Movement Matters Bali

Continuing Education Course List

MOVEMENT MATTERS BALI
Pilates. GYROTONIC® Method

BODY HARMONICS®
MOVEMENT AND HEALTH

Table of Contents

ADVANCED FUNCTIONAL ANATOMY

Description

Understanding anatomy is the first step toward understanding functional movement. And there is more to understanding function, than just memorizing actions of individual muscles and muscle groups. Knowing how and why muscles work together allows us to recognize dysfunctional movement patterns, and make educated choices to optimize them. In this course, we look at the major muscle groups of the pelvis, spine, hips, lower extremities and shoulder girdle, and how they interact to create movement and contribute to joint stability.

Learning objectives

- Gain a systematic understanding of functional anatomy from head to toe
- Learn the ripple effect of intervention in one area and how it affects the entire kinetic chain
- Experience key exercises to unlock and restore function in critical areas of the body

Duration: 12 hours

CECs: 12

ADVANCED POSTURAL ANALYSIS

Description

In this course, we trace the origins of our postural patterns back to the womb. We look closely at holding patterns in the body that impact many of the common complaints we hear from clients, as well as postural misalignment we often observe. You leave with new perspectives on what creates postural imbalances and how to manage them effectively to promote structural changes.

Learning objectives

- Expand your understanding and observational skills of universal postural patterns
- Learn specific postural deviations at every major joint in the body
- Apply exercise protocols to address both universal and specific postural deviations

Duration: 12 hours

CECs: 12

ANATOMY FOR MOTION

Description

Anatomy for Motion literally changes the way you think about, observe and feel human movement. Fun and interactive, this course brings the human structure to life. You gain new insights into how the body moves from different perspectives. The ultimate goal of this course is to help you understand how movement is produced at all major joints. This understanding lays the groundwork for accurate neuromuscular recruitment, joint mobility and core control.

Recommended additional resources: Trail Guide to the Body, 5th edition, by Andrew Biel, anatomy apps

Learning objectives

- Explore human anatomy in multiple dimensions
- Sense and feel parts of the body as structural anatomy comes to life and takes on personal meaning
- Learn foundational exercises to facilitate and optimize functional movement in the spine and major joints of the body

Level: Beginner

Duration: 6 hours

CECs: 6

ARTHRITIS: THE MODERN EPIDEMIC

Description

Arthritis is a chronic and, for many, debilitating disease caused by inflammation of one or more joints. It results in joint swelling, stiffness, pain and limited range of motion. There are over 100 different forms of arthritis, with osteoarthritis being the most common. While focused primarily on osteoarthritis, this course, equips you to deal with most types of arthritis. You learn a broad range of exercises appropriate to every stage of the disease.

Learning objectives

- Gain an understanding of osteoarthritis and related types of arthritis
- Learn to identify the difference between osteo- and rheumatoid arthritis
- Practise safe and effective exercises for osteo- and rheumatoid arthritis
- Learn how to develop safe and effective classes for people with arthritis

Duration: 6 hours

CECs: 6

BALANCE APPARATUS

Description

This course focuses on three pieces of equipment: foam roller, swivel discs and stability ball. Simple, portable and versatile, each piece of apparatus adds challenge and depth to classes and one-on-one sessions. Learn to rebalance and create both deep and superficial support in the hips, shoulders and upper torso. Build exercise sequences from simple to complex and from relatively stable to extremely unstable. Equipped with both conceptual and kinesthetic understanding, you leave this course ready to teach core stability and balance training in a way that engages the body in every plane and direction.

Learning objectives

- Learn how to use balance apparatus for safe and effective outcomes
- Practise exercises using a stability ball, foam roller and swivel discs
- Experience the continuum that training with balance apparatus provides: improved balance, increased core control and optimal joint mobility

Duration: 6 hours

CECs: 6

BARRELS REPERTOIRE

Description

The three Pilates barrels (ladder barrel, spine corrector and baby arc/hippo) are uniquely designed to improve stretching, strengthening and flexibility exercises. The barrels are different from the other major pieces of Pilates equipment—there are no moving parts or springs. In addition, bodies have to adapt and move to accommodate the contour of each barrel and in this way, this trio of equipment can be considered the most challenging of all.

Learning objectives

- Learn the complete barrels repertoire (ladder barrel, spine corrector, baby arc/hippo)
- Explore modifications and variations
- Discover safe and effective ways to integrate barrels into exercise sessions or group classes

Duration: 12 hours

CECs: 12

BEYOND BREAST CANCER

Description

Breast cancer is one of the most survivable cancers. Nine out of 10 women live at least five years post-diagnosis. However, the treatment is almost always invasive. It leaves individuals fatigued and with physical problems like lymphedema, reduced shoulder range of motion, pain and stiffness in affected joints, and muscular weakness. In this course, we look at several biomechanical protocols to improve functional movement as well as somatic education principles. The goal is to make movement meaningful and beneficial for breast cancer survivors.

