: 4 Days 32 Hours

Prerequisite: Stage 1 and Stage 2 Matwork or appropriate equivalent training

Self study, one client case study assessment & workbook completion 18 hours.

Teaching practice and self practice 30 hours.

Optional (required for Matwork Masters Diploma): a further 5 client case studies and associated paperwork 50 hours

This course will give you all you need to safely and effectively take your client through beginner, intermediate and advanced work in a One to One personal training environment.

Final Assessment: After submitting your case study material, you will be assessed working with a client for one hour.

The format can be agreed on an individual student basis but the standard is video submission with self assessment.

COURSE INCLUDES

- Four 8-hour days
- Anatomy and Physiology refresher material with suggested applications available online to assist.
- Manual incorporating the original movements.
- Recommended 40 hours practice time (excluding case studies).
- Specific one to one modifications, purpose of adaptations and progressions for each movement.
- Postural Assessment - learning to assess client's postures and recognise misalignment.
- Programme design - how to create a suitable Pilates programme based on client's aims and postural assessment.
- Screening – interview techniques role plays to gather client information. Referral procedures suggesting letter formats to Chartered Physiotherapists, Physiotherapists, Osteopath, Chiropractors and GP's.
- Styles of teaching and stages of learning overview to enhance personal trainer skills.
- Portfolio requirement documenting 1 or 6 Case Studies outlining 8 sessions per client (6 case studies for Matwork Masters Diploma) to include details of client's postural assessment. The clients progress should be documented along with your observations, adaptations or alterations after the first session, fourth session and final session with a final conclusion.
- Introduction to or discussion of small Pilates Based Equipment (stability ball, small ball, Isotoner ring, resistance band and foam roller (based upon venue availability)
- Observed teaching practice incorporating the new required skills elements of the work. Pilates Labs – an opportunity to do a consultation, postural assessment and take a client through an appropriate Pilates' session under supervision.
- Final practical assessment session at an agreed date and time or submission format with a verbal or written assessment for future development



Supplementary Modules – Functional Anatomy

Functional Anatomy – Healthy Back

Prerequisite: Stage 1 Matwork

Course Includes: This is a one-day course.

Learn about the common causes of back pain and the strategies to educate your clients to minimise back problems. Using current research you will learn to adapt Pilates based Matwork movements to help your clients improve their Backcare.

On completion of the course, you will be awarded the Michael King Pilates Certificate of Attendance for Healthy Back & Pilates.



Functional Anatomy – Shoulder Girdle and Neck

Prerequisite: Stage 1 Matwork

Course Includes: This is a one-day course.

This one day event comprises one half day for each topic. Although there will be some crossover. The day will cover the structure and function of the Shoulder girdle and Neck. Anatomy and Physiology together with common problems associated to this area. Some discussion will take place relating information to Michael King Pilates Method.



Functional Anatomy – Clinical Posture

Prerequisite: Stage 1 Matwork

Course Includes: This is a one-day course.

A one day event looking at the structure and function of the Sacroiliac and Hip joints. Common problems associated with these two areas will be discussed along with the Anatomy and Physiology of the joints. This is a very important area for the Michael King Pilates Method – it is important that a firm understanding of this area of the body is shown.



Functional Anatomy – Sacroiliac and Hip

Prerequisite: Stage 1 Matwork

Course Includes: This is a one-day course.

Postural assessment is important in order to design a specific programme to meet individual needs of clients. Clinical Postural Assessment will look in detail at alignment. Muscle Length Testing will be an important part of this day.

Issues affecting posture will be explored. You will learn how to assess posture and reason how to address the issues you find to a personalised programme.



Functional Anatomy – Knee and Foot

Prerequisite: Stage 1 Matwork

Course Includes: This is a one-day course.

This is a one day event studying the structure and function of the knee and foot. The anatomy and physiology of the two areas will be covered and common problems associated with them will be explored. These areas are relevant to posture and stability and an understanding of the working order will help when assessing clients.



