

kane school teacher training

Comprehensive Mat Policy Form

The Kane School Teacher Training Program at Body Center is a community environment in which students are encouraged to tap into the resources available to them. The climate here is open and supportive. We strive to help our students become independent, compassionate, problem solving teachers who are open to all possibilities. Please keep this document for future reference.

★ Prerequisites

Definition: Introduce content prior to starting Comprehensive Mat to accelerate the learning/application process.

Goal: Prepare students for the Comprehensive Mat experience through an anatomy intensive lecture as well pre-recorded videos that orientate the students on the kane school pilates foundations

Pre-req: Core Muscle Anatomy or Passing Grade on Anatomy Entrance Exam

★ Course Requirements

Attendance: Students must attend all Comprehensive Mat weekends. This includes 2 weekends, Saturday and Sunday 9am-5pm and a third weekend, 10am-2pm. If students cannot attend 3 hours or more of each weekend they will need to make up the missed lectures privately at a cost of \$110 per hour.

1. Attendance at all lectures
2. 8 hours of student teaching: 5 unsupervised, 3 supervised (as a part of the 3rd weekend 4-hour lab)
3. 10 hours of Self Practice
4. 10 group classes (can be a combination of virtual and in-person classes)
5. Teach 2 virtual classes
6. 1 private session at Body Center, 1 senior-level session at kinected
7. Complete 1 month of virtually kinected (\$25, paid directly to kinected) to take and observe classes online).
8. Complete homework assignments
9. 80% or higher on exam.
10. Hand in logs that can be found in the Comprehensive Mat Student Resource Guide.

★ Definitions and Goals of the Course Requirements

Unsupervised Teaching Hours (5 Hours)

Definition: Practice teaching sessions with your own practice client.

Goal: Students will practice pre-planned classes with a volunteer. A supervised teacher will not be present.

Supervised Teaching Hours (3 hours)

Definition: Students will practice pre-planned classes with a volunteer. A supervised teacher will coach students on programming choices, modifications, progressions, palpation and verbal cueing.

Goal: Practice teaching sessions with your own practice client. There is a supervisor present. During the 3rd weekend lab session, a Kane School certified instructor is present to give you feedback while teaching a mini one-on-one session with a practice client. Practice clients can be your friends and family members, or fellow students. Working with other humans will help you integrate the information that has been presented during the lecture component of your training. You will use this time to refine your skills as a teacher and negotiate the nuances of communication with each of your practice bodies

Self Practice

Definition: Repetition of all mat choreography on one's own body.

Goal: Self practice is a time that should be dedicated to practicing the choreography on themselves. This time should include drilling all mat choreography, modifications, progressions and class plans.

10 Kane School-style Pilates Mat Classes

Definition: Classes focused on the Kane School comprehensive mat content.

Goal: The in-person mat classes give the student an opportunity to participate in a live class taught from a Kane School instructor. This will give the student the experience of not only exposure to programming choices but also progressions and modifications.

Teach 2 virtual 30-min mat classes

Definition: Practice teaching Virtual mat classes with individuals in your cohort

Goal: The student will have the opportunity to experience pre-recorded classes on the virtual platform, virtually kinected. The student should review classes multiple times to absorb the nuances and techniques of teaching a virtual class. Teaching virtual classes has developed into a valuable service. The majority of instructors will either teach privates or classes virtually. (Your goal will be to memorize one of the following class formats and teach it to another student in your cohort virtually)

Your task will be to schedule 2 virtual sessions with a classmate and teach 2 virtual 30-min mat classes. In your Kane School Comprehensive Mat Workbook there will be sample classes (*titles are listed below i.-iv.*).

Choose one of the formats, memorize it in your body through self practice. Then deliver a virtual class experience based on your chosen format. Focus on efficient cuing and movement for your student client. There is no accountability piece for this requirement. This is an important skill to have under your belt so try it out, have fun and get to know your fellow classmates while making mistakes and practicing virtual sessions.

- i. Class format 1 - Kane School Core principles / pre-pilates exercises
- ii. Class Format 2 - Beginner Pilates mat class
- iii. Class Format 3 - Beginner to intermediate class
- iv. Class Format 4 - Flow class

Take 1 Private Session at Body Center

Definition: 1-on-1 sessions with a Kane School certified instructor.

Goal: Students should use these private sessions to review content and ask questions related to the Kane School content.

During this session you will have an opportunity to ask questions, review assessment, manual techniques and review choreography delivered in the Comprehensive Mat course. If you don't pass your test you can also use this session to go over the material you missed before you retake the test. You can use this time as your own private tutoring session! Please book sessions via Body Center's website or by calling or emailing the studio.

4 Homework Assignments

Definition: Draft a 30 min mat class focused on the topics below.

Goal: Develop the skill of drafting/ brainstorming different types of classes.

Please generate 4 classes based on Class Formats 1-4 listed below before the 3rd weekend of Comprehensive Mat. These class programs will be your sequencing. Start to do these sequences on your own body to see if you like them.

They will be a physical resource for you to draw on in the future. This homework assignment will also be listed in your Workbook.

- v. Class format 1 - Kane School Core principles / pre-pilates exercises
- vi. Class Format 2 - Beginner Pilates mat class
- vii. Class Format 3 - Beginner to intermediate class
- viii. Class Format 4 - Flow class

Comprehensive Mat Exam

Definition: 1-2 hour virtual exam administered to assess the students retention and understanding of the content presented in the Comprehensive Mat training.

Goal: Evaluation of the student and their comprehension of the Comprehensive Mat content. Our goal is to give students feedback on their comprehension of the material. A 80% grade or better is a prerequisite for students to become mat certified and also move onto Apparatus Training.

Student Logs

Definition: A tracking system for students to log the required hrs for their mat training.

Goal: Student logs keep the students on track with their hours.

Scheduling Group classes

When Body Center holds group classes, students can drop-in at the listed class rate.

Scheduling to teach virtual classes

Students should communicate and schedule 2 classes to teach to their cohort. The student will set up their own virtual link. A class should be 2 students or more for it to qualify as a "class".

Scheduling private expert session

Students schedule their single expert private session at Body Center either by submitting a request through Body Center's website, emailing the front desk at bodycenterstpete@gmail.com or speaking directly with Heidi or Shila.

★ Comprehensive Pilates Mat Exam

The Kane School Comprehensive Pilates Mat Exam must be taken and passed with a grade of 80% or higher in order to become certified. This exam is given at the end of the second weekend of Comprehensive Mat. If you do not pass the exam you must schedule a Mat Test Review Private with a teacher trainer at Kinected. The private review session fee is \$110, or you could use the single private session in your student package for the review. After having this review session you must schedule a retake of the exam. If you do not pass the retake you will be required to retake the course at full fee.

Student Logs

All Student Logs MUST be complete and can be found in the Comprehensive Mat Student Resource Guide here: https://docs.google.com/document/d/1RW8YB_dMEMvtRMYZS1WfbDUJ2yOA7_k-sf17Qj3TAKc/edit?usp=sharing

It is the student's responsibility to keep accurate and complete logs of their training hours. This includes proper date recording (MMDDYY), the name of your client/ class teacher, and number of hours (if greater than 1). Non-specific, inaccurate, and incomplete logs are not acceptable and certification will not be granted without proper completion of these logs. Logs should be turned in to the Heidi Brewer (heidi@kinectedcenter.com) upon completion.

★ Comprehensive Pilates Mat Certificate status

The Kane School encourage graduates to do their CECs with at Kinected or at any trade conference off site. Additionally, CEC credits could be awarded via private sessions with Kane school directors Kelly Kane and Matt McCulloch. Credits completed elsewhere are worth 50% of Kane School credit hours and are subject to review before credit is granted.

- Example: 10 CEC hours at Kinected = 10 Kane School CECs
- 10 approved CEC hours offsite = 5 Kane School CECs
- Go to this link <https://kinectededu.com/renew-cecs/> to fill out the database form as well as submit your CECs.
- Yearly processing fee upon submission is \$35.

*Please email cecrenewal@kinectedcenter.com with any questions.

*Once you receive your Mat certificate please visit <https://kinectededu.com/register/> to ADD yourself on our alumni map.

★ Continuing Education and Beyond

Continuing Education Credit (CEC) Inventory

This is due annually on February 1st of each year. CECs must be completed beginning the year following completion and each subsequent calendar year after to maintain a valid certificate. For example: If you complete the program in 2026, you will not be required to submit your CEC inventory until the following calendar year, February 1st, 2027 for the time period February, 2027 to January 31, 2027.

★ Code of Conduct

Kinected and the Kane School have a zero tolerance policy against racism, hate speech, bullying, ableism, fat phobia, and all other harmful behaviors. Any student currently in a Kane School program or enrolled in a continuing education course that is found in violation of this policy will be immediately dismissed with no refund. Any Kane School alumni found in violation of this policy will be prohibited from updating their certification. False superiority, in any form, causes suffering: not just to others, but to ourselves as well. As students, teachers, practitioners, employers and employees, alike, we must recognize these forces at play and practice what we preach. Individually and collectively, we must analyze our systems from the ground up and work to extinguish patterns that cause pain and suffering to our community. Together, one step at time, we must evolve.

