

Contents and timetable

Contents of Instructor Training

1. Targets of the Pilates programme
2. Terminology used when instructing Pilates programme
3. The elements of Pilates
4. The exercises of Pilates
5. How to structure a Pilates class or private session
6. How to assist the client
7. Anatomy: functional movement
8. Concepts and components of fitness/national guidelines
9. Energy Systems
10. Nutrition
11. Pilates as a business concept
12. Targets of the Method Putkisto programme
13. Terminology used when instructing Method Putkisto
14. The elements of Method Putkisto
15. The exercises of Method Putkisto: warm up, stretching, breathing and stabilising
16. How to structure a Method Putkisto class or private session. Use of dynamics.
17. The teaching concept of Method Putkisto
18. Partner work: how to assist the client
19. Use of music in Method Putkisto classes
20. Anatomy: functional movement
21. The role of the instructor
22. Method Putkisto as a business concept

The course will be divided in two parts: the first covering the principles of Pilates and the NVQ Level 3 requirements; the second covering the principles of Method Putkisto where you will be able to go deeper into your knowledge and acquire a very special skill as an instructor: Method Putkisto as a teaching concept!

You will be required to sign the cooperation agreement for the second part of the course. Method Putkisto is a registered trade mark.

Module I: Building your knowledge and skills

Place: Method Putkisto Studio, 56 Derby Rd., London, SW14 7DP

Date	Time	Location	Session	Teacher	Duration (h)
INTRODUCTION TO METHOD PUTKISTO INSTITUTE AND THE PILATES METHOD (10h)					
Sat Nov 7 th 2009	12 - 2pm	Studio	Introduction to MP Institute and NVQ Level 3	MP/TN	2
	2 - 3pm	Studio	Practical I	TN	1
	3.30 - 5.30pm	Studio	Pilates beginners	TN	2
Sun Nov 8 th 2009	10 - 11am	Studio	Practical II	TN	1
	11 - 12pm	Studio	Pilates beginners	TN	1
	1 - 4pm	Studio	Teaching practice / Worksheet	TN	3
THE BASIC TOOLS (36h)					
Sat Nov 21 st 2009	12 - 1pm	Studio	Practical III	TN	1
	1 - 3pm	Studio	Pilates Intermediate	TN	2
	4 - 6pm	Studio	Concepts of Fitness	TN	2
Sun Nov 22 nd 2009	11 - 1pm	Studio	<i>Anatomy - Introduction/ body types</i>	ER	2
	1 - 3pm	Studio	<i>Anatomy - Muscular system</i>	ER	2
	4 - 7pm	Studio	<i>Anatomy - Skeletal System</i>	ER	3
Sat Dec 5 th 2009	11.30 – 12.30am	Studio	Practical IV	TN	1
	12.30 - 1.30pm	Studio	Pilates Intermediate	TN	1
	2.00 – 4.00pm	Studio	Concepts of Fitness	TN	2
	4.30 – 7.30pm	Studio	Nutrition	TN	3
Sun Dec 6 th 2009	10 - 11.30pm	Studio	<i>Anatomy - respiratory system</i>	ER	1 ½
	11.45 – 1.15pm	Studio	<i>Anatomy - circulatory system</i>	ER	1 ½
	2.15 – 4.15	Studio	<i>Anatomy - Neuromuscular system</i>	ER	2
	4.30 – 5.30pm	Studio	<i>Anatomy revision</i>	ER	1
Sat Dec 12 th 2009	12 - 1pm	Studio	Practical V	TN	1
	1 - 3pm	Studio	Energy Systems	TN	2
	4 - 6pm	Studio	Pilates Advanced	TN	2
Sun Dec 13 th 2009	10 - 11am	Studio	Practical VI	TN	1
	11 - 2pm	Studio	Nutrition	TN	3
	3 - 4pm	Studio	Concepts of Fitness	TN	1
	4 - 5pm	Studio	Pilates Advanced	TN	1
THEORY INTO APPLICATION (4½h)					
Sat Jan 16 th 2010	12 - 2.30pm	Studio	First Sample session - Pilates	MP or TN	2 ½
	3.30 - 5.30pm	Studio	First Sample session - Pilates	MP or TN	2
Sun Jan 17 th 2010	10 - 1pm	Studio	First Sample session - Pilates	MP or TN	3
	2 - 4pm	Studio	First Sample session - Pilates	MP or TN	2