Supplementary Modules

Small Equipment Series, Seniors and Pregnancy

Small Equipment Series

Prerequisite: Working knowledge of modified and original Matwork repertoire via MK Pilates Stage 1 & 2 or equivalent experience.

We split the five easily available pieces of equipment into 3 separate one day (8 hours) courses as follows:

- Stability Ball
- Isotoner Ring and Resistance Band
- Hard Foam Roller and Small Ball

All three courses include:

- Student manual incorporating the relevant movements from the 34 original to allow appropriate application of the pieces of equipment into group or one to one client sessions.
- Analysis of goals and safety considerations
- Interpretation of teaching considerations and skills required to incorporate the piece of equipment purposefully
- Interactive development of analytical skill for teaching considerations.
- Verbal communication and observation skill
- Muscular analysis of modified movements after incorporation of the piece of equipment
- Class programming

Pilates and Pregnancy

Prerequisite: MK Pilates Matwork Stage 01 or equivalent. Normally a 1 day (8 hour) course with written assessments credit of 2 hours.

- Student manual incorporating:
 - Detailed anatomy and physiology implication of pregnancy for prenatal, postnatal and the different trimesters.
 - Pilates movements for analysis and application of pregnancy anatomy and physiology knowledge.
- Class programming and movement adaptation solutions.
- Discussion of marketing and further education requirements for specialisation.
- Workbook assessment via class programming for submission after the course.
- Letter of Attendance.
- Certificate of Achievement upon successful completion of workbook submission.

Pilates and Seniors

Normally a 1 day (8 hour) course with written assessments credit of 2 hours.

Same as Pregnancy except for manual:

- Student manual incorporating:
 - Detailed anatomy and physiology implication of seniors plus a definition of Seniors.
 - Pilates movements for analysis and application of seniors anatomy and physiology knowledge

Reformer Stage One

40 lecture hours, 48 case study hours.

Prerequisite: Completion of the Stage 1 Matwork Course



Course materials are issued at the first module at the end of which you will have a repertoire of equipment movements to be able to achieve an appropriate programme for virtually many levels of clients. Upon completion of the training you will have three months to complete six case studies to be presented and a practical assessment prior to your completion certificate being issued. The case studies consist of taking six clients for eight sessions each, with a postural assessment, programme plan and final evaluation for each client.

The Reformer Stage One is the start of your equipment training where you will be introduced to the basics of the Equipment repertoire. This is an intensive course, the last day of which will be Pilates Labs, when you will see clients and receive feedback on your performance from course tutors. You will also be required to complete case studies prior to your final practical assessment.

COURSE INCLUDES

- MK Pilates Reformer repertoire.
- Movement essence and exercise goals.
- Muscular initiation and sequencing. Breakdown of beginner, intermediate and advanced workouts.
- Pilates based Reformer exercises and their application.
- Postural analysis, postural improvement and overall body conditioning.
- Visual skills, looking for proper execution of the exercises.
- Programme design, exercise variations and modifications for specific body types.
- Effective communication, verbal cueing and effective imagery.
- Review and practice teaching (subject to participant's experience).
- Assessment and practice teaching.
- Case Studies with a final review/summary of the recorded information.
- Programme cards, postural assessment forms and participant questionnaires issued.



Reformer Stage Two



40 lecture hours, 10 written case study and workbook hours.

Prerequisite: Completion of the Reformer Stage 1 or equivalent training

Reformer Stage 2 is a course designed to learn the full original traditional repertoire where both the individual aspects of the Michael King Pilates training repertoire and varied other interpretations of the work will be explored.

COURSE INCLUDES

- The MK Pilates Repertoire
- How to screen clients to use these movements
- How to design and plan both Group and Personal Training sessions
- How these movements relate to the other Pilates Equipment
- Written assessment relating to these movements with regard to client related use issued after attendance of the course



Cadillac Stage One

(often referred to as The Trapeze Table)

Modular: 2 Days 16 Hours

Prerequisite: Reformer Stage One Course



Self study, one client case study assessment and workbook completion of 14 hours

The 2 day event will cover the introduction of the Cadillac repertoire and you will have the opportunity to receive feedback from the course Tutor.

On this course you will learn:

- How to use the Cadillac and attach the various accessories.
- The MK Pilates Repertoire
- How to modify and progress this Repertoire.
- How to design and plan a Cadillac Session
- There will be a written assessment for this course targeted for completed within one month from the completion of the course.

Note: It is assumed that any student attending will have reasonable access to a Cadillac or at the least a Wall or Reformer Tower system to consolidate the information gained on the course.



Cadillac Stage Two

Modular: 2 Days 16 Hours

Prerequisite: Cadillac Stage One OR EQUIVALENT



Self study, one client case study assessment and workbook completion of 14 hours

The 2 day event will cover revisiting of the Stage 01 repertoire and completion of the standard, complete multilevel movements and the student will have the opportunity to receive feedback from the course Tutor on their technique and teaching skills.

On this course you will learn:

- How to introduce the more tailored and also more dramatic movements.
- The MK Pilates Advanced Repertoire
- How to modify and progress this Repertoire.
- How to design and plan a Cadillac Session for a sports or advanced client.
- How to achieve an advanced session while avoiding aggravation of current injuries.
- There will be a written assessment for this course targeted for completed within one month from the completion of the course.

Note: It is assumed that any student attending will have reasonable access to a Cadillac or at the least a Wall or Reformer Tower system to consolidate the information gained on the course.



Wunda Chair, Spine Corrector Ladder Barrel

Modular: One Day each (3 x 8 Hours)

These pieces of Pilates Equipment are becoming increasingly popular and are part of the traditional Pilates programme.

Each course is a one day event and a Certificate of Attendance is issued

On the courses you will learn:

- The Repertoire appertaining to the particular piece of equipment
- How to screen clients to use these pieces
- How to design and plan both Group and Personal Training sessions
- How these pieces relate to the other Pilates Equipment
- Teaching techniques and concerns plus an awareness in your own body of the concept of each piece with feedback on both teaching and execution skills as appropriate.

Reasons to train with us...

- 1 Over 30 years teacher training experience with the Pilates technique and the Fitness Industry
- 2 Fully experienced in Matwork and Pilates studio equipment, group sessions as well as personal training so all mediums are covered with the depth required to fully understand the Pilates Method.
- 3 Professional and friendly course facilitators with both depth of knowledge and teaching skills along with industry experience. All course facilitators are continually updated and supported to ensure you are always getting the best and most current information possible.
- 4 A flexible training system – with our comprehensive programmes you can choose the pace of your training and the level and direction you wish to take your education.
- 5 Affordability – Our programmes are delivered into modular and individual training courses so you can plan your budget and start earning an income from completion of the very first course.
- 6 Our training and brand is recognised internationally as a world class product and standard for excellence.
- 7 We meet the needs of both experienced teachers of Pilates or group movement instructors as well as those taking a completely new career path with our focus on knowledge base and teaching skills.
- 8 Personal attention and ongoing support before, during and after your training.
- 9 Comprehensive training package including access to Pilates products, equipment purchase and even job opportunities.
- 10 MK Pilates programmes are developed and continually updated with a full respect for the history of the method but with the application of the latest knowledge of the best anatomy and physiology practices.

