

STOTT PILATES®

# Intensive Mat-Plus

2nd Edition, 5-hour In-Person Course

## Student Homework & Study Guide

### Introduction

The 5-hour IMP Course 2nd Edition is designed to teach existing fitness instructors and others with the pre-requisite training how to program and instruct clients successfully the STOTT PILATES® Essential and Intermediate Matwork. This Homework & Study Guide is used alongside your course and is an instrumental resource for you to prepare for your STOTT PILATES examination in Matwork.

**note to students:** *Physical review of the Matwork material is very important to ensure full understanding within your own body first, before attempting to teach someone else. It is also very important to ensure your body is prepared for the increased challenge at each level of repertoire as you move through your STOTT PILATES Instructor Training.*

Relevant hours completed during your Homework will count towards your overall required Observation, Practice Teaching & Physical Review hours needed to sit for your exam.

*Requirements of certification:*

- ▶ 40 hours of instruction and supervised teaching (course time)
- ▶ Minimum of 10 hours of observation
- ▶ Minimum of 30 hours of physical review
- ▶ Minimum of 15 hours of practice teaching
- ▶ Total: 95 hours

**Note:** Hours tracked in your Study Guide should be moved to your official log sheet prior to sitting for your exam.

### Observation

Observation hours can be logged during or after a STOTT PILATES course and can be accrued by watching a STOTT PILATES Certified Instructor/Instructor Trainer teach clients (in-person or online), as well as observing the relevant course videos on DVD or through Merrithew Connect™. Please ensure you receive permission from the Merrithew Training Center and/or presenting Instructor well in advance, if you are observing in person.

### Physical Review

Physical Review hours means physically performing the exercises learned in class. Taking a class with a STOTT PILATES Certified Instructor/Instructor Trainer or working out with relevant course videos on DVD or through Merrithew Connect can qualify as physical review hours, and can be completed individually or with other students.

You can participate in an online Pilates session or join an online group Pilates class that teaches STOTT PILATES repertoire with a STOTT PILATES Certified Instructor/Instructor Trainer. You can also attend a Merrithew Online Workshop (offered by Merrithew Training Centers worldwide or the Corporate Training Center).

### Practice Teaching

Practice Teaching hours can be fulfilled by teaching STOTT PILATES course repertoire to family, fellow students, friends or clients, cueing and correcting them through a workout. Practice Teaching can be done in-person or by using a video conferencing pro-gram, such as Skype or Zoom.

## STOTT PILATES® INTENSIVE MAT-PLUS 2ND ED STUDY GUIDE, 5 HOUR CONT'D

**This study guide is broken down into areas of focus.**

**These include:**

- 1. Video Prep.** This should be done before the next day's class in order to prepare you for the material that being covered.
- 2. Video Review.** This should be done between classes as a review of the material that was previously taught.
- 3. Session Focus.** This gives you an idea of the focus of that day's class. As you work through the material, you will be able to identify any areas that need further review or clarification.
- 4. Homework Questions.** These questions are designed to ensure you have a clear understanding of the material that is being covered.

**Required video & manuals for the course:**

- ▶ *Comprehensive Matwork Manual*
- ▶ *Matwork & Reformer Support Materials Book*
- ▶ *STOTT PILATES® Principles (included in both Essential & Intermediate Matwork Repertoire 4th Ed. Repertoire DVD or digital videos)*
- ▶ *STOTT PILATES® Essential Matwork Repertoire, 4th Ed.*
  - ▶ *STOTT PILATES® Essential Matwork Express Workout 1: 30 minutes*
  - ▶ *STOTT PILATES® Essential Matwork Express Workout 2: 45 minutes*
- ▶ *STOTT PILATES® Intermediate Matwork Repertoire, 4th Ed.*
  - ▶ *STOTT PILATES® Intermediate Matwork Express Workout 1: 20 minutes*
  - ▶ *STOTT PILATES® Intermediate Matwork Express Workout 2: 30 minutes*

**Recommended video content:**

- ▶ *STOTT PILATES® Total Body Sculpting*
- ▶ *STOTT PILATES® Fitness Circle Challenge*

## Pre-Course Preparation

In order to be ready to learn the material, pre-course preparation is required. This consists of watching selected video programs and can be completed any time before Day 1 of the course. The goal of this preparation is to give you some insight into the organization, the breadth of the training, and provides a complete picture of where the training you are starting can take you. It also gives more information about the props and light equipment that are used to support the training.

### Pre-course preparation videos include the following:

- ▶ *STOTT PILATES® Principles*  
(included in both the STOTT PILATES Essential and Intermediate 4th Ed. Repertoire DVDs or digital videos)

### As well as the following Merrithew overview videos:

- ▶ *STOTT PILATES® Education Overview*
- ▶ *Merrithew® Equipment Overview*
- ▶ *Arc Barrel: Overview & Usage*
- ▶ *Stability Barrel™ Lite: Overview & Usage*
- ▶ *Fitness Circle® Resistance Rings: Overview*
- ▶ *Merrithew® Flex-Band® Exerciser*
- ▶ *Merrithew® Mini Stability Balls™*
- ▶ *Foam Cushions & Eco-Friendly Pilates Pad: Overview*
- ▶ *Merrithew® Eco-Lux Imprint Mats*
- ▶ *Merrithew® Folding Travel Mat*
- ▶ *Merrithew® Platform Mats*
- ▶ *STOTT PILATES® Rehab Education Overview*
- ▶ *Total Barre® Program Overview*
- ▶ *Halo® Training Program Overview*
- ▶ *ZEN•GA® Program Overview*
- ▶ *Merrithew® Fascial Movement Education Overview*
- ▶ *CORE™ Program Overview*

## Session 1

**Session Focus:** Introduction & Orientation; Detailed explanation of the STOTT PILATES Principles.

**Video Review:** *STOTT PILATES Principles*

- ▶ Review and physically practice the Principles as they were taught in the session, using the video as a guide to ensure you are clear on each Principle.
- ▶ Repeat the video as often as possible to experience the movements and the details in your own body. These are the foundation of the STOTT PILATES® Movement System.
- ▶ As you work through the Principles video take note of **Anatomical Terms** and **Major Muscles Groups** mentioned as listed in the Support Materials Book.

**Video Prep:** *STOTT PILATES Essential Matwork Express Workout 1*

- ▶ This video includes a Supine Warm Up that incorporates the STOTT PILATES Principles and the first layer of STOTT PILATES Essential Matwork exercises
- ▶ Physically work through this video, taking note of how the Principles are incorporated and explained

**Homework Assignment:**

- ▶ Read the Starting Positions page in the Comprehensive Matwork Manual to review when and how starting positions may be modified to decrease unwanted tension.

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 1:

## Session 2

**Session Focus:** Practice Teaching of STOTT PILATES Principles; Supine Warm Up; First layer of the STOTT PILATES Essential Matwork.

**Video Review:**

- ▶ *STOTT PILATES Principles*

This video and the material learned in the first two sessions provides the detailed information needed to answer the questions in Assignment 1.

- ▶ *STOTT PILATES Essential Matwork Express Workout 1*

Physically work through this video, taking note of how the STOTT PILATES Principles are incorporated and explained, reinforcing what was taught in Session 1, then, continue to work through the rest of the Essential Matwork exercises, focusing on how the Principles are incorporated in each exercise.

**Homework Assignment:**

- ▶ Assignment 1 from the Support Materials Book.

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 2:

### Session 3

**Session Focus:** Discuss answers to Assignment 1; Postural Theory; Review Essential exercises; New Essential exercises.

**Video Prep:** STOTT PILATES Essential Matwork Express Workout 2

- ▶ Physically workout through this 45-minute Essential Matwork video, which incorporates the next layer of Essential Matwork exercises, to feel them within your own body in advance of the next session.

**Homework Assignment:**

- ▶ Teach someone the STOTT PILATES Principles, focusing on the What, Why and How of each one.  
Teach the Principles as many times as possible to as many people as possible to get used to verbalizing the details and movements.
- ▶ Prepare for a Round Robin Review

**note:** This is not a test but an opportunity for the entire class to review, discuss and share, with the aid of the Instructor Trainer, important elements within the repertoire and efficient teaching tips of the Essential Level Matwork exercises.

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 3:

### Session 4

**Session Focus:** Review Essential exercises; New Essential exercises; Round Robin Review.

**Video Prep:** STOTT PILATES Essential Matwork Repertoire – Full Essential Workout

- ▶ Physically workout through the Full Essential Matwork video keeping in mind the homework questions
- ▶ Prepare to take a partner through the Full Essential Matwork
- ▶ As you work through the material, write down any questions you have on how to incorporate props and modifications.  
This pre-pares you for the next class where Postural Analysis provides more clarification as to What, Why & How a modification or prop is used.

**Homework Assignment:**

- ▶ Assignment 2 from the Support Materials Book

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 4:

### Session 5

**Session Focus:** Discuss answers to Assignment 2; Review Essential exercises; Supervised Teaching; Anatomy Review; Postural Analysis.

**Video Prep:** STOTT PILATES Intermediate Matwork Express Workout 1 (includes a Standing Warm Up)

- ▶ Physically work through the Standing Warm Up at the beginning of this Intermediate Matwork video to experience the STOTT PILATES Principles in a standing position
- ▶ Make note of any questions for tomorrow's class

**Homework Assignment:**

- ▶ Review Support Materials Book sections related to Programming.
- ▶ Review Support Materials Book sections related to Postural Analysis & Postural Theory.
- ▶ Be prepared to talk group through any Essential Level Matwork exercise when asked.
- ▶ Fill out Self-Assessment Form.

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 5:

### Session 6

**Session Focus:** Hand in Self-Assessment Forms; Programming Choices; Power Workout; Standing Warm Up; New Intermediate exercises.

**Video Review /Prep:** STOTT PILATES Intermediate Matwork Express Workout 1

- ▶ Physically work through the workout including the new Intermediate exercises to be prepared for the next session.
- ▶ Make note of any questions for tomorrow's class
- ▶ Prepare for Round Robin Review

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 6:

### Session 7

**Session Focus:** Review Intermediate exercises; New Intermediate exercises; Round Robin Review.

**Video Review / Prep:** STOTT PILATES Intermediate Matwork Repertoire

- ▶ Physically review the Intermediate Matwork exercises, incorporating props that either intensify an exercise or modify it, to address certain programming choice.

**Homework Assignment:**

- ▶ Fill out Training Evaluations
- ▶ Prepare any final questions on all material covered thus far.
- Assignment 3 from the Support Materials Book

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 7:

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### Session 8

**Session Focus:** Hand in Training Evaluations; Discuss answers to Assignment 3; Supervised Teaching of Full Intermediate; Group Programming & Teaching Skills; Exam Prep.

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 7: