

FIRST STEPS to STOTT PILATES®

for Personal Trainers and Group Fitness Instructors and Physical Therapists

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Are you considering teaching Pilates but wish to 'dip your toes in the water' before committing to a full STOTT PILATES qualification?

FIRST STEPS is not a STOTT PILATES qualification. It is a series of official STOTT PILATES workshops, each with separate attendance certificates. Over three days it is designed to give you the knowledge and structure to teach a basic matwork or accessory-based STOTT PILATES class or private session provided that you follow the exercises taught in these and a series of follow up 'Choreography to Go' workshops. FIRST STEPS is only available to Personal Trainers, Group Exercise Instructors or Physical Therapists.

PLUS

After attending the FIRST STEPS programme, if you wish to progress your STOTT PILATES training further by completing the full STOTT PILATES Intensive Mat-Plus™ course, we will give you a £200 discount off the course fee!

FIRST STEPS to STOTT PILATES
is delivered in the UK by

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TRAINING

DAY 1 STOTT PILATES®

Matwork Masterclasses

Meet & Greet (1-hour)

Meet your course instructors and colleagues. Understand and discuss the scope of this course and ensure that you understand what FIRST STEPS allows you to teach and how to gain insurance cover for this.

STOTT PILATES Stabilisation Principles (2-hour Lecture/Workshop)

Discover the foundation of the STOTT PILATES exercise repertoire with this Stabilisation Principles lecture/workshop. Explore the functional anatomy, reasoning and research behind the biomechanical and body awareness issues that set the STOTT PILATES method apart from other styles. These principles ensure that clients become more mindful and execute more control during exercises thus reaping the full benefits. Specific anatomical reference points as well as cueing and visualization techniques will be discussed to help instructors and trainers teach safely and effectively.

STOTT PILATES Teaching Matwork™ to First-Timers (2 hours)

The introductory session may be the most important group matwork class taught. This workshop provides the tools required to ensure this class is motivating, stimulating and will keep first-time clients coming back for more. Selected STOTT PILATES Essential-level Matwork exercises are examined with an eye to maintaining pace and flow so participants 'feel' the workout, while still ensuring proper technique. The use of demonstration, imagery and concise cueing and correcting will be discussed while focusing on group safety in the studio.

STOTT PILATES The Secret to Toned Arms, Buns & Thighs (2 hours)

This is a 'Choreography to Go' workshop – suitable for you to teach once you have taught your clients stabilization principles. In this workshop we zero in on common trouble spots with the precision of STOTT PILATES exercises. Use this targeted routine to gain greater tone, strength and body confidence. Incorporate the foundational concepts to target arms and shoulders, as well as legs and glutes in a workout that will keep clients coming back for more. You will receive a DVD entitled 'The Secret of Toned Arms Buns & Thighs' to help you to reinforce this workshop and be fully up to speed with the choreography and order of the exercises before you take it to your clients.

Learning Objectives

1. Learn the STOTT PILATES Five Basic Principles
2. Understand the reasoning behind the principles
3. Examine current research that supports the principles
4. Learn cueing techniques for teaching the principles

Learning Objectives

1. Apply the principles of STOTT PILATES to select Matwork exercises
2. Understand how to entice clients through the introductory session
3. Learn cues and corrections for safety and effectiveness
4. Learn exercise variations and modifications for specific body types and how to incorporate them into a group class

Learning Objectives

1. Apply the principles of STOTT PILATES to select Matwork exercises
2. Understand movement essence and exercise goals
3. Understand exercise choice to target specific areas
4. Learn cues and corrections for safety and effectiveness

DAY 2 STOTT PILATES®

Postural Analysis & Personal Training Teaching Skills

STOTT PILATES Postural Analysis and Application to Pilates Exercises (4 hours)

This hands-on workshop will outline the importance of postural analysis in programming STOTT PILATES workouts. Review ideal posture as well as specific deviations found in flat back, sway back and kyphosis-lordosis posture types. Discover how muscle imbalances typically manifest in static posture and practice conducting postural analysis. Finally, explore common Pilates exercise choices and modifications to accommodate these imbalances and work toward restoring adequate length and strength in the musculature over time.

