



Authentic® Pilates, Feldenkrais, Massage Therapy
www.artofcontrol.com; aoc.secretary@gmail.com

State University of New York at Purchase College
735 Anderson Hill Road, Purchase, NY 10577
Ph. 914-251-7842 Fax 914-251-7823

Art and Science of Contrology: Traditional Pilates (ASCTP) Professional Teacher Training Program

The Art and Science of Contrology: Traditional Pilates (ASCTP) Professional Teacher Training Program offers a comprehensive teacher certification program following the training modules of Joseph H. Pilates and his system of body conditioning, known as the art of Contrology. The extensive curriculum of exercise and functional movement is taught in the classical style and technique developed by Pilates and his wife, Clara, as well as his successor, Romana Kryzanowska. This includes work on Joseph Pilates' original studio equipment.

Acceptance in the ASCTP Professional Teacher Training Program

Prerequisite and Application:

1. Student must have completed a minimum of 25 hours of private Pilates instruction prior to application,
2. Must attend a private evaluation session with ASCTP Director Simona Cipriani,
3. Be able to demonstrate proficiency in Mat and Reformer workouts, as well as familiarity with exercises on the Cadillac, Chairs and Barrels,
4. Submit signed application, apprentice agreement, medical release and non-compete form, as well as payment of applicable tuition fees.

Acceptance and Training

The ASCTP Professional Teacher Training Program is divided into three distinct yet interconnected modules that build on the foundation of Joseph Pilates' teachings and exercise system. Attendance and participation in each seminar is required as the full repertoire of movement is addressed in a sequential fashion. This includes modification, progression and proper instruction technique.

Module 1	Essentials/Foundations
Module II	Specifics/Applications
Module III	Progression/Integration



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Tuition and Fees

Tuition Full Certification	\$ 5,500.00
To be paid in the following installments: \$500.00 deposit, \$1500.00 upon acceptance and prior to Training Module I, \$2000.00 prior to Training Module II, and the balance \$1500 paid prior to Training Module III.	
Tuition Bridge Certification	\$ 3900.00 ** approximate – based on prior
experience/certification	
Evaluation	\$ 130.00
Anatomy Course Requirement	\$ 375 **approximate
Re-testing	\$ 130.00 per hour

Practicum

Apprentices must complete a total of 650 hours of coursework including observation, teaching and personal practice with the majority of hours conducted at The Art of Control studio. The hours shall be divided among the three training modules with the first 400 at the training center, 200 hours at an approved facility known as an Ambassador Studio or The Art of Control, and the final 50 hours completed exclusively at the The Art of Control.

The breakdown to be as follows:

600 hours – Observation and Apprentice Teaching:

200 hours -- 130 hours observation; 20 private sessions; 10 Mat beginner classes; 30 teaching hours

400 hours -- 100 observation; 10 private sessions; 10 Mat intermediate classes; 10 duets; 60 teaching hours

600 hours -- 50 observation; 5 private sessions; 5 Mat advanced classes; 10 duets; 110 teaching hours

50 hours – Preparation and Critique:

26 hours -- exam preparation, critique and/or discussion with Simona and/or her assistants, business marketing

24 hours -- monthly apprentice meetings, 2 hours each. Only two absences may be excused, apprentice is responsible for missed material.



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Instructional Training Modules

3 separate Seminars – Module I, II, & III -- 3 days each held from Friday through Sunday
Friday 10:30 am to 6:30 pm, Saturday and Sunday 9:30 am to 5:30 pm

Module I Essentials/Foundations
Module II Specifics/Applications
Module III Progression/Integration

Testing

3 hours of exams – Oral, written and applied testing scheduled by arrangement after completion of each training Module, 1 hour each segment. If additional testing is required, apprentice shall pay fees as listed.

Module I -- Pilates Essentials/Foundations written and practical exam
Module II -- Pilates Specifics/Applications written and practical exam
Module III -- Pilates Progression/Integration written and practical exam

Coursework

18 hours – Required classwork

The Anatomy of Pilates class with Dr. Joseph E. Muscolino – a college level course, this class is offered by SUNY Purchase or through Continuing Education at The Art of Control. Textbook required.

Continuing Education

Teachers certified by The Art and Science of Contrology: Traditional Pilates will receive the **ASCTP Certificate of Certification**. A minimum of 8 hours of Continuing Education classwork at The Art of Control is required each year to maintain this certificate.