



Final Exam Certification Process

1. Completed all 8 Pilates S.A.S. Workshops
 - a. You will need to know and have practiced everything on the "Workshop Synopsis" given out at the end of the Workshop
 - b. These weekend workshops can be taken in any order; however, *it is to your advantage* to take them in order.
 - c. Must log your Workshops on the Course Completion Log and have Cathie sign your attendance
 - d. Must adhere to ALIGN Requirements
2. Attended 10 Labs (see lab guidelines above)
 - a. Must log your labs in Course Completion Log and have supervising instructor sign your attendance
 - b. Maintain copies of the practice clients paperwork which needs to be included in your final binder
 - c. Must adhere to ALIGN Requirements
3. Pass/Complete two emphasis courses of your choice at SSFS
 - a. Must log and have Cathie sign your attendance on Course Completion Log
 - b. Include any copies of certificates given for emphasis courses completed
 - c. Must adhere to ALIGN Requirements
4. Completed and record Self-Integration hours
 - a. Minimum of 50 at SSFS
 - b. Must be on both Mat and Apparatus
 - c. Initial & fill in your own practice hours on Course Completion Log
5. Completed and record Observation hours
 - a. Minimum of 50 at SSFS
 - b. All hours signed off by observation studio instructor in Course Completion Log
6. Completion and record all Active Client Teaching hours
 - a. Minimum of 32 at SSFS
7. Compile all of the following and include in a 3 ring binder to submit for Final Exam Certification
 - a. Complete "Final Certification Exam Application"
 - b. Complete "Certification Completion Log"
 - c. Workshop Synopsis – homework completed
 - d. Lab Feedback & Client Paperwork/Information
 - e. If the course participant has been taking classes/sessions at the studio as a client, all balances must be up to date.
8. Submit payment of \$350/395 and schedule Final Certification Exam

Final Certification Exam

1. Take home portion of test: Write a lesson plan for two sample clients, which will be assigned to you one week prior to your in studio exams. A 3-lesson plan and subsequent 3 month to one-year outline with exercise programming and reasoning/thought process will be required. This is due when you come in for your written exam.
2. In Studio Portion of test:
 - a. Written exam (1.25 Hour)
 - b. Practical exam (45 min. for i. and 60 min. for ii)
 - i. Perform workout given by director (exercise repertoire to be assigned one week prior)
 - ii. Instruct "Practice client" (certification applicant to provide)

Course Completion Criteria

Decisive Factors in receiving a Certificate of Completion:

1. Attitude
 - a. How well did you adhere to the ALIGN Requirements of course?
 - b. How amenable are you to work with?
 - c. Are you receptive to constructive feedback and able to integrate the information readily?
 - d. Are you positive in your outlook in regards to your participation in this certification process?
2. Alignment
 - a. Performance – Demonstrate proficiency in performing the exercises on all levels required in the course.
 - b. Ability to teach the exercises within the appropriate level with the correct spring tension where applicable.
 - c. Have all practical information learned (anatomy, bio mechanics, etc) and “layered” into your knowledge base
 - d. Are you aligned with the all-encompassing approach this certification course embraces?
 - i. Working knowledge of all rehab from each weekend and for whom the exercise would be appropriate
 - ii. Appropriate program design for clients with no known limitations as well as the limitations covered in the course
 - iii. Postural assessment (bony landmarks, plumb lines, palpation points)
 - iv. New client protocol (from initial contact to follow through)
 - v. Know all exercises by name from entire course and be able to modify accordingly
 - e. Ability to modify and adapt the repertoire to the client's ability and performance growth.
 - i. Understand which springs to use for which exercises on all equipment taught during course (wunda chair, reformer, cadillac)
 - ii. Know and understand correct usage and placement of all props used and taught during course.
 - iii. Know and understand breath patterning, it's impact upon the spine and which exercises call for which breath dependant upon the client's needs
 - iv. Be able to verbally explain the “purpose” of an exercise (what you are trying to facilitate) and “how” to perform it for the most benefit
 - v. If choosing alternate spring tension, breath patterning, or prop usage OTHER than what was taught in the course, be prepared to give explanation as to reasoning process
3. Action
 - a. All required hours completed and filled in legibly on Certification Completion Log
 - b. Completion binder organization and presented in a professional manner.
 - c. In case of emergency, a missed class makeup shall be arranged with faculty at student cost, if no other option available.
 - d. Demonstrate comprehensive understanding of all SynergySystems Pilates Instructor Certification Course material at the practical exam
 - e. Perform all SSFS course exercises with proper form and with a progression noted from your first session to the present

IF YOU HAVE ANY QUESTIONS REGARDING THE COURSE IT IS YOUR RESPONSIBILITY TO ASK FOR CLARIFICATION.