Learning objectives

- Gain knowledge about breast cancer and its implications in the context of daily movement
- Explore ways to specifically address the movement impairments associated with breast cancer
- Learn how to build an effective program for survivors to ensure positive outcomes and a balance between strength and flexibility

Duration: 6 hours

CECs: 6

BREATHING MECHANICS AND PROTOCOLS

Description

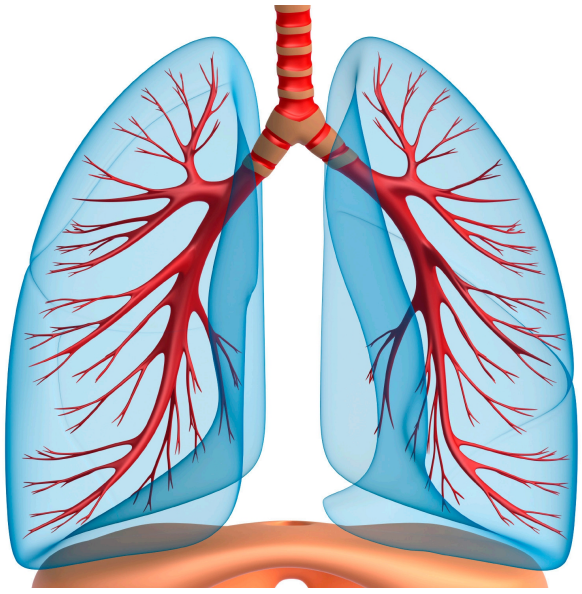
As an event breathing can be both unconscious and conscious. How we breathe affects everything we do. And breathing is integral to core stability and building bodies that move with ease and integrity. This course outlines the biomechanics and physiological underpinnings of this vital process. Theory crosses over to experience as we explore several ways to breathe to enhance function of the respiratory and musculoskeletal systems. Throughout the day we work interactively to interpret different faulty breathing patterns, understand how they affect movement and posture, and work to help reverse them for optimal function.

Learning objectives

- Experience how breathing works and learn what happens with every breath
- Learn the biomechanics of the breath cycle: which muscles are involved, and how they work on inhalation and exhalation
- Practise a sequence of exercises to help unlock the breath for improved function and posture

Duration: 6 hours

CECs: 6



BUILD A STRONG AND SUPPLE SPINE

Description

The human spine is a dynamic structure built to move with ease and power… until it doesn't. The spine plays a central role in everything we do from sitting to standing, walking, running or jumping. In this foundational biomechanics course, we examine the structure of the spine and learn about key roles the different sections of the spine play in movement and core control. From a movement perspective we look at how to design a spine-focused exercise prescription that promotes optimal function.

Learning objectives

- Review and expand your understanding of structural anatomy of the spine
- Build a basic understanding of the spine's functional anatomy
- Learn to deconstruct the spine's four major motions to understand the continuum of typical movement impairments
- Discover key exercises to optimize functional movement in all regions of the spine

This course is one in a 3-part biomechanics series consisting of Build a Strong and Supple Spine, Power and Balance for Hip and Knee, and Simplifying the Shoulder Complex. The series explores the three major areas of the body that significantly impact overall function. It focuses on how to observe movement mechanics in these areas so you can offer meaningful instruction on how to move better.

Duration: 3 hours

CECs: 3

CAREER GROWTH ESSENTIALS FOR PILATES AND MOVEMENT PROFESSIONALS

Description

This program is designed to set you up for future success as part of any teaching and/or clinical team or as an independent Pilates and movement practitioner. Curriculum is divided between the course work covered in Essentials of Client Care that starts the program. This lecture-based course is filled with the key concepts for success as a health and wellness service provider. After the course, there are seven weekly sessions for practical application, in-the-moment problem-solving, and analysis of different scenarios that make or break a successful Pilates and movement practice. Based on the principles of Adult Education, each of the seven sessions includes a conceptual framework, discussion, and interactive practice.

Duration: 15 hours

CECs: 15

CERVICAL SPINE MECHANICS AND PROTOCOLS

Description

Forward head carriage is so prevalent in today's society. It can contribute to significant strain and tension in the neck and shoulder region as well as all the way down the body. When a person with forward head carriage engages in movement and exercise, the neck and shoulder area often protest and can even feel worse after the fact. In this course, we unravel the complexity of the cervical region and look at exercise choices that help people move beyond strain and carry their heads with more power and ease.

Learning objectives

- Expand your understanding of the cervical spine and jaw structural anatomy
- Gain knowledge of the cervical spine and jaw biomechanics
- Learn exercises to restore and optimize function in the cervical spine and jaw

Duration: 4 hours

CECs: 4

CLIENT ASSESSMENT PROTOCOLS

Description

This course is a must for anyone working in the field of movement education. We examine ways to assess movement statically and dynamically so exercise design can be methodical and functional. We also cover assessment tools and tests, functional and dysfunctional movement patterns and gross motor function. You leave equipped with knowledge to test and restore balanced muscle recruitment so your clients can avoid compensatory patterns that result in pain and injury.

Learning objectives

- Discuss specific assessment tools to use with clients of any age or ability
- Learn how to use your assessment to determine exercise objectives and outcomes
- Explore ways to assess progress, milestones and setbacks with your clients

Duration: 12 hours

CECs: 12

CORE INTEGRITY

Description

We all know that a strong core is key to optimal function, balance and equilibrium. But how can we best facilitate effective core control and still create programs that appeal to average people who can't connect to subtle movements and deep inner muscles? In this course, we take a global approach to the concept of core and analyze both the inner and outer cylinders of support. These core systems help produce support and movement for the entire body as they criss-cross and spiral the torso. In-depth analysis is followed by observation and self-practice using specific exercises for each layer. You leave with a clear idea of how to help people connect to the different parts of their core.

Learning objectives

- Discover what the inner unit of support is and how it functions
- Learn what the outer unit of support is and how it functions
- Practice exercises for both inner and outer units for optimal core control
- Explore ways to develop a sequence of exercises based on the core systems

Duration: 12 hours

CECs: 12

ESSENTIALS OF CLIENT CARE

Description

Ever notice how some Pilates teachers are consistently busy and have the best clients in the world? Sometimes this gets chalked up to luck, experience or good karma. In fact, it is a reality you create. In this course you learn a step-by-step process to help each of your clients have the best chance to become committed, engaged and fun to work with. You'll lea rn simple markers to know exactly what a client needs from you to feel satisfied and excited about next steps. And, you'll learn simple techniques that help people stay the course long term.

The curriculum of this course developed out of the Body Harmonics Teacher Mentoring program with the goal of ensuring all teachers have the skills and knowledge needed to build a thriving practice at any stage of their career. The course provides a comprehensive plan for client care. You will walk away knowing exactly what people need to become lifelong, loyal clients and what you need to do to help them get there.

Learning objectives

- Learn a step-by-step intake process that ensures people come back
- Explore tools to know how to meet client needs within minutes of your first interaction
- Develop a systematic approach to keep clients on track, committed and loyal

Duration: 12 hours

CECs: 12

ETHICAL AND CONSCIOUS TOUCH

Description

Expert touch and hands-on feedback is a defining feature of a sophisticated movement teacher. Learn to “listen with your hands” so feedback becomes two-directional. Gain experience observing and assessing opportunity for meaningful and assistive touch. Become sensitized to how a body yields and awakens with purposeful hands-on feedback and guidance.

Learning objectives

- Learn how touch affects a person’s movement
- Practise how to use your hands in a variety of ways for effective movement outcomes
- Discover how to analyse your use of touch to ensure its effectiveness

Duration: 3 hours

CECs: 3

FOOT AND ANKLE: THE BODY'S SPRING SYSTEM

Description

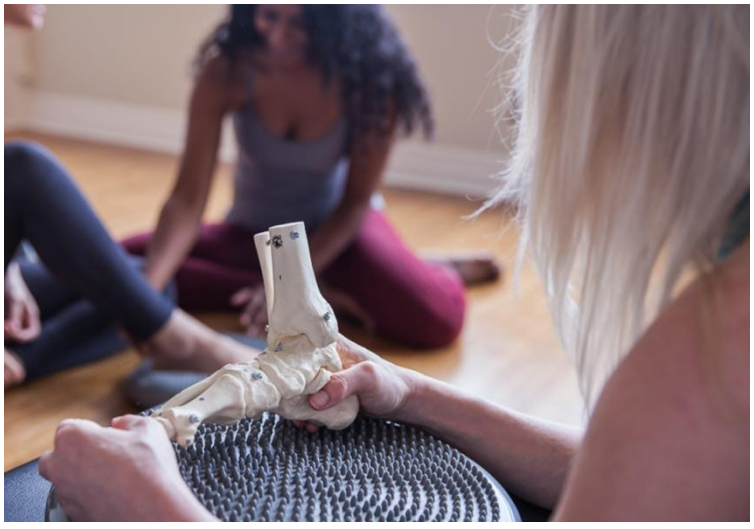
"Feet First" should be our motto! See the foot and ankle in 3-D. Develop a functional understanding of the foot and ankle movement mechanics for elastic rebound. Learn how the arches of the feet work optimally and what the cause and effect are when they break down. We also spend time learning to observe major postural deviations in the foot and ankle that lead to postural problems in the entire skeleton. Take away simple reconditioning exercises that produce profound results.

Learning objectives

- Learn functional anatomy of the foot and ankle and their effect on the entire body
- Develop observation skills to determine movement impairments in the foot and ankle
- Discover a systematic approach for movement re-education in the foot and ankle to facilitate optimal function of the body's spring system

Duration: 6 hours

CECs: 6



GAIT ANALYSIS

Description

In this course you learn to analyze locomotion patterns that work from our feet, through the legs and hips, into the pelvis, and up the spine into shoulders. Based on the Spinal Engine theory, this course helps you see the gait mechanics as a whole body experience. Your ability to observe how we walk, and understand the intricacies of how movement is integrated as we walk, expands dramatically. You leave with a completely new way of seeing bodies and a repertoire of simple exercises that have profound and positive effects on a person's gait mechanics.

Learning objectives

- Gain an understanding of gait mechanics and its impact on functional movement
- Develop the skills to effectively observe gait mechanics and identify dysfunctional patterns
- Learn to make educated exercise choices to promote positive changes in the gait mechanics
- Practice a repertoire of exercises that positively affect gait mechanics

Duration: 6 hours

CECs: 6

GOLF MECHANICS AND PROTOCOLS

Description

Rotary motion in the body is key to a powerful golf swing. In this course, you learn to analyse the static and dynamic phases of the golf swing and how to address each phase with targeted exercises that are easy to do even on a golf course. The key is balancing the regions of the spine with the hips for better torque.

Learning objectives

- Discover the basics of a golf swing
- Explore key components of an effective golf swing and how human movement is critical to the process
- Learn specific and targeted exercises to improve power and grace in a person's golf swing

Duration: 3 hours

CECs: 3

HANDEDNESS AND SCOLIOSIS

Description

This course covers the characteristics of handedness and scoliosis patterns and how they affect posture and muscle activation throughout the body. You also learn how to apply this knowledge to choosing effective exercise protocols. You leave with fresh observation skills and a new paradigm of understanding spinal mechanics and their influence on both structure and function.

