



**POLESTAR<sup>®</sup>**

**Mat Log Book**



Student Name:
Address:
Phone:

**POLESTAR EDUCATION LOG BOOK - Mat**

**Section I: Pre-Curriculum Hours and Anatomy Study**

Pre-Hour	Studio Name, City, State & Phone	Class/ Session Instructor	Instructor Trained With	Signature of Instructor	Date
<i>Example</i>	<i>Balance Body Miami, Miami, FL 305-740-6001</i>	<i>Mary Sue</i>	<i>Polestar Education</i>	<i>Mary Sue</i>	<i>12/20/2004</i>
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Anatomy Study	Location	Instructor	Phone number	Date	Hours

**Section II: Student Status Sheet - Definitions**

**Student**

A student is one who is acquiring the Polestar Pilates work in their own body and beginning to apply the teaching methodologies. Students are currently attending a Polestar Pilates course. Students are encouraged to begin practice teaching, but it would be inappropriate for a student to refer to his/herself as a Pilates Instructor or to receive pay equal to that of a Certified practitioner.

**Certification**

Polestar Education supports the national Pilates certification examination established in 2005 through the Pilates Method Alliance (PMA), which will standardize the quality of Pilates practice. As a result, in the United States, Polestar will grant a diploma to students meeting graduation requirements. Polestar graduates will be eligible to sit for the national certification exam through the PMA. For details on the PMA's certification exam, please visit [www.pilatesmethodalliance.org](http://www.pilatesmethodalliance.org).

As there is not yet a standard international certification examination, we will continue to offer certification exams for participants in non-US countries.

Polestar Education will regard Polestar US students who have completed all graduation requirements as having gained the same qualification as someone certified internationally through Polestar Education.

A Polestar Certified Practitioner/Graduate is one who passes his/her examination with 80% or higher. Polestar Practitioners are expected to maintain at least 2-3 hours each of Pilates teaching and practice per week, and complete 80 hours of continuing education every five years to be eligible for re-qualification.

**Student Signature:** \_\_\_\_\_

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**Section III: Didactic Education**

<b>P-F: Polestar Pilates Fitness Principles</b>				
	<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
<b>M-1: Polestar Pilates Mat, Level I</b>				
	<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
<b>M-2: Polestar Pilates Mat, Level II</b>				
	<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>

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**Section IV: Observation (25)**

Hours	Studio Name, City, State & Phone	Class Type/Level	Polestar Educator or Approved Certified Polestar Practitioner	Signature	Date
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**Section V: Practice Hours (Exercise Self Mastery) (50)**

Classes	Studio Name, City, State & Phone	Class Type / Level	Polestar Educator or Approved Certified Polestar Practitioner	Signature	Date
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**Section V: Practice Hours (Exercise Self Mastery) (50)**

Classes	Studio Name, City, State & Phone	Class Type / Level	Polestar Educator or Approved Certified Polestar Practitioner	Signature	Date
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**Section VI: Apprentice Teaching (50)**

Classes	Studio Name, City, State & Phone	Class Type / Level	Polestar Educator or Approved Certified Polestar Practitioner	Signature	Date
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**Section VI: Apprentice Teaching cont. (50)**

Classes	Studio Name, City, State & Phone	Class Type / Level	Polestar Educator or Approved Certified Polestar Practitioner	Signature	Date
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**Section VII: Self Mastery**

PF	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	<i>Hundred</i>			
2	<i>Dead Bug &amp; Femur Arcs</i>			
3	<i>Quadruped Series</i>			
4	<i>Basic Bridging</i>			
5	<i>Swan</i>			
6	<i>Mermaid</i>			
7	<i>Arm Arcs</i>			
8	<i>Prone Extension</i>			
9	<i>Assisted Roll Up</i>			
10	<i>Standing Roll Down</i>			
11	<i>Leg Pull Front</i>			
12	<i>Book Openings</i>			

Pre-Pilates Exercises (Principles)

**Notes:**

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**Section VII: Self Mastery**

M-1	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	<i>Supine Breathing</i>			
2	<i>Seated Pelvic Floor</i>			
3	<i>Pelvic Clock</i>			
4	<i>Femur Circles</i>			
5	<i>Chest Lift</i>			
6	<i>Bent Knee Fall Out</i>			
7	<i>Side to Side</i>			
8	<i>Pre-Swimming</i>			
9	<i>Prone Heel Beats</i>			
10	<i>Dart</i>			
11	<i>Scarecrow</i>			
12	<i>Side Lying</i>			
13	<i>Side Lift</i>			
M-1	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
14	<i>Hundred</i>			
15	<i>Roll Up</i>			
16	<i>Roll Over</i>			
17	<i>Single Leg Stretch</i>			
18	<i>Rolling</i>			
19	<i>Seal</i>			
20	<i>Swan I, II</i>			
21	<i>Single Leg Kick</i>			
22	<i>Leg Circles I, II</i>			
23	<i>Sidekick Series</i>			
24	<i>Mermaid</i>			
25	<i>Spine Stretch</i>			
26	<i>Spine Twist</i>			
27	<i>Standing Balance I</i>			
28	<i>Standing Balance II</i>			

Pre-Plates Exercises

Level I Exercises

**Notes:**

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**Section VII: Self Mastery**

M-2	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	<i>Criss Cross</i>			
2	<i>Single Straight Leg Stretch</i>			
3	<i>Double Leg Stretch</i>			
4	<i>Double Straight Leg Stretch</i>			
5	<i>Saw</i>			
6	<i>Swan III</i>			
7	<i>Double Leg Kick</i>			
8	<i>Neck Pull</i>			
9	<i>Shoulder Bridge</i>			
10	<i>Scissor/Bicycle</i>			
11	<i>Corkscrew</i>			
12	<i>The Twist</i>			
13	<i>Sidebend</i>			
14	<i>Open Leg Rocker</i>			
15	<i>Teaser</i>			
16	<i>Kneeling Side Kick</i>			
17	<i>Swimming</i>			
18	<i>Leg Pull</i>			
19	<i>Leg Pull Front</i>			
20	<i>Jackknife</i>			
21	<i>Control Balance</i>			
22	<i>Boomerang</i>			
23	<i>Star</i>			
24	<i>Rocking</i>			
25	<i>Push Up</i>			

Level II Exercises

Notes:

**Section VIII: Final Check Off**

*For Internal Use.*

<i>Final Check off</i>	<i>Date</i>	<i>Educator Signature</i>
<i>Section I - Pre Curriculum and Anatomy</i>		
<i>Section II - Student Status Sheet</i>		
<i>Section III - Didactic Education</i>		
<i>Section IV - Observation</i>		
<i>Section V - Self Practice</i>		
<i>Section VI - Apprentice Teaching</i>		
<i>Section VII - Exercise Mastery</i>		