

Polestar Pilates Education

Studio and Rehab Assignments



Course Name: PF/PR

Polestar Pilates Fitness Principles

Assignment due in S1/R1

Required Reading:

Anatomy of Movement, Blandine Calais-Germain: Eastland Press 1993

Return to Life, Joseph Pilates

Your Health, Joseph Pilates

Complimentary Therapies in Rehabilitation, Carol Davis: Slack 2004 Chapter 13 "Pilates Rehabilitation" by Brent Anderson PT OCS

Suggested Reading:

Emotional Anatomy: Stanley Keleman

Assignments:

Written:

Choose one functional activity (e.g. sitting to stand, reaching, and kicking) and describe the movement as it pertains to joints, planes, levers, muscles and connective tissue. Use "Anatomy of Movement" to help with the assignment. This paper should be between 500-1000 words, Times New Roman, 12pt, double spaced with 1" margins. This paper is due in S1/R1.

Practical:

Self-Practice - minimum 1 hour per week

Supervised Practice - minimum 1 hour per week

Observation - minimum 1 hour per week

Case Studies:

Studio:

Complete 5 Polestar Pilates screenings

Rehab:

Complete 5 NAGI grids

Course Name: S1/R1

Assignment due in S2/R2

Required Reading: None

Assignments:

Written: None

Practical:

Self-Practice - minimum 1 hours per week

Supervised Practice - minimum 1 hour per week

Observation - minimum 1 hour per week

Case Studies:

Studio:

Complete two Polestar Pilates screenings with program design for week 1.

Rehab:

Complete two NAGI grids with program design for week 1.

Course Name: S2/R2

Assignment due in S3/R3

Required Reading:

Dynamic Alignment Through Imagery, Eric Franklin: Human Kinetics Part 1

Assignments:

Written:

Using the Pilates Exercise in your S1/R1 manual "Feet in Straps" on the Reformer, describe in three different types of visual images to facilitate:

a) Core awareness

b) Disassociation of the hips

c) Efficient organization and alignment of the Lower Extremities.

"Dynamic Alignment" can be used to help with imagery. This paper should be between 500-1000 words, Times New Roman, 12pt, double spaced with 1" margins. This paper is due in S3/R3.

Practical:

Self-Practice - minimum 1 hours per week

Supervised Practice - minimum 1 hour per week

Observation - minimum 1 hour per week

Teaching – minimum 2-3 hours per week

Case Studies:

Studio:

Complete two new Polestar Pilates screenings with program design for week 1 and week 6.

Rehab:

Complete two new NAGI grids with program design for week 1 and week 6.

Course Name: S3/R3

Assignment due in S4/R4

Required Reading: None

Assignments:

Written:

Write an essay on your personal experience using tactile cues to facilitate proper breath, axial elongation, organization of head, neck and shoulders, spine articulation and alignment. Make note if you were successful in facilitating desired outcomes. How did you know whether or not you were successful? This paper should be between 500-1000 words, Times New Roman, 12 pt, double spaced with 1" margins. This paper is due in S4/R4

Practical:

Self-Practice - minimum 1 hours per week
Supervised Practice - minimum 1 hour per week
Observation - minimum 1 hour per week until complete
Teaching – minimum 2-3 hours per week

Case Studies:

Studio:

Complete two new Polestar Pilates screenings with program design for week 1, week 6 and 12.

Rehab:

Complete two new NAGI grids with program design for week 1, week 6 and week 12.

Course Name: S4/R4

Assignment due in S5/R5

Required Reading: None

Assignments:

Written:

Record yourself teaching a Pilates Session. Listen and analyze your communication skills by asking and answering the questions below. Describe your experience and make suggestions of what you might wish to improve pertaining to your communication skills.

1. Where the majority of your cues positive or negative?
2. Did you notice a bias in your teaching style as it pertains to visual learners (does this look ok?); auditory learners (how does this sound?); kinesthetic learners (how does it feel?)

This paper should be between 500-1000 words, Times New Roman, 12 pt, double spaced with 1" margins. This paper is due in S5/R5.

Practical:

Self-Practice - minimum 1 hours per week
Supervised Practice - minimum 1 hour per week
Observation - minimum 1 hour per week until complete
Teaching – minimum 2-3 hours per week

Case Studies:

Studio:

Complete two new Polestar Pilates screenings with program design for week 1, week 6 and 12.

Rehab:

Complete two new NAGI grids with program design for week 1, week 6 and week 12.

Course Name: S5/R5

Assignment due in S6/R6

Required Reading:

Energy Medicine, The Scientific Basis, James L. Oschman: Churchill Livingstone, 2000 Chapters 1-4, 15

Complimentary Therapies in Rehabilitation, Carol Davis: Slack 2004 Chapters 1 and 2

Assignments:**Written:**

Write an essay on how Pilates' exercises can facilitate communication to multiple systems of the body (e.g. immune system, digestive system, respiratory and cardio-vascular system). Use "Energy Medicine and Complimentary Therapies" to help with this assignment. This paper should be between 500-1000 words, Times New Roman, 12pt, double spaced with 1" margins. This paper is due in S6/R6.

Practical:

Self-Practice - minimum 1 hours per week

Supervised Practice - minimum 1 hour per week

Observation - minimum 1 hour per week until complete

Teaching – minimum 2-3 hours per week

Case Studies:

Studio:

Complete two new Polestar Pilates screenings with program design for week 1, week 6 and 12.

Rehab:

Complete two new NAGI grids with program design for week 1, week 6 and week 12.

Required Reading

Return to Life

Joseph Pilates

Your Health

Joseph Pilates

Complimentary Therapies in Rehabilitation

Carol Davis: Slack 2004 Chapters 1 and 2, Chapter 13 "Pilates Rehabilitation" by Brent Anderson
PT OCS

Anatomy of Movement

Blandine Calais-Germain: Eastland Press 1993

Dynamic Alignment Through Imagery

Eric Franklin: Human Kinetics Part 1

Energy Medicine, The Scientific Basis

James L. Oschman: Churchill Livingstone, 2000 Chapters 1-4, 15

Suggested Reading

Basic Biomechanics of Musculoskeletal System 2nd Edition

Margareta Nordin & Victor H. Frankel: Lea & Febiger

Quantum Healing: Exploring the Frontiers of Mind/Body Medicine

Deepak Chopra, MD

The Psychobiology Of Mind-Body Healing

Ernest Lawrence Rossi

Molecules of Emotion: The Science Behind Mind-Body Medicine

Candace B. Pert, PhD

Power of Intention

Wayne Dyer PhD

Suggested Reading (cont'd)

How to Know God

Deepak Chopra, MD: Three Rivers Press 2000

Unlimited Power

Anthony Robbins, Simon & Schuster 1989

Anatomy of the Spirit

Caroline Myss PhD, Three Rivers Press 1996

Functional Movement

Bruce Brownstein & Shaw Bronner: Churchill Livingstone 1997

FLOW, The Psychology of Optimal Experience

Mihaly Csikszentmihalyi Harper Perennial 1990

The Spontaneous Fulfillment of Desire

Deepak Chopra, MD, Harmony Books 2003

Emotional Anatomy

Stanley Keleman

Sensing, Feeling, and Action

Bonnie Bainbridge-Cohen

The Thinking Body: A Study of the Balancing Forces of Dynamic Man

Mabel Elsworth Todd

Companion of God

Dadi Janki

Celestine Prophecy

James Redfield, Warner Books, NY, 1995