STOTT PILATES Personal Training Matwork™ Teaching Skills & Programming Choices or One-on-One Matwork™ Training (3 hours)

Specific tools and information are needed to better train Pilates clients one-on-one. Learn how to cue and correct to help clients achieve optimal form. Discover how to observe clients to see if they are stable, correctly aligned, moving fluidly and efficiently, using the right amount of resistance or using correct equipment adjustments. See how to modify exercises using starting position, range of motion, preparations and varying dynamics to make the exercises even more appropriate.

Learning Objectives

1. Review the steps in conducting a formal postural analysis
2. Learn how to identify muscular imbalances as they relate to faulty posture
3. Practice locating bony landmarks and palpating structures
4. Understand how postural issues will play into exercise programming

Learning Objectives

1. Apply the STOTT PILATES Five Basic Principles to select Matwork exercises
2. Focus on cueing and correcting skills specific to personal training
3. Understand how to incorporate small equipment
4. Understand how to modify for effectiveness for specific individuals

DAY 3 STOTT PILATES

Group Matwork Teaching Skills

STOTT PILATES Group Matwork Classes: Teaching Skills & Programming Choices (3 hours)

Teaching group classes can be challenging. How do you ensure all your clients get a good workout safely in a group situation? This workshop will focus on the programming, cueing, and correction skills you need to safely progress your clients through a series of Matwork classes. Learn to keep the class moving while giving individual corrections, make exercise choices that make sense in a group scenario, and give modifications and transitions that work.

STOTT PILATES Essential Matwork (4 hours)

Learn select exercises from the STOTT PILATES Essential Matwork repertoire with emphasis on the goals of the exercises, movement patterns, breath patterns and correct alignment. This interactive workshop will also cover cueing and correcting methods to ensure safety and effectiveness.

Learning Objectives

1. Review differences between teaching privates and teaching group classes
2. Learn cueing skills, correction methods and motivational skills that work best in group situations
3. Review class plans that allow your group class to progress methodically and safely

Learning Objectives

1. Apply principles of the STOTT PILATES method to select Matwork exercises
2. Understand movement essence and exercise goals
3. Learn cues and corrections for safety and effectiveness
4. Understand modifications for specific body types

Progression on from the **FIRST STEPS** to **STOTT PILATES®** course

It is our hope that following this **FIRST STEPS** workshop weekend you will be inspired to make use of your £200 discount and enrol on our full **STOTT PILATES Matwork™** certification programme.

However if you are still not ready for this but wish to broaden the number of workouts that you can teach we offer the following **STOTT PILATES** workshops to teach you additional 'Choreography to Go' – each are supported by a DVD, which you would need to study following the workshop to prepare for teaching your class.



Workshops suitable for teaching directly to your classes include:

STOTT PILATES
Sculpt & Tone: Flex-Band Level 1 (2 hours)



STOTT PILATES
Fitness Circle Challenge (2 hours)



STOTT PILATES
Flex-Band® & Fitness Circle® (4 hours)



STOTT PILATES
Core Balance: Stability Ball Level 1 (2 hours)



STOTT PILATES
Essential BOSU® (2 hours)



STOTT PILATES
Pilates on a Roll: Foam Roller Level 1 (2 hours)



STOTT PILATES
Mini Stability Ball™ Workout (2 hours)



STOTT PILATES
Toning Ball™ Workout (2 hours)



STOTT PILATES
Athletic Conditioning on Stability Cushions (2 hours)



About Active Training

Active Training is the education division of Pilates Solutions Limited, a UK-based company with the license to teach **STOTT PILATES** courses and workshops across the UK.

For more information on the **FIRST STEPS** programme and the complete range of **STOTT PILATES** courses and workshops, contact Active Training for full details.

T 0800 434 6110
E sales@activetraining.info
www.activetraining.info
Active Training
PO Box 433
Witney
Oxfordshire OX28 9FA