Learning objectives

- Learn to assess handedness patterns and their effect on human movement
- Learn to assess scoliotic patterns and their effect on human movement
- Apply anterior/posterior balancing and asymmetrical conditioning to address muscular imbalances

Duration: 6 hours

CECs: 6

HIP REPLACEMENTS

Description

Hip replacement is the most common orthopaedic operation nowadays, and with an aging population this trend is certain to continue. As movement educators we can play an integral role in both the prehab and rehab phases of the hip replacement process. Open to teachers of all levels, this course clarifies what a hip replacement is, when it is recommended, and the issues associated with hip replacement surgery. We also look at a variety of highly recommended exercises and movement techniques for people in the prehab and rehab stages of hip replacement.

Learning objectives

- Gain an understanding of hip replacements: who qualifies for the operation, what the surgery entails, and the projected outcomes
- Discover how to intervene in the prehab stage of a hip replacement surgery
- Explore ways to help in recovery
- Learn how to help restore function post-surgery

Duration: 3 hours

CECs: 3

MAPPING YOUR MUSCLES

Description

This course is all about creating a 3D visual map of where muscles are on a a real body-where they attach, what their shapes are and how they contour the body. In addition, we will review the direction of muscle fibres and how important this is to understanding how muscles move us.

A great next step after Anatomy in Motion and an invaluable building block for intermediate and advanced level Continuing Education courses.

Learning objectives

- Learn how to visualize key muscles in three dimensions
- Understand how muscles move the body based on location, origin and insertion points, and direction of fibres
- Apply anatomical theory to movement and guided observation

Duration: 6 hours

CECs: 6

MIND-BODY EXERCISE FOR MEN

Description

In this course, we look at key ways to communicate with male clients so that a mind-body approach to exercise makes sense to them. We zero in on exercise sequences that draw men's attention and relate to sports and other activities men love. Whether they are weekend warriors, true athletes or back pain sufferers, men have been underrepresented in our classes for too long, missing out on the profound benefits of connecting the mind to the body. We also look at some of the typical physical challenges men face in female-dominated classes and trace these to bio-mechanical characteristics unique to men.

Learning objectives

- Learn how to communicate effectively with men in the Pilates context for optimal results
- Examine the unique structure of the male body that makes certain positions, movements and exercises frustrating and difficult for men
- Discover ways to design a class to target men, their expectations, strength, flexibility and postural needs

Duration: 3 hours

CECs: 3

MOVEMENT AND EXERCISE FOR INFLAMMATORY AND AUTOIMMUNE DISEASE

Description

Auto-immune disease is a condition whereby the immune system mistakenly attacks and destroys its own healthy body tissue(s). There are more than 80 different types of auto-immune disorders. One or many of the following characteristics are typical of all auto-immune disorders: destruction of one or more types of healthy body tissue, abnormal growth of an organ, changes in organ function, inflammation. This course focuses mainly on auto-immune disorders with inflammation leading to limitations in normal movement and function as the main characteristic. Examples of disorders covered are lupus, rheumatoid arthritis, Sjorgen Syndrome and multiple sclerosis.

Learning objectives

- Learn what inflammatory and auto-immune disorders are
- Find out how these disorders limit movement and function
- Practise strategies and exercises appropriate for clients with these types of conditions

Duration: 6 hours

CECs: 6

MYOFASCIAL LINES OF MOVEMENT

Description

Drawing on the historic and contemporary frameworks of les chaines musculaires, Anatomy Trains, and GDS (Godelieve Denys Struyf), this course helps you navigate several different conceptions of myofascial lines in the body from a movement education perspective. Using Pilates-based exercises, we put these criss-cross lines of movement to work to optimize their functioning. The overall objective is to help teachers see systemic patterns for movement in the body, followed by a review of key exercises to target each one.

Recommended reading: Anatomy Trains by Thomas Myers

Learning objectives

- Explore the links and history of the myofascial lines and how they inform our current context
- Learn to see the human body in terms of several different myofascial perspectives
- Practise and apply moving along the myofascial lines from different schools
- Compare and understand the differences between myofascial and locomotor lines of movement

Duration: 12 hours

CECs: 12

NEUROPHYSIOLOGY 101

Description

Our nervous system is vital to our daily movement and function and yet it remains one of the most elusive and least understood systems. This course is based on the latest research on the brain and how it can adapt and change its structure in response to information. You gain an understanding of the anatomy and physiology of the nervous system, as well as the system pathways responsible for perceiving and moving within our environment. You leave with ability to fine-tune your cueing so you draw the responses you want in your clients. You also learn how to design exercises that better access the nervous system for improved motor control and awareness.

Learning objectives

- Learn basic neurophysiology and how to link it to teaching movement
- Discover how movement works in the body according to its neurological underpinnings
- Find out how the brain functions and how it can adapt and change in response to information

Note: This course lays the groundwork for Neurophysiology 201, where specific conditions are addressed.

Duration: 12 hours

CECs: 12

NEUROPHYSIOLOGY 201

Description

This course builds on the groundwork laid out in the Neurophysiology 101 course, which covers how the nervous system works and the role in plays in movement. In Neurophysiology 201, we apply that knowledge to the populations who suffer from spinal cord injury, stroke, Parkinson's disease and multiple sclerosis. We look at what happens to the nervous system when things go wrong and how this affects movement. You leave able to design exercise programs that help these special populations enhance their movement potential.

Note: Neurophysiology 101 highly recommended.

Learning objectives

- Gain a basic understanding of neurophysiology with respect to neurological impairments, such as spinal cord injury, stroke, Parkinson's disease and multiple sclerosis
- Learn verbal and non-verbal cueing techniques to promote change in the movement patterns for individuals with neurological impairments
- Find out how to design exercise programs for individuals with neurological impairments

Duration: 6 hours

CECs: 6

OSTEOPENIA, OSTEOPOROSIS AND ORTHOPAEDIC HEALTH

Description

Today osteoporosis is reaching epidemic levels. This presents a challenge from a movement, strength and flexibility perspective. As movement and exercise professionals we need to choose appropriate exercises that keep people safe and reduce risk factors associated with osteopenia and osteoporosis. This course is packed with current information and analysis of these conditions. It also offers a detailed map of how to ensure the exercises you teach are bone safe and effective for building bone density. You leave equipped with tools to work proactively with the specialized needs of people with osteopenia and osteoporosis.

Learning objectives

- Understand the risks associated with osteopenia and osteoporosis
- Learn safety protocols when working with clients who have osteopenia and osteoporosis
- Learn how to make educated exercise choices for bone safety and health
- Experience appropriate exercises to promote bone health and safe movement

Duration: 6 hours

CECs: 6

PAIN 101

Description

Chronic pain is challenging and complex, and is a common reason why clients try Pilates. This course focuses on the key role the nervous system plays in pain. Understanding of neuroplasticity and the “brain in pain” guide our discussion about strategies for working with clients who have pain.

Learning objectives

- Learn new considerations in the continuum of the pain cycle
- Determine how movement and exercise affect pain
- Find out how to assess your movement and exercise choices for clients living with pain

Duration: 3 hours

CECs: 3

POST-REHAB PROTOCOLS: HIP AND KNEE

Description

Starting with a review of the anatomy of the hip and knee plus all the muscles that wind around the pelvis, thigh and hip, we move on to examine which muscles are local and global and how to apply this information to movement. From there we consider subjective and objective evaluations of all the compartments of the lower limb. A major focus is two main functions of the lower limb: sit to stand and gait—how to assess these key functions and what to do to improve their execution. We also spend time on functional movement in general and common conditions of the lower limb—pelvis, hip and knee—as well as Sahrmann's 11 movement impairments of the pelvis and hips. We conclude with a plan of action to restore optimal function and movement.

Learning objectives

- Gain a systematic and in-depth understanding of the lower limb
- Learn both methodical and creative ways to approach movement impairments in the pelvis, hip and knee
- Explore a variety of exercises that go beyond the Pilates repertoire, and push the envelope in terms of restoring optimal function and movement

This course is part of a series of post-rehab protocol courses for the spine, hip and knee and shoulder complex. The curriculum includes functional anatomy, assessment, critical reflection, and a step-by-step program design with innovative exercises using mat, small props and Pilates machines. The series is key for any teacher searching for new ways to observe movement patterns and offer targeted exercises. The three courses in the series can be taken individually or in any sequence.

Duration: 12 hours

CECs: 12

POST-REHAB PROTOCOLS: SHOULDER

Description

A detailed review of the anatomy of the shoulder girdle sets the stage for understanding dynamic stability of the upper limb and torso. We look at each joint and muscle in the shoulder blade, collar bone and arm bone and their contribution to scapulohumeral rhythm, the coordinated movement of all three parts of the shoulder complex. We then apply this information to movement impairments of the scapula and humerus as well as common conditions of the shoulder complex and conclude with a plan of action using Pilates-based exercises and more to restore optimal function and movement.

Learning objectives

- Gain a systematic and in-depth understanding of the upper limb system
- Learn both methodical and creative ways to approach movement impairments in the shoulder complex
- Explore a variety of exercises that go beyond the Pilates repertoire and push the envelope in terms of restoring optimal function and movement

This course is part of a series of post-rehab protocol courses for the spine, hip and knee and shoulder complex. The curriculum includes functional anatomy, assessment, critical reflection, and a step-by-step program design with innovative exercises using mat, small props and Pilates machines. The series is key for any teacher searching for new ways to observe movement patterns and offer targeted exercises. The three courses in the series can be taken individually or in any sequence.

Duration: 12 hours

CECs: 12

POST-REHAB PROTOCOLS: SPINE

Description

In this workshop we take an in-depth look at the structure of the spine and all the muscles that segmentally support, control and move the different spinal regions. We focus on functional movement in the spine as well as the role and contribution of the local and global muscle systems throughout the body. We explore 12 features of imbalanced activity in the local and global systems and what to do in a movement context to restore balance between the systems. We conclude by applying all this information to common spinal dysfunction and pain and posture patterns and creating a plan of action to move toward optimal function and movement.

Learning objectives

- Gain a systematic and in-depth understanding of the spine
- Learn both methodical and creative ways to approach movement impairments in the spine
- Explore a variety of exercises that go beyond the Pilates repertoire, and push the envelope in terms of restoring optimal function and movement

This course is part of a series of post-rehab protocol courses for the spine, hip and knee and shoulder complex. The curriculum includes functional anatomy, assessment, critical reflection, and a step-by-step program design with innovative exercises using mat, small props and Pilates machines. The series is key for any teacher searching for new ways to observe movement patterns and offer targeted exercises. The three courses in the series can be taken individually or in any sequence.

Duration: 12 hours

CECs: 12

POSTURAL ANALYSIS

Description

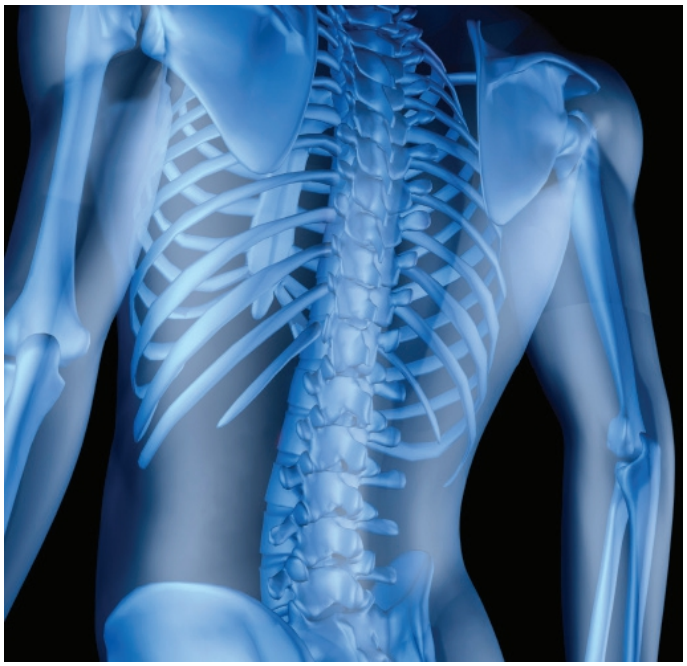
This course is all about posture and postural patterns. We work interactively to look at posture from head to foot. You learn how to observe postural patterns from several perspectives and take away key exercises to help improve a person's structure at every major joint of the body.

Learning objectives

- Learn a methodical approach to observing static postural patterns from a variety of perspectives
- Observe your peers to see living examples of postural patterns and how they play out in real life
- Learn a universally balanced protocol to re-pattern posture that has positive effects on both static posture and dynamic movement

Duration: 12 hours

CECs: 12



POWER AND BALANCE FOR HIP AND KNEE

Description

The hip and knee are intimately connected in terms of movement mechanics, our sense of equilibrium, and, very often, movement impairments. In this foundational biomechanics course, we use an array of visuals and exercises to address this area of the body. A major focus is how to integrate the legs into the pelvis and torso for optimal function.

Learning objectives

- Review and expand your understanding of the structural anatomy of the lower extremity including pelvis, hip and knee
- Understand essential functional anatomy of the hip and knee
- Learn an exercise conditioning sequence to build power and balance in the hip and knee

This course is one in a 3-part biomechanics series consisting of Build a Strong and Supple Spine, Power and Balance for Hip and Knee, and Simplifying the Shoulder Complex. The series explores the three major areas of the body that significantly impact overall function and focuses on how to observe movement mechanics in these areas so you can offer meaningful instruction on how to move better.

Duration: 3 hours

CECs: 3

PRE- AND POST-REHAB SOLUTIONS FOR KNEE REPLACEMENTS AND ACL RECONSTRUCTION

Description

Knee surgeries are commonplace for young, older, active and deconditioned populations. The numbers are exploding and candidates need help prior to and after surgery. In this course you review the knee anatomy and biomechanics as they relate to the context of common knee surgeries. You explore total knee replacement—what it is, when it is recommended, and what to expect in recovery. You will also learn about anterior cruciate ligament (ACL) reconstruction—mechanisms of knee ligament injury, what surgery involves and expected outcomes. You leave equipped with exercises for the pre-hab and post-rehab stages, as well as simple movement techniques for knee injury prevention.

Learning objectives

- Gain knowledge of knee replacements and ACL reconstruction—what those surgeries involve and expected outcomes
- Learn exercises and protocols for the pre- and post-rehab stages
- Explore ways to prevent knee injury for active clients

Duration: 3 hours

CECs: 3

RESISTANCE APPARATUS

Description

This course focuses on three pieces of resistance apparatus: toning balls, Pilates circle, stretch bands. Resistance apparatus can be used in ways that not only build strength, but also facilitate optimal range of motion in the joints. You learn how and why resistance apparatus is important in the quest for a strong core and integrated support in hips, shoulders and upper torso. You become equipped with conceptual and kinesthetic understanding that helps you deliver resistance exercises in a whole new way. You also learn how to work from centre to periphery and vice versa to integrate both.

Learning objectives

- Practise a variety of exercises using toning balls, Pilates circle and stretch bands
- Learn how to use resistance apparatus for positive strength outcomes without compromising joint mobility or flexibility
- Determine effective strategies for integrating resistance apparatus into one-on-one sessions and group classes

Duration: 6 hours

CECs: 6

ROTATOR CUFF RECONDITIONING

Description

The rotator cuff in the shoulder is one of the most common sites for injury. These injuries result in shoulder pain, impaired movement, and the overall reduction in quality of life. At some point, active therapy has to play a role in the reconditioning process for the rotator cuff. We explore what to do, how to do it and when.

Learning objectives

- Take an in-depth tour of the rotator cuff anatomy
- Learn how to assess dysfunction of the rotator cuff
- Practise specific exercises to help rehabilitate both the rotator cuff muscles and the shoulder girdle

Duration: 3 hours

CECs: 3

RUNNING MECHANICS AND PROTOCOLS

Description

This course reviews efficient and inefficient running techniques and their effects on stride, endurance and injury prevention. You leave with simple techniques and exercise sequences that allow you to effectively address the challenges your clients face as they hit the pavement. Your running clients learn to run taller and stronger, with a stride that is longer and more fluid.

Learning objectives

- Gain an understanding of different running techniques so you are able to assess what works for and against your running clients
- Learn to observe efficient and inefficient technique
- Experience exercises designed to restore fluidity, grace and power to the runner's stride

Duration: 3 hours

CECs: 3

SACROILIAC JOINT: THE CRITICAL, FUNCTIONAL LINK

Description

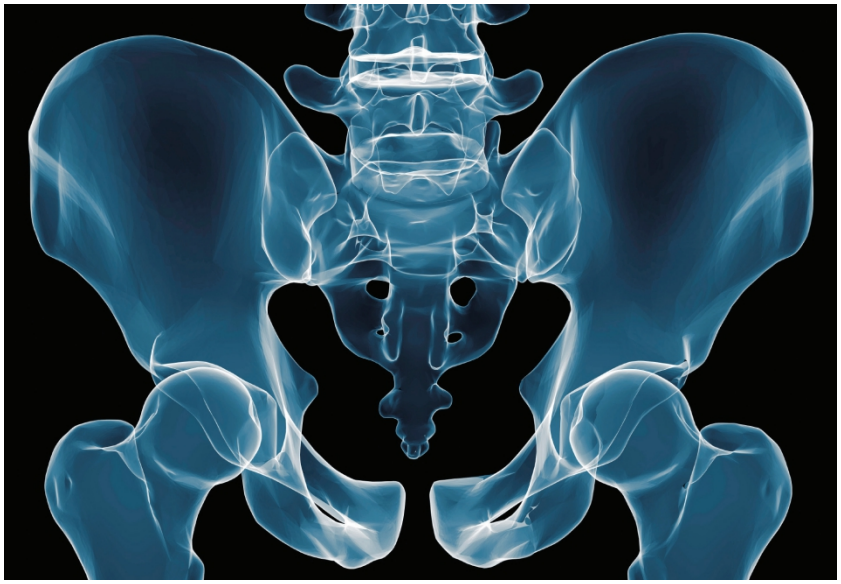
Optimal functioning of the sacroiliac joint is essential for a happy back, hips and knees. Learn techniques to understand how the SI joint is functioning in your clients, along with exercise progressions to address common issues of hypermobility, hypomobility and pelvic imbalances.

Learning objectives

- Learn how the sacroiliac joint functions
- Discover why the sacroiliac joint is such a critical link in the centre of the body
- Experience key exercises to optimize the functioning of the sacroiliac joint

Duration: 6 hours

CECs: 6



SELF-CARE STRATEGIES FOR JAW PAIN

Description

The temporomandibular joint (TMJ) is central to basic functions like talking and chewing. Increased stress can lead to clenching your jaw or grinding your teeth, which often lead to TMJ problems. In this two-hour course, you will explore the relationship between TMJ dysfunction, neck posture, and headaches. You will also learn techniques to aid common issues like jaw tension and clicking.

The course is open to movement and health professionals, as well those who suffer from (or know someone who suffers from) TMJ problems.

Learning objectives

- Explore the unique anatomy and mechanics of the TMJ
- Gain an understanding of the interrelationship of TMJ dysfunction, craniocervical posture, and jaw, neck, and head pain
- Learn self-care strategies to help with jaw pain, clenching, and clicking
- Practice exercises to optimize TMJ movement and function

Duration: 2 hours

CECs: 2

SIMPLIFYING THE SHOULDER COMPLEX

Description

The shoulder complex is exactly that; complex! In this foundational biomechanics course, we start with both visual and experiential reviews of the shoulder region to increase your skills of observation and assessment. You learn to identify postural deviations, imbalances, and timing incongruities that are often underlying issues in the neck and shoulder. We practice simple exercises that help integrate the shoulder complex into torso for better overall support and dynamic movement.

Learning objectives

- Review and expand your understanding of structural anatomy of the shoulder complex
- Understand how the different parts of the shoulder complex function together
- Learn an exercise conditioning sequence for the shoulder complex to build optimal mechanics

This course is one in a 3-part biomechanics series consisting of Build a Strong and Supple Spine, Power and Balance for Hip and Knee, and Simplifying the Shoulder Complex. The series explores the three major areas of the body that significantly impact overall function and focuses on how to observe movement mechanics in these areas so you can offer meaningful instruction on how to move better.

Duration: 3 hours

CECs:3

STRENGTH, BALANCE AND FALL PREVENTION FOR SENIORS

Description

In this course we investigate key considerations for seniors and exercise: types of conditions that affect musculoskeletal health with age, issues related to dexterity, and, certainly, balance training. You leave with actual class plans that are engaging, fun, safe and well-rounded.

Learning objectives

- Develop a clear framework of what seniors need and expect from exercise
- Discover the do's and don'ts when it comes to exercise protocols for seniors
- Learn functional exercises and innovative ways to plan classes that meet the needs of people as they age

Duration: 6 hours

CECs: 6

SUCCESSFUL STRATEGIES FOR TEACHING ONLINE

Description

This world needs your expertise and care. Your knowledge and emphasis on movement education—planned with respect for people's abilities, and permission to set different parameters depending on the day—is critical to helping people feel calm and resilient in these uncertain times. Never underestimate the essential role you play in helping people stay well!

These two hours are tailored for you if…

- You love what you do, but feel anxious about how to proceed over the next 12-18 months
- You lack motivation but want to reignite your passion for your work
- You can't quite envision how you will work in the "new normal" reality
- You worry that your work won't be viable and that you won't make enough income
- You hate working virtually, but know you will have to suck it up to make your work viable
- You don't know how to budget for the coming year given the uncertainty
- You don't feel you have the expertise to work with a hybrid of teaching virtually and in-person

Learning objectives

- How to map out and project revenue for a hybrid practice
- Marketing–what to do and what not to do
- Learn to implement a client care system regardless of the size of your practice

Duration: 2 hours

CECs: 2

SWIMMING MECHANICS AND PROTOCOLS

Description

In this course we explore the body mechanics specific to swimming together with the ensuing movement impairments that tend to surface for swimmers. The spine, hips and shoulder girdle are emphasized as we review what the swimmer needs to succeed, and how Pilates-based conditioning can make a difference in both the short and long term.

Learning objectives

- Determine the major objectives for cross training for swimmers
- Gain an understanding of the primary injuries experienced by swimmers and how Pilates-based cross training can help
- Learn exercises to enhance a swimmer's performance while reducing risk of injury

Duration: 3 hours

CECs: 3

TEENS ON THE MOVE

Description

Teens are a special breed indeed! Chatty, loosey-goosey and self-conscious, they need teachers with a special skill set to make Pilates relevant, fun and safe for them. In this course, you learn to navigate both physical and emotional challenges that this group faces in the Pilates context. You also open the door to an entire population that is terribly under-served when it comes to movement and exercise that makes sense for the maturing body and mind.

Learning objectives

- Learn to approach movement and exercise from the perspective of a teen
- Determine key factors and considerations when designing classes for teens
- Discuss how to design classes specially geared towards teens

Duration: 3 hours

CECs: 3

ULTIMATE MAT: REPERTOIRE PLUS

Description

Take your Pilates mat instruction to the next level! We start with the intermediate and advanced classical repertoire and explore ways to make these exercises effective for the average person. We find ways to make the Classics challenging yet functional and fresh every time so that your participants leave invigorated and tension-free. You leave with new ways to teach the old tricks!

Learning objectives

- Review and expand your knowledge of the Pilates classical mat repertoire
- Learn how to use intermediate and advanced Pilates classical mat exercises for therapeutic outcomes
- Practice the intermediate and advanced Pilates classical mat repertoire for refinement and movement integration
- Recommended reading: Body Harmonics Mat Foundations and Mat Classics & Innovations manuals

Duration: 6 hours

CECs: 6

REFORMER: REPERTOIRE + JUMPBOARD

Description

Take your reformer classes to the next level! After reviewing the intermediate and advanced Pilates reformer repertoire, we learn how to refine movements and add challenge to the exercises your clients already love. We also incorporate the jumpboard for a cardio element. You leave with tons of ideas to help reignite your clients' passion for the reformer.

Learning objectives

- Review and practice the intermediate and advanced Pilates repertoire
- Determine value of these exercises for both athletic and rehab contexts
- Learn the jumpboard sequences to infuse a cardio component into your reformer one-one-one sessions and group classes

Recommended reading: Body Harmonics Reformer Foundations, Intermediate and Advanced manuals

Duration: 6 hours

CECs: 6

UNLOCK THE MIGHTY AND MYSTERIOUS PSOAS

Description

Central to the body, the psoas is considered by many to be the muscle of integration between the legs, pelvis and spine. In this course, we explore how the psoas affects posture and alignment and how it acts as antagonist unto itself. You learn how to work with this elusive muscle to help restore optimal function from the centre of the body outwards.

Learning objectives

- Gain an understanding of anatomy and biomechanics of the psoas
- Explore how the psoas functions in relation to other muscles to create balance and integration
- Learn the major functions of the psoas
- Practice and apply a plan of action to restore optimal function in the psoas

Duration: 6 hours

CECs: 6

UPPER CERVICAL SPINE

Description

In the Cervical Spine Mechanics and Protocols course, we point out the difference between the upper cervical spine and the rest of the neck. In this course, we delve deeper into how the upper cervical spine works and look at specific issues that relate to and often originate in the top vertebrae of the neck, including dizziness and headache. We explore cervical proprioception and focus on the need for more stability from our deep neck flexors—the "core" of the neck. You leave with new and specific ways to help people with neck, and particularly upper neck, issues.

Learning objectives

- Expand your understanding of upper cervical spine anatomy, especially the deep neck flexors
- Explore the role of the cervical spine in dizziness and headache
- Learn specific exercises that condition the neck "core" to add stability
- Develop strategies to improve cervical proprioception

Duration: 3 hours

CECs: 3

VERTICAL REPERTOIRE

Description

Join us for a totally new way into the body's core! Vertical Pilates is smart, functional and versatile. You can use this repertoire with almost every type of client, and the best part is vertical exercises get people up and off the mat. Dynamic and fresh, people love the standing work because they get to sweat! All of a sudden mat classes take on a whole different dimension.

Learning objectives

- Practise the complete Pilates vertical repertoire
- Learn how demonstration is critical when teaching vertical exercises
- Discover simple cueing techniques to help people support themselves in the upright position
- Learn to create intensity and challenge in group classes by layering in the Pilates Vertical repertoire

Duration: 12 hours

CECs: 12

NOTES

MOVEMENT
MATTERS
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Pilates. GYROTONIC® Method

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