

Points of Interest and Clarification: Pilates

What are the degree and certificate options offered by your department?

- Comprehensive Pilates Teaching Certificate

For more information:

- FC Catalog: <https://www.fullcoll.edu/schedule/>
- FC CTE website: <https://cte.fullcoll.edu/>

Best class to take to explore the major:

PE 223, Mat I

What job/career opportunities do your degrees and certificates prepare students for? (Stories of student successes and struggles are always helpful) Teaching Pilates movement at gyms, studios, and other locations.

What are the occupational outlooks for these job/career opportunities in Orange County?
Huge call for qualified Pilates trainers.

Recommended websites to review the job opportunities, salaries, and qualifications:
<https://www.bls.gov/careeroutlook/2020/data-on-display/fitness-center-jobs.htm>

How do you explain the benefits of a certificate or associates degree when the student is also planning to earn a Bachelor's degree? If the student earns the Pilates certificate, they can work while they are completing their BA!

What permits or certifications are available to your students and what help do they provide?
Our certificate tells potential employers that the student completed all of the training to be a qualified Pilates instructor.

What student populations are your degrees and certificates most appropriate for? For example, are certain certificates more suitable for students who already have a degree?
Our certificate is appropriate for ANY age!

What partnerships do you have with the community and how can those partnerships assist students with networking and career placement? Quite often businesses reach out to me looking for potential instructors. I have networked with Club Pilates, LA Fitness, and numerous private studios in the past.

What websites do you direct students to for employment purposes?

I suggest that students make a decision about what type of facility they would like to teach in and that student approach the owners/managers directly.

If you were an academic counselor, what additional advice would you provide a student interested in your programs?

DO IT! The money is great, there are a lot of opportunities for employment, our program offers for less than \$1,000 what other programs charge upwards of \$5,000!

Transfer Considerations:

Best Faculty to Contact:

Alix Plum

aplum@fullcoll.edu

Suggested Sequence:

PROGRAM TYPE CTE Certificate		DATE	9/8/2021
SEMESTER	UNITS		
SEMESTER ONE			
PE 223 Plates Mat I	1		summer start is recommended
WELL 265 Movement Anatomy	3		ideally taken in spring
PE 236 Prevention and Care of Athletic Injuries	3		ideally taken in spring
Total Units for Semester 1	7		
SEMESTER TWO			
PE 225 Reformer	2		ideally taken in fall
PE 226 Apparatus	2.00		ideally taken in fall
Total Units for Semester 2	4		
SEMESTER THREE			
PE 227 Teaching Methods for Plates	2		(only offered once an academic year - spring 2022) Can be taken concurrently with PE 226_F)
PE 224 Plates Mat II	1		
Total Units for Semester 3	3		
SEMESTER FOUR			
PE 228 Evaluation and Observation	2		(Only offered once an academic year - fall 2022)
PE 229 Plates Clinic	2		(Only offered once an academic year - fall 2022)