★ Contact Information

Heidi Brewer: heidi@bodycenterstpete.com (Kane School Offsite Training Center teacher trainer)

Shila LaGrua: shila@bodycenterstpete.com (Body Center Owner and Kane School Offsite Training Center)

Matthew Brooks-Bowling: bodycenterstpete@gmail.com (Body Center studio manager)

★ Cancellation + Refund Policy

- If cancellation is made at least one week prior to the first day of the workshop, the initial deposit is transferable to another Comprehensive Pilates Mat Training workshop only. This credit must be used within one year. Cancellation with less than one week's notice will result in forfeiture of the initial deposit.
- Tuition payments are non-refundable. After attending the workshop and completing all course requirements, students will be awarded a certificate of completion.

kane school teacher training anatomy review

★ Comp Mat review

For the Anatomy Entrance Exam you will be required to know

- Planes of Motion: Sagittal, Coronal, Frontal, Transverse
- Terms of Location: Example: Proximal, Distal, Superficial, Deep
- Joint Types: Example: Ball and Socket, Hinge and Saddle

BONES

Know and be able to identify the following bones and bony landmarks:

- Pelvis
- ASIS, PSIS, iliac crest, ischial tuberosities, pubic symphysis • Spine
- Posterior spinous processes, transverse spinous processes and vertebral bodies; the 7 cervical vertebrae, 12 thoracic vertebrae, 5 lumbar vertebrae, sacrum, and coccyx bones
- Femur
- The femoral head, neck, shaft, and condyles; the greater and lesser trochanters • Scapula
- Inferior and superior angles, spine of the scapula, acromion and coracoid processes, and the glenoid fossa
- Humerus
- Humeral head; greater tubercle and intertubercular sulcus (bicipital groove)
- Clavicle
- From the sternoclavicular joint to the acromioclavicular joint

MUSCLES

Know the origins, insertions, and actions of the following:

- Muscles of Spinal Flexion: Abdominals: Rectus Abdominus, External Obliques, Internal Obliques, Transversus Abdominus
- Muscles of Spinal Extension: Erector Spinae, Quadratus Lumborum, Multifidi
- Muscles of Knee Extension: Vastus Lateralis, Vastus Medialis, Vastus Intermedius
- Muscles of Knee Flexion: Hamstrings: Biceps Femoris, Semimembranosus, Semitendinosus

- Adductors: Pectineus, Adductor Brevis, Adductor Longus, Adductor Magnus, Gracilis
- Muscles of Hip Flexion: Rectus Femoris, Sartorius, Psoas Major and Iliacus
- Muscles of Hip Abduction: Tensor Fascia Latae, Iliotibial Band Tendon, Gluteus Medius, & Minimus
- Muscles of Hip Extension: Gluteus Maximus
- Muscles of Plantarflexion: Soleus, Gastrocnemius, Peroneals, Flexor Digitorum Longus
- Muscles of the Shoulder Girdle and Upper Arm:
 - Serratus Anterior, Trapezius, Deltoids, Biceps Brachii, Triceps, Pectoralis Major and Minor
 - Rotator Cuff: Supraspinatus, Infraspinatus, Teres Minor and Subscapularis
- Muscles of the Neck and Cranio-cervical Junction:
 - Posterior Suboccipitals: Rectus Capitis Posterior Minor and Major, Obliques Capitis Superior and Inferior
 - Anterior Suboccipitals: Longus Capitis, Rectus Capitis Anterior, and Rectus Capitis Lateralis • Rectus Capitis Posterior

- Sternocleidomastoid
- Longus Colli
- Scalene - Anterior, Medius, and Posterior

- Muscles of the Pelvic Floor: Pubococcygeus, Iliococcygeus and Ischiococcygeus The Kane School Core Principles DVD

Kane School Recommended Reading:

Biel, Andrew, Trail Guide to the Body, Books of Discovery, Boulder, 2005

Trail Guide to the Body is the text used for Core Muscle Anatomy, which is the prerequisite for this and all other teacher training courses at the Kane School. This text provides a regional examination of the anatomy studied in this program specializing in locating musculature by palpation and superficial landmarks; as well as a practical reference for how these structures relate to movement.

Muscolino, Joseph, The Muscular System Manual, JEM Publications, Redding, 2002 The Muscular System Manual is a basic anatomical text and gives clear images and precise origins, insertions and actions for practically all muscles/muscle groups to be studied.

