

Intensive Mat-Plus 2nd Edition, In-Person Course

Objectives & Expectations

Thank you for your interest in Merrithew™ Education.

Please review the objectives and expectations outlined below, and sign this document, before attending the first day of your STOTT PILATES® Intensive Mat-Plus™ 2nd Edition (IMP II) Course to ensure a clear understanding of the course structure and goals.

Admissions Requirements

Audience

The STOTT PILATES Intensive Mat-Plus 2nd Edition is intended for those already working in the fields of fitness or movement, or have completed the Functional Anatomy course and meet the Pilates class requirements. The focus is on expanding students' current knowledge while delivering complete instruction in the STOTT PILATES Principles and Essential and Intermediate exercises in a fast-paced format.

This option is ideal for those who are unable to devote the amount of time required in our Comprehensive Program due to work and/or scheduling issues.

Admission Requirements

- ▶ Working knowledge of functional anatomy and prior participation in an anatomy course that covers in detail the human musculoskeletal system and includes muscle attachments, actions and basic biomechanics. Acceptable courses include the STOTT PILATES Functional Anatomy course or a university or college level anatomy or physiology course (minimum of 20 to 25 hours of in-class instruction). Online courses may be accepted provided they amount to a minimum 20–25 hours of learning and include homework assignments, tests and/or a final examination
- ▶ Minimum 30 hours participation in Pilates classes/workouts
- ▶ Three-plus years teaching experience in movement or fitness. Applicants with a strong history of Pilates participation and/or experience instructing students/clients in another field may also be considered

Other

- ▶ Purchase and/or have access to all of the required equipment for this course (*full list follows*)
- ▶ Purchase the IMP Course Package and complete the pre-course preparation work prior to Day 1 of the course (*full details provided below*)
- ▶ Sign and agree to the terms in the STOTT PILATES Instructor Declaration

IMP 2nd Ed. In-Person Objectives & Expectations cont'd

Overview of the Course Content

STOTT PILATES Principles

Learn how the STOTT PILATES Principles provide the framework for all the exercises in the repertoire and provide the basis to systematically assess and correct static and dynamic alignment of clients.

STOTT PILATES Supine & Standing Warm Ups

These reinforce how the STOTT PILATES Principles are incorporated into a warm up and serve as a checklist for safe programming choices.

STOTT PILATES Essential & Intermediate Matwork

The exercises in the repertoire are taught in layers reflecting how they would be taught to clients beginning with those that introduce foundational movements and building to include the full Matwork repertoire.

Each exercise taught is broken down to establish goal; movement and breath pattern; muscular emphasis, use of modifications and props as needed; and integration of the STOTT PILATES Principles.

Postural Analysis & Programming Choices

These are taught to provide the tools needed to create effective programs that are specific to an individual's needs.

Course Objectives

This Course Covers:

- ▶ The What, How and Why of the STOTT PILATES Principles and how to apply them to all exercises
- ▶ STOTT PILATES Supine & Standing Warm Ups
- ▶ A complete breakdown, including goals, muscular emphasis and movement sequencing of 63 Essential and Intermediate Matwork exercises
- ▶ Modifications to address specific alignment issues and individual needs
- ▶ Power workout
- ▶ Static Postural Analysis and assessment to aid in program creation
- ▶ Incorporating light equipment, including a Flex-Band® exerciser, Fitness Circle® resistance ring and Arc Barrel/Stability Barrel™, to support and intensify exercises
- ▶ Exercise layering related to effective program design
- ▶ Workout composition for personal and group training
- ▶ Effective communication, observational skills, verbal cues and imagery for performance enhancement and client motivation

IMP 2nd Ed. In-Person Objectives & Expectations cont'd

Required Equipment, Props & Course Materials

You must have access to the required equipment and props during each session of the course, whether online or in-person. As you are participating in the IMP 2nd Edition in-person course, the Training Center is responsible for providing you with the required equipment and props.

Props:

1 each

- ▶ Pilates Mat
- ▶ Flex-Band® exerciser
- ▶ Fitness Circle® resistance ring
- ▶ Foam Cushions A, B, C (in some cases, Foam Cushion C may be replaced with a Padded Platform Extender)
- ▶ Eco-Friendly Pilates Pad
- ▶ Mini Stability Ball™
- ▶ Stability Barrel™ OR Stability Barrel™ Lite OR Arc Barrel

If you wish to purchase props required for this course, full prop packages are available at a discounted rate on merrithew.com which include all the props you need for this course:

STOTT PILATES® IMP (Intensive Mat-Plus™) Accessories Kit: Essential (merrithew.com/shop/ProductDetail/DC85226)

STOTT PILATES® IMP (Intensive Mat-Plus™) Accessories Kit: Deluxe (merrithew.com/shop/ProductDetail/DC85227)

Course Materials:

You must purchase the latest STOTT PILATES® Intensive Mat-Plus Course Package from merrithew.com, prior to the course. There are multiple package options to choose from. Below are the required videos and manuals for this course:

Required Manuals

- ▶ *STOTT PILATES Matwork & Reformer Support Materials Book**
- ▶ *Comprehensive Matwork Manual*
- ▶ *STOTT PILATES Principles handout is provided to each student*
- ▶ *STOTT PILATES IMP 2nd Edition Student Homework & Study Guide*

Required Video Contents

- ▶ *Essential Matwork, 4th Ed.*
- ▶ *Essential Matwork Express Workout 1: 30 min*
- ▶ *Essential Matwork Express Workout 2: 45 min*
- ▶ *Intermediate Matwork, 4th Ed.*
- ▶ *Intermediate Matwork Express Workout 1: 20 min*
- ▶ *Intermediate Matwork Express Workout 2: 30 min*

Suggested Video Content

- ▶ *STOTT PILATES Total Body Sculpting*
- ▶ *STOTT PILATES Fitness Circle Challenge*

***Note**, the *Matwork & Reformer Support Materials Book* is required for IMP, IR and CMR courses, but only needs to be purchased once.

Prospective Pregnant, Injured or Post-Rehabilitation Participants

While it is considered safe and desirable to exercise during pregnancy, and Pilates programs can be ideal in the recovery phase of injury, Merrithew courses, workshops and private sessions can be quite demanding physically, and have not been tailored for pregnant or injured participants or those in a post-rehabilitation phase. For this reason, we are not able to accept registrations from those who are knowingly pregnant or who are currently or recently injured. A major component of our courses is physical performance of all exercises.

This necessitates that participants are injury-free, and able to participate fully, in order to fulfill this requirement. Under certain circumstances, permission to participate may be granted for select workshop titles from our Post-Rehabilitation, Pre- and Post-Natal, and Active for Life Specialty Tracks, please contact your local Training Center for more information.

IMP 2nd Ed. In-Person Objectives & Expectations cont'd

Pre-Course Preparation

In order to be prepared for the first day of the course, some video review is required. This includes the *STOTT PILATES Principles*, the *Essential Matwork Express Workout 1: 30 min* and all Merrithew Equipment & Education overviews found in the course video content packages. This is to ensure you are familiar with the content. The complete list of videos can be found in the IMP 2nd Edition Student Homework and Study Guide.

During Course

Absenteeism & Make-Up Hours

If you are unable to attend the course in its entirety, you must make up the time in order to receive a letter of completion and be eligible to take the certification exam. It is strongly advised that make-up hours are done as soon as possible after they are missed – especially if it occurs in the middle of a course. This allows you to cover the missed material prior to returning to the course. Please note that this is done in a private review at your expense and must be done within six months of the course. If this timeline is exceeded, the course is forfeited and the entire course must be retaken in order to examine and certify.

Matwork, Reformer, Cadillac, Chairs & Barrels Essential courses. Less than five hours of a course requires 2:1 ratio of hours missed to hours made up (i.e. students need to make up half the time in private review). More than five hours of a course requires 1:1 ratio of hours missed to hours made up (i.e. students need to make up the entire time in private review)

Photography, Video, Audio & Screen Recording

Photography, audio and/or video recordings of any Merrithew course, workshop, or private session (including online education) being taught is strictly prohibited. The intent of this Merrithew course is to enhance and develop each student's own personal knowledge. This policy is in place to avoid any infringement on our intellectual property. Parties found to be recording the session in any way, will be asked to leave the course and will not receive credit for completing the course or a refund of monies paid.

Post Course

At the conclusion of each course, you will receive a letter of completion stating that you have fulfilled the training requirements, are pending certification and Continuing Education Credits, if applicable, via email within three to four (3–4) weeks. Students who do not attend and/or participate during the session hours do not receive a letter of completion.

A Training Evaluation is provided to you to be filled out and we ask that they are completed after the course. Feedback is invaluable to help us continue to make the Merrithew Education experience better.

Certification & Examinations

STOTT PILATES certification is awarded upon successful completion of a course plus a written and practical exam. Certification shows clients and employers that an individual is a well-qualified professional. Exam material is cumulative so you can certify in stages by taking an exam after each course or after a series of courses. For example, Students certified in Matwork must take a combined Matwork & Reformer exam should they wish to certify in Reformer. This also applies to students certified in Reformer who wish to move on to Cadillac, Chair & Barrels (CCB) certification.

Please note that exams and the apprenticeship program must be taken within six months of the last course completed and that there is a fee associated with each exam. Successful completion of Matwork; Reformer; Cadillac, Chair & Barrels; Advanced Repertoire; ISP courses and exams are required for full certification.

Please review the additional links below for more information on Certification & Examinations:

[Certification](#)

(merrithew.com/education/exams-faq)

[Continuing Education Program](#)

(merrithew.com/education/cont-ed/FAQ)

IMP 2nd Ed. In-Person Objectives & Expectations cont'd**Liability Release**

In consideration of being permitted to participate in Merrithew Education, I agree to assume full responsibility for any risks, injuries or damages known or unknown, which I might incur as a result of participating in the session. I understand and comply with the policies and guidelines presented in this document, as well as on merrithew.com/instructor-training/policies-and-procedures and understand my role as a Merrithew student.

Name: *please print*

Signature:

Date:
