

PILATES CERTIFICATE

PROGRAM CODE: 2C31128A

The **Pilates Certificate** is designed to educate and prepare students to become Certificated Pilates Instructors in the health and wellness industry. Upon successful completion, students will earn a certificate and be qualified to teach mat work and exercises utilizing Pilates equipment, including Reformer, Cadillac, Spine Corrector and Chair at facilities which offer Pilates. Students must present current CPR and First Aid cards to receive certificate. This certificate requires a total of 18 units.

Code	Title	Units
Required Courses (18 units):		
PE 223 F	Pilates Mat I	1
PE 224 F	Pilates Mat II	1
PE 225 F	Pilates Reformer	2
PE 226 F	Pilates Apparatus	2
PE 227 F	Effective Teaching Methods for Pilates	2
PE 228 F	Pilates Observation and Eval	2
PE 229 F	Pilates Clinic	2
PE 236 F	Prevention and Care of Athletic Injuries	3
WELL 265 F	Movement Anatomy (formerly titled Kinesiology)	3
Total Units		18

Outcome 1: Identify, explain and differentiate between Pilates and Movement Principles, major musculature and core muscles.

Outcome 2: Identify and break down safe practices that relate to Pilates exercises.

Outcome 3: Conduct interviews and make assessments with clients, determining appropriate exercises to prescribe.

https://www.curricunet.com/fullerton/reports/program_report.cfm?programs_id=1176