

SYLLABUS

Certified Pilates Specialist (CPS)

Brief description: Mat based Pilates is a gentle, low-impact, yet serious strength workout that came to be known as the wonder exercise which improves muscle tone, enhances flexibility and helps to develop a strong core with a bouquet of many other benefits research shows Pilates can help ease low back pain, improve sleep quality and even it can improve mental well-being. Mat Pilates is better options than using Platies reformer as mat Pilates use own body weight. Knowing this skill will help students to add other weapons to their armoury.

Minimum age: 18 Years and above

Personal Attributes: The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self-discipline, confidence, maturity, patience, compassion, active listening, time management, empathy, language proficiency.

Duration of course: Not less than 15 hours

Course Fees	Rs 4000/- (Three Thousand)
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Role: Strength and conditioning trainer, Gym trainer, Fitness Trainer, Fitness trainer role in all sports and game.

Requirement/ Eligibility: For admission in the course it is suggested/desired that the candidate should have passed 10thstandard/ Secondary School Certificate from a recognized board or equivalent

Opportunities: Health club, Hotels, Sporting club, Sports academy

A. History: Pilates was developed by Joseph Pilates, from Germany. Pilates claims that the exercises could cure ill health. It is also related to the tradition of "corrective exercise" or "medical gymnastics".

Eventually Pilates designed other apparatus, including the swis ball, Cadillac, Chair, Spine Corrector, Ladder Barrel and Pedi-Pole etc

B. Description: Pilates originally means "Contrology". It is a method of whole body exercise designed to improve daily activities and livelihood. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance

C. Equipment: The two most popular Pilates equipment are - Yoga mat and Gym ball.

D. Comparison with yoga: Pilates, is a mind-and-body discipline, though yoga are more likely to address spiritual aspects explicitly although some poses are similar in the two disciplines

E. Pilates with Yoga mat exercises: Glossary.

F. Pilates with Gym Ball: Stability balls are a popular and versatile piece of fitness equipment used in gyms, homes, and rehab therapy sessions.

G. Use of gym ball (GYM BALL SIZE): Use of gym ball is to warm up and stretch your muscles before a workout. Improved flexibility can reduce risk of injury and keep your muscles and joints functional.

Gym balls can strengthen the core.

Gym ball size according to height of users e.g. 45 cm Gym ball is good for under 5 ft height person.

H. Gym ball exercises: (55+ Gym ball exercise)

1) standing position

- squats against the wall
- single leg squats against the wall
- lunge against the wall
- heel raise
- hip hinge etc.

2) seated position

- pelvic tilt
- lateral pelvic tilt
- single leg balance and leg extension
- alternative hand and leg raise
- adductor squeeze etc.

3) supine on ball position

- abdominal crunch (variation)
- bridge
- bridge single leg balance
- lying chest stretch
- abdominal stretch etc.

4) supine on the floor

- hip extension
- bridge leg curl
- glute stretch
- butterfly stretch etc.

5) prone position

- jack knife
- superman variation
- push ups
- back extension variation

- leg hip extension (lower back) etc.

6) kneeling position

- lat stretch
- quadriceps stretch
- chest stretch etc.

7) side lying position

- lateral torso extension / flexion
- hip abduction on ball etc.

I. Benefits : pilates increases core strength, pilates decreases back pain , Pilates strengthens your bones , Pilates improves flexibility and mobility , Pilates improves posture and It enhances body awareness , Pilates increases energy , decreases stress and improve motivation , Pilates boosts your immunity , Pilates improves cognitive functioning ,Pilates enhances sports performance , Pilates can help reduce menstrual pain etc.