Date	Time	Location	Session	Teacher	Duration (h)
EXPANDING YOUR TOOLBOX (29h)					
Sat Jan 23rd 2010	12 -2pm	Studio	Energy Systems	TN	2
	2 -3pm	Studio	Practical VII	TN	1
	4 -6pm	Studio	Pilates beginners	TN	2
Sun Jan 24th 2010	10 -11am	Studio	Practical VIII	TN	1
	11 - 12pm	Studio	Pilates intermediate	TN	1
	12.15 - 2.15pm	Studio	Pilates Advanced	TN	2
	3.15 - 5.15pm	Studio	How to assist	TN	2
Sat Feb 20 th 2010	12 - 1.30	Studio	<i>Anatomy test</i>	TN	1 1/2
	2 -3pm	Studio	Pilates beginners	TN	1
	3.15 - 4.15pm	Studio	Pilates intermediate	TN	1
	4.30 -5.30pm	Studio	Pilates advanced	TN	1
Sun Feb 21 st 2010	10 - 2pm	Studio	<i>Anatomy - Postural assessment/Contra indications/revision</i>	TN	4
	3 - 4pm	Studio	Practical IX	TN	1
	4 - 5.30pm	Studio	How to assist	TN	1 1/2
Sun Feb 28 th 2010	10 -1pm	Studio	<i>Business Skills</i>	TN	3
	2 - 5pm	Studio	<i>Business Skills</i>	TN	3
	5 -6pm	Studio	Worksheets	TN	1
PROVING YOUR UNDERSTANDING OF THE PILATES METHOD (6h)					
Sat March 27 th 2010	12 - 2.30pm		Final Sample session - Pilates	MP or TN	2 1/2
	3 - 5.30 pm		Final Sample session - Pilates	MP or TN	2 1/2
Sun March 28 th 2010	10 -1pm		Final Sample session - Pilates	MP or TN	3
	2 - 5pm		Final Sample session - Pilates	MP or TN	3
Total					95 1/2

Module II: Independent working

Details of all deadlines for your independent work are going to be given at the beginning of your course.

1. Practical sessions

- To conduct a minimum of 40 Method Putkisto sessions
- To maintain a complete record of all sessions taught.
- To conduct an 8 week Pilates programme with a group of 4 different people and maintain all records (more explanation will be given at the beginning of the course)

2. Assistance work

- To assist a qualified Method Putkisto instructor. (Minimum 25 hours)
- To observe at least 16 sessions of work by a qualified Method Putkisto instructor, and complete observation record sheet.
- (N.B. you are advised to work with as many different instructors as possible to appreciate the different ways of teaching Method Putkisto.)

Timetable date: 10.06.09

- To assist a qualified Pilates instructor. (Minimum 10 hours)
 - To observe at least 10 sessions of work by a qualified Pilates instructor, and complete observation record sheet.
3. Written assignment for Method Putkisto Diploma
 - Preparation of a written assignment. Subject to be confirmed with Marja Putkisto and Tatiana Novaes Coelho. Minimum of 8 pages. Typeface Century Gothic 10.
 - To complete 2 Method Putkisto theory exams
 4. To prepare drawings of main Method Putkisto stretches.
 5. To complete 2 anatomy exams
 6. Preparation and presentation of two Method Putkisto and two Pilates sample classes. The class plans to be submitted prior to class presentation, following Active IQ Guidelines.
 7. Preparation of all Evidences for Active IQ, including worksheets, Pilates Method assignment and theory exam. (more explanation will be given at the beginning of the course)
 - 8.