Calais-Germain, Blandine, The Anatomy of Movement. Eastland Press, Seattle, 1993 Kapit, Wynn, and L.M. Elson, The Anatomy Coloring Book, 2nd Edition. Harper Collins, New York, 1993

Anatomy of Movement and The Anatomy Coloring Book are valuable beginner resources. The anatomical illustrations are not realistic, but more stylized and graphic, which is useful for learning the basics of origin, insertion and action.

Netter, Frank, The Atlas of Human Anatomy, 2nd Edition. Novartis East Hanover NJ, 1997 The Atlas of Human Anatomy is a standard for students of anatomy involved in any field. The text includes beautiful color illustrations of musculature on its own as well as in relation to the surrounding bones, vessels and viscera.

kane school enrollment contract

comprehensive pilates mat training

The following is a list of the Kane School's requirements and conditions for participating in our teacher training program. Both the tuition deposit and this completed form must be sent in or this registration will not be processed. Please read carefully and if you have any questions please contact us.

Name: _____ Date: _____

_____ 1. The student acknowledges that he/she is enrolling in a 36-hour lecture course. Other certification requirements include 10 hours of self-practice, 8 hours of student teaching, 10 hours of group classes at BCSP or virtually kinected, 2 virtual classes taught, 2 1-on-1 sessions, and homework completed. For successful completion of the workshop, the Kane School requires that at least 33 of the 36 hours of lecture be attended. It is the student's responsibility to obtain any material missed. Missed material must be obtained from fellow students. It is not the responsibility of the Kane School or its teachers to allocate extra teaching time for missed classes.

_____ 2. Copying or redistribution of any and all materials distributed to the student by the Kane School is prohibited. This includes photocopying, recording, electronic or mechanical transmissions, or any information storage or retrieval system.

_____ 3. The student acknowledges that he/she is enrolling in this course at his/her own risk. It is solely the student's responsibility for maintaining his/her own physical and mental health in order to complete the course.

_____ 4. The Kane School, kinected and BCSP reserves the right to terminate any student from our teacher training program for misconduct and/or any other verbal or physical abuse, property damage or theft.

_____ 5. The student agrees to release collectively all Kane School, kinected and BCSP employees from any and all liability.

_____ 6. The Kane School and BCSP require that a deposit be made when submitting this enrollment contract for registration. Registration is not guaranteed if this form and a deposit are not submitted simultaneously.

_____ 7. The student acknowledges and understands all of the financial terms he/she is agreeing to by enrolling into the teacher training program at the BCSP via the Kane School. The student agrees to abide by all of the terms of his/her financial agreement with BCSP..

_____ 8. If a payment is not made on the scheduled date, the student will not be able to attend the course that he/she is registered for until payment has been made.

_____ 9. If cancellation is made at least one week prior to the first day of the workshop, the initial deposit is transferable to another workshop or any service at BCSP. The credit must be used within one year. Cancellation with less than one week's notice will result in forfeiture of the initial deposit. Tuition payments are non-refundable.

_____ 10. The student will receive his/her certificate of completion only after all logs as described in item number one have been turned in to the front desk. The Kane School and BCSP reserves the right to withhold the certificate if the independent study hours are not completed satisfactorily or according to our policy. All course requirements must be completed within one calendar year of the first date of the first workshop.

_____ 11. Prices and policies are subject to change without notice.

_____ 12. Students who do not pass the exam given at the end of the course must re-take it after a review session with an instructor at BCSP. They are responsible for the full cost of this session. After having this review session they must reschedule a retake of the aforementioned exam; if they do not pass their retake they will be required to retake the course at full fee.

_____ 13. I understand that in order to maintain a current Kane School certification, after the end of the initial certification year (December 31, 20xx), I must complete 5 hours of Continuing Education annually at Kinected or with Kelly Kane at any conferences occurring offsite. I understand that students have the option of completing these hours at workshops hosted by other studios or organizations; however, these hours will be counted at a ratio of 2 hours offsite to 1 hour Kane School CEC.

kane school teacher training student health form

comprehensive pilates mat training

* This is your confidential student/client history form. Please fill out as much as possible and sign.

Name: _____ Date: _____

Email: _____ Tel: _____

Date of Birth: _____ Occupation: _____

Company Affiliation (if any): _____

Emergency Contact Name: _____ Tel: _____

LIST YOUR PHYSICAL ACTIVITIES AND FREQUENCY (INCLUDE ALL ACTIVITIES, i.e., GARDENING, LIFTING, CHILDREN, SPORTS, DANCE, WALKING):

INFORM US OF ANY MOVEMENT LIMITATIONS (THIS MAY INCLUDE INJURIES AND/OR STIFFNESS):

LIST YOUR PAