

## **Contents and timetable Method Putkisto Course**

### **Contents of Instructor Training**

1. Targets of the Method Putkisto programme
2. Terminology used when instructing Method Putkisto
3. The elements of Method Putkisto
4. The exercises of Method Putkisto: warm up, stretching, breathing and stabilising
5. How to structure a Method Putkisto class or private session. Use of dynamics.
6. The teaching concept of Method Putkisto
7. Partner work: how to assist the client
8. Use of music in Method Putkisto classes
9. Anatomy: functional movement
10. The role of the instructor
11. Method Putkisto as a business concept

The course will cover 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 before the beginning of the course. Method Putkisto is a registered trade mark.

## Module I: Building your knowledge and skills (With Pilates Course)

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

Date	Time	Location	Session	Teacher	Duration (h)
<b>INTRODUCTION TO METHOD PUTKISTO (11½h)</b>					
Sat April 17 <sup>th</sup> 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 <sup>th</sup> 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
<b>THE BASIC TOOLS (11h)</b>					
Sat May 8 <sup>th</sup> 2010	12 - 3pm	Studio	Intensive stretching I	MP	3
	4 - 6pm	Studio	Intensive breathing II	MP	2
Sun May 9 <sup>th</sup> 2010	10 - 1pm	Studio	Teaching Method	MP	3
	2 - 4pm	Studio	Stabilising I	MP	2
	4 - 5pm	Studio	Practical III	MP	1
<b>THEORY INTO APPLICATION (5h)</b>					
Sat May 22 <sup>nd</sup> 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
<b>Total</b>					<b>27 ½</b>

## 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.
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
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 two Method Putkisto Theory Exams.
  - To complete 2 anatomy exams
4. To prepare drawings of main Method Putkisto stretches.
5. Preparation and presentation of two Method Putkisto sample classes. The class plans to be submitted prior to class presentation.

## 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

### 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

THE BASIC TOOLS - Anatomy					
Sun Nov 22nd 2009	11 - 1pm	Studio	Anatomy - Introduction/body types	ER	2
	1 - 3pm	Studio	Anatomy - Muscular system	ER	2
	4 - 7pm	Studio	Anatomy - Skeletal System	ER	3
Sun Dec 6 <sup>th</sup> 2009	10 - 11.30pm	Studio	Anatomy - respiratory system	ER	1 ½
	11.45 – 1.15pm	Studio	Anatomy - circulatory system	ER	1 ½
	2.15 – 4.15	Studio	Anatomy - Neuromuscular system	ER	2
	4.30 – 5.30pm	Studio	Anatomy revision	ER	1
Sun Feb 21 <sup>st</sup> 2010	10 – 2pm	Studio	Anatomy - Postural assessment/Contra indications/revision	TN	4

Date	Time	Location	Session	Teacher	Duration (h)
<b>INTRODUCTION TO METHOD PUTKISTO (11½h)</b>					
Sat April 17 <sup>th</sup> 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 <sup>th</sup> 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
<b>THE BASIC TOOLS (11h)</b>					
Sat May 8 <sup>th</sup> 2010	12 - 3pm	Studio	Intensive stretching I	MP	3
	4 - 6pm	Studio	Intensive breathing II	MP	2
Sun May 9 <sup>th</sup> 2010	10 - 1pm	Studio	Teaching Method	MP	3
	2 - 4pm	Studio	Stabilising I	MP	2
	4 -5pm	Studio	Practical III	MP	1
<b>THEORY INTO APPLICATION (5h)</b>					
Sat May 22 <sup>nd</sup> 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
<b>Total</b>					<b>27 ½</b>
<b>EXPANDING YOUR TOOLBOX (17h)</b>					
Sun May 23 <sup>rd</sup> 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 <sup>th</sup> 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 <sup>th</sup> 2010	10 -1pm	Studio	MP Strengthening	TN	3
	2 -5pm	Studio	MP Music/Warm up	TN	3
<b>DEMONSTRATING, THEN EXPANDING, YOUR KNOWLEDGE (21½h)</b>					
Sat June 26 <sup>th</sup> 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 <sup>th</sup> 2010	10 - 1pm	Studio	Anatomy revision	ER	3
	2 -5pm	Studio	Anatomy revision	ER	3
Sat July 10 <sup>th</sup> 2010	12 - 1.30pm	Studio	MP Theory test	TN	1 ½
	2.30 - 5.30pm	Studio	MP Elements - revision	TN	3
Sun July 11 <sup>th</sup> 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
<b>PROVING YOUR UNDERSTANDING OF METHOD PUTKISTO (6h)</b>					
Sat Sept 11 <sup>th</sup> 2010	12 - 3pm	Studio	Final Diploma sample session	MP/TN	3
	4 -7	Studio	Final Diploma sample session	MP/TN	3
<b>DIPLOMA PRESENTATION (7h)</b>					
Sun Sept 12 <sup>th</sup> 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		
<b>Total</b>					<b>51½</b>

<b>TOTAL TIME COMMITMENT METHOD PUTKISTO COURSE</b>			
<b>EDUCATION</b>		<b>INDEPENDENT WORK - Module II</b>	
Module 1 - MP only	24 ½ hrs	Method Putkisto instruction	40
Module 3 - Method Putkisto (no NVQ)	79hrs	Class observation	16
<b>Total MP</b>	<b>103 ½ hrs</b>	Class assistance	25
Class participation (x10)	10		
Workshop participation (x2)	5		
<b>Total education</b>	<b>118 ½ hrs</b>	<b>Total independent work</b>	<b>81 (minimum)</b>

**DIPLOMA PRESENTATION: SUNDAY 12<sup>th</sup> 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.***