

Drexel Pilates Training Program
Manual: Level One

The Level One Apprenticeship was developed as a prerequisite to the full Drexel Pilates Training Program (Levels Two and Three). This program allows participants to establish the essential technical and informational building blocks required for promotion to Apprentice Level Two. Participants experience the full spectrum of Pilates exercises through classes and private instruction in a motivational and inspired community.

Apprentice Level One

1. Register

- A. Email Pilates@drexel.edu subject line "Apprentice 1"
- B. In this packet you will find a registration form, tally sheet, and exercise list for your Level Two entrance test.
- C. Submit your registration form to an Instructor in the Pilates studio.
- D. Print out your tally sheet.

2. Earn Points

- A. An apprentice must document 30 points and learn the intermediate mat work in order to advance to level 2.
- B. Attend classes and sessions and document your participation on your tally sheet.
- C. The following options exist for Level One Apprentices:

Workout Type	Location	Schedule	Cost
Instructor Private Session	Pilates Studio	mindbodyonline.com	See studio pricing structure.
Mixed Equipment Class	Pilates Studio	mindbodyonline.com	See studio pricing structure.
Practice Client	Pilates Studio	Attend Opening Meeting	Free
Test Body	Pilates Studio	By Director Invite	Free
Open Lab Time	Pilates Studio	See Program Calendar Posted in the Studio	Free
Group Ex Mat Class	Rec Center Studio	Group Ex Schedule	Free

Synopsis of Work Out Types

Instructor Private Session: A one on one studio session with a Drexel Pilates Instructor. (55 minutes)

Mixed Equipment Class: Small group training utilizing various pieces of Pilates Equipment. (55 minutes)

Practice Client: A private session with a Drexel Pilates Apprentice 2. (55 minutes)

Test Body: An opportunity to serve as a client during Apprentice 2 pedagogy testing. (TBA)

Open Lab Time: A weekly experimental movement lab in which new material is presented. (TBA)

Group Ex Mat Class: Experience the mat work in a group setting in the Group Exercise Classrooms. (1 hour)

3. Schedule your Evaluation

- A. Ask for a Prospective Apprentice 2 Packet. Read the packet and fill out the Plan of Action form.
- B. Email pilates@drexel.edu to plan an Evaluation Session (subject line "Evaluation Session"). This evaluation session is one hour long and costs \$65 (Cash or checks accepted. Checks made out to Drexel Dance Program). Include three available times for this session. We will contact you to confirm your session time.
- C. Bring your Plan of Action and your Apprentice One Tally sheet to your evaluation.

4. Evaluation

A. Part One: The Performance

- 1. Perform the intermediate mat work. You will be assessed on your ability to show the work with strength and clarity. To pass you must perform the mat work with a maximum of two errors in form, two errors in repetitions, and two errors in the overall order.
- 2. You will be given either a PASS or a PENDING on the evaluation.
 - a. Individuals who PASS will move on to Part 2 of the Evaluation.
 - b. Individuals who are given a PENDING will be given feedback on the issues that require attention. The Apprentice will be assigned a teacher with whom they must take a minimum of three privates before planning a second evaluation.

B. Part Two: Plan of Action

- 1. The prospective apprentice and Director will review the Plan of Action.
- 2. Upon review, the Plan of Action as well as the Apprentice 1 Tally Sheet will go in a folder with the Apprentice's name and the date of their evaluation. There are 6 seats in each seminar. They are granted on a first come first serve basis to participants that have completed their Evaluation Session. Once an apprentice lays out their plan of action they are given seats in the seminar for the terms that they would like to participate. If the plan of action changes, the apprentice's seniority will be discussed and is at the discretion of the Director.

Apprentice 1 Registration Form

Name: _____ Date _____

Program Affiliation (circle one):

Dance Major Ensemble Drexel Student Outside Client

Year

Freshman Sophomore Junior Senior

Major

Do you intend to become an Apprentice 2? Yes No

Every practitioner must fill out a waiver in the studio prior to utilizing the Pilates equipment.

Apprentice 1 Tally Sheet

Name: _____

Date	Service	Teacher's Name	Signature
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[illegible]

Body Precision

Mat Level III

		Reps	Other
	Hundred	100	
	Roll-up	5-8	Strap for feet, mat bar
	Single Leg Circle	5 ea	
	Rolling Like a Ball	5-8	
	Stomach Series		
	Single Leg Stretch	5 ea	
	Double Leg Stretch	5	
	Scissors	5 ea.	
III	Double Leg Lower Lift	5	
III	Elbow to Knee	5 ea.	
	Spine Stretch	5-8	
	Open Leg Rocker	5-8	
	Corkscrew	5 ea.	
	Saw	5 ea.	
III	Swan Dive (mild)	3	
	Single Leg Kick	8 ea.	
	Double Leg Kick	3 ea.	
III	Neck Pull	5-8	Strap for feet
III	Shoulder Bridge	3-5	
III	Spine Twist	3 ea	
III	Jackknife	3-5	
	Side Kicks - all versions	3 - 5 ea	
III	Teaser	3 ea	
III	Hip Circles	3 ea	
	Swimming	10 cts.	
	Seal	5-8	
III	Push ups - two leg	1- 3 sets	