

# Smartbody Pilates Studio Online Mat Teacher Training Spring 2021

## Basic Information

- Application deadline
  - **April 15, 2021**
- Requirements
  - Intermediate level Pilates practice and at least 50 mat classes under the belt
- Course duration
  - 12 weeks,
- Dates
  - **Start date: Tuesday April 20, 2021**
  - End Date: Tuesday July 6, 2021
- Number of Students
  - Minimum: 3
  - Maximum: 10
- Costs/Payment
  - Total Cost:
    - **1995 Euros + 21% btw (sales tax) = 2353.95**
    - No extra hidden costs
  - Payment schedule:
    - 500 Euro non-refundable deposit at time of booking +
    - 927 Euro by April 6
    - 927 Euro by May 6

## Course structure and content

The Smartbody Online Mat Teacher Training will use the following types of educational materials:

- Pre-recorded video library of Pilates exercises and lectures, as well as anatomy lectures available to the student until her final exam.
- Weekly Interactive online meetings for discussion of viewed materials, questions and linking concepts together
- Free access to all of Smartbody's online group classes
- Dedicated weekly trainee class with a master teacher from Smartbody
- Attendance of 3 Smartbody online mat classes weekly
- 2 hours of self-practice weekly.

- Bimonthly Anatomy lectures
- 1-2 hours of practice teaching weekly
- 1-2 hours of observing Smartbody online classes weekly

## Course Schedule

- Tuesday 18:00-20:00 (Pilates)
  - April 20, 27, May 4, 11, 18, 25, June 1, 8, 15, 22, 29, July 6.
- Fridays 9-10:30 (anatomy)  
April 23, May 7, May 21, June 4, June 18 and July 2

The weekly Trainee class will be scheduled once the group is formed.

## Exams

Final exams for the course can be taken online via Zoom and will comprise

- teaching a 55 minute lesson to a student
- performing 6 advanced level exercises
- taking a written test.

The students have up to 3 months from the end date of the course to schedule and take the final exam.

## Required Purchases:

- Online Anatomy Program
- Thick mat
- Standard Length Foam Roller
- 1.5 meter Theraband
- Small inflatable ball