Matwork Diploma

Name	Description	Days	Hours	Totals	Certificate Type
Matwork Stage 01	Main Course Days Self Study, Assessment & Workbook	4	32		Achievement
Matwork Stage 01	Completion	0	18		n/a
Matwork Stage 01	Self Practice - Class Attendance	0	20	70	n/a
Matwork Stage 02	Main Course Day Self Study, Assessment & Workbook	4	32		Achievement
Matwork Stage 02	Completion	0	18		n/a
Matwork Stage 02	Teaching Practice and Self Practice	0	30	50	n/a
Matwork Stage 03	Main Course Days	4	32		Achievement
Matwork Stage 03	Case Study - 1 Client	0	8		n/a
Matwork Stage 03	Case Study - 1 Client Paperwork Self Study, Assessment & Workbook	0	2		n/a
Matwork Stage 03	Completion	0	8	50	n/a
Grand Total:				170	

Equipment Diploma

Name	Description	Days	Hours	Totals	Certificate Type
Reformer Stage 01	Main Course Days	4	32		Achievement
Reformer Stage 01	Case Study - 1 Client	0	8		n/a
Reformer Stage 01	Case Study - 1 Client Paperwork	0	2		n/a
Reformer Stage 01	Self Study, Assessment	0	8	50	n/a
Reformer Stage 02	Main Course Days	4	32		Achievement
Reformer Stage 02	Self Study & Written Assessment	0	18	50	n/a
Cadillac Stage 01	Main Course Days	2	16		Achievement
Cadillac Stage 01	Self Study & Written Assessment	0	14	30	n/a
Cadillac Stage 02	Main Course Days	2	16		Achievement
Cadillac Stage 02	Self Study & Written Assessment	0	14	30	n/a
Wunda Chair	Main Course Days	1	8		Achievement
Ladder Barrell	Main Course Day	1	8		n/a
Spine Corrector	Main Course Day	1	8		n/a
Tower / Wall Unit	Main Course Day	2	16	50	n/a
Grand Total:				200	

MK Pilates Graduate Diploma – hours overview

Course Name / Event	Hours
Matwork Diploma	170
Matwork Stage 03 Master Case Studies	50
Equipment Diploma	200
Reformer Stage 01 Master Case Studies	50
Supplementary Modules Matwork	44
Supplementary Modules Functional Anatomy	40
Graduate Diploma Grand Total	554

Additional Modules and required elements

Credit for both Matwork and Equipment Masters Certificates (Graduate Diploma)

Name	Description	Days	Hours	Totals	Certificate Type
Matwork Course Additions					
Matwork Stage 03	Case Study Development - Additional 5 Case Studies	0		50	
Equipment Course Additions					
Reformer Stage 01	Case Study Development - Additional 5 Case Studies	0		50	
PRACTICAL EVENTS (Focus on practical application)					
Pregnancy and Pilates	Anatomy Overview plus Group & Personal Training Modification	1	8		Achievement
Pregnancy and Pilates - Assessment	Class Planning Assessment Paperwork	0	2		n/a
Seniors and Pilates	Anatomy Overview plus Group & Personal Training Modification	1	8		Achievement
Seniors and Pilates - Assessment	Class Planning Assessment Paperwork	0	2		n/a
Stability Ball	Group & Personal Training usage	1	8		Attendance
Isotoner Ring & Resistance Band	Group & Personal Training usage	1	8		Attendance
Hard Foam Roller & Small Ball	Group & Personal Training usage	1	8	44	Attendance
THEORY EVENTS (Focus on theoretical with practical elements)					Attendance
Healthy Back	An introduction to the spine and its anatomy and function	1	8		Attendance
Clinical Posture	An overview of Postural Analysis and its assessment and anatomy from a clinical (non Pilates specific) application.	1	8		Attendance
Shoulder Girdle and Neck	An introduction to anatomy and function	1	8		Attendance
Sacroiliac and Hip	An introduction to anatomy and function	1	8		Attendance
Knee and Foot	An introduction to anatomy and function	1	8		Attendance
Sacroiliac and Hip	An introduction to anatomy and function	1	8	40	Attendance
Matwork Diploma	Minimum Hours from Matwork Diploma			170	
Equipment Diploma	Minimum Hours from Equipment Diploma			200	
Grand Total:				554	



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