Module III: Deeping your knowledge and demonstrating your progression -

Method Putkisto

Building your knowledge and skills

Place: Method Putkisto Studio, 56 Derby Rd., London, SW14 7DP

Date	Time	Location	Session	Teacher	Duration (h)
INTRODUCTION TO METHOD PUTKISTO (11½h)					
Sat April 17 th 2010	12 - 1.30pm	Studio	Introduction to MP	MP/TN	1 ½
	1.45 - 3.15	Studio	Practical I	TN	1 ½
	3.30 - 5.30	Studio	Theory I	TN	2
Sun April 18 th 2010	10 - 11.30	Studio	Practical II	TN	1 ½
	11.45 - 1.45	Studio	Theory II	TN	2
	2.45 - 5.45	Studio	Intensive breathing I	TN	3
THE BASIC TOOLS (11h)					
Sat May 8 th 2010	12 - 3pm	Studio	Intensive stretching I	MP	3
	4 - 6pm	Studio	Intensive breathing II	MP	2
Sun May 9 th 2010	10 - 1pm	Studio	Teaching Method	MP	3
	2 - 4pm	Studio	Stabilising I	MP	2
	4 - 5pm	Studio	Practical III	MP	1
THEORY INTO APPLICATION (5h)					
Sat May 22 nd 2010	12 - 2.30pm	Studio	MP 60 Min Class presentation	MP	2 ½
	3.30 - 6pm	Studio	MP 60 Min Class presentation	MP	2 ½
Total					27 ½

Additional:

- You are invited to participate in up to ten classes and two workshops (2½ hours) of Method Putkisto, as part of your study programme. These sessions are to be taken at any time during your training course and must be booked well in advanced. Please see enclosed booking form. (N.B. we recommend you consider how these sessions will best help you in the progress of your education; saving a few classes for later in your programme can often reveal a lot of information you were unable to comprehend earlier in the year.)

Optional:

- To assist and follow a longer residential workshop.

Deepening your knowledge

Place: Method Putkisto Studio, 56 Derby Rd., London, SW14 7DP

Date	Time	Location	Session	Teacher	Duration (h)
EXPANDING YOUR TOOLBOX (17h)					
Sun May 23 rd 2010	10 - 1pm	Studio	Intensive stretching II	MP	3
	2 - 4pm	Studio	Stabilising II	MP	2
	4 - 5pm	Studio	Practical IV	MP	1
Sat June 12 th 2010	12 - 3pm	Studio	Order of stretches and elements of stretching	TN	3
	3.30 - 5.30pm	Studio	How to assist	TN	2
Sun June 13 th 2010	10 - 1pm	Studio	MP Strengthening	TN	3
	2 - 5pm	Studio	MP Music/Warm up	TN	3
DEMONSTRATING, THEN EXPANDING, YOUR KNOWLEDGE (21½h)					
Sat June 26 th 2010	12 - 2.30pm	Studio	First Sample session	MP/TN	2 ½
	3.30 - 6pm	Studio	First Sample session	MP/TN	2 ½
Sun June 27 th 2010	10 - 1pm	Studio	Anatomy revision	ER	3
	2 - 5pm	Studio	Anatomy revision	ER	3
Sat July 10 th 2010	12 - 1.30pm	Studio	MP Theory test	TN	1 ½
	2.30 - 5.30pm	Studio	MP Elements - revision	TN	3
Sun July 11 th 2010	10 - 12pm	Studio	Discussion and presentation of Diploma work for approval	TN	2
	12.30 - 2.30pm	Studio	MP Elements - revision	TN	2
	3 - 5pm	Studio	Practical V	TN	2
PROVING YOUR UNDERSTANDING OF METHOD PUTKISTO (6h)					
Sat Sept 11 th 2010	12 - 3pm	Studio	Final Diploma sample session	MP/TN	3
	4 - 7	Studio	Final Diploma sample session	MP/TN	3
DIPLOMA PRESENTATION (7h)					
Sun Sept 12 th 2010	10-12.30pm	Studio	Instructor training day		2 ½
	1-3.30pm	Studio	Instructor training day		2 ½
	4-6pm	Studio	Instructors meeting		2
	6pm onwards	Studio	Diploma presentation		
Total					51½

TOTAL TIME COMMITMENT PILATES AND METHOD PUTKISTO			
EDUCATION		INDEPENDENT WORK - Module II	
Module 1 - Pilates (NVQ)	95 ½ hrs	Method Putkisto instruction	40
Module 3 - Method Putkisto (with NVQ)	79 hrs	Class observation	16
Total NVQ + MP	174 ½ hrs	Class assistance	25
Class participation (x10)	10	Pilates Instruction	10
Workshop participation (x2)	5	Class observation	10
Total education	189 ½ hrs	Total independent work	101 (minimum)

DIPLOMA PRESENTATION: SUNDAY 12th September 2010

Whilst we will endeavour to stick to the programme set out, we reserve the right to change dates, times and teachers of this programme, with as much notice as possible given of any changes.

Instructor training day - available at an extra cost

We reserve the right to add a second assessment date for all sample sessions depending on the number of trainees on the course.