

PILATES MAT 2 ONLINE



This advanced Mat 2 Online course is designed to give physical therapists and physical therapy assistants with a Pilates Mat background the advanced techniques and exercises of the Pilates Mat repertoire. The home-study course features an exercise-by-exercise video and illustrated workbook which is designed to encourage personal practice time that advances the participants knowledge of the PIA Pilates Mat 1 repertoire. Students obtain a thorough cognitive understanding of the Advanced Pilates concepts and practical experience performing the advanced exercises and progressions of the Intermediate and Advanced Mat Pilates moves. Students will be given enough information in this course to work with an individual client/patient although this course is not proof of teaching competency and must not be construed as a certification. A comprehensive manual/study guide and post-test are included in the course. The PIA Pilates Mat 1 Course and Pilates Essentials Course are pre-requisites for this Mat 2 course.

Upon completion of this course, you will be able to learn:

- Recall the complete list of the 42 Advanced Pilates Mat 2 exercises in the correct order
- Correct a patient's exercise form and explain correct function of Pilates intermediate and advanced Mat 2 exercises
- Evaluate and assess a patient before during and after a Pilates Mat 2 program
- Design and help implement an Advanced Pilates Mat 2 program for patients as in home or in person therapy
- Integrate the Pilates Mat 2 exercises into the Pilates Mat 1 repertoire choosing the appropriate exercises for each patient based upon their skill set
- Teach beginner, intermediate and advanced Pilates mat exercises to either a small group or individual clients/patients

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Contact Hours : Approximately 10 minutes of study time for each of 42 exercises = 420 minutes= 7 hrs. Watch Video footage approximately = 3 hrs long. Total Contact hours = 10 hrs.

Teaching Method : Online Independent Self-Study with Video & Post-Test (Training + Post-Test). Participant will be provided with unique training link to access the course anytime from anywhere. The course can be completed in more than one sitting. The course access and post-test data is recorded in real time for score submission.

Target Audience: PTs, PTAs

What Includes?

- Pilates Mat 2 Workbook (PDF—Download / Print)**
- Pilates Mat 2 Online Video (Download or View Online)**
- Pilates Mat 2 Post-Test (For CE Credit)**

Course Completion Certificate : A Printable (Pdf) Certificate By Email within 24 hours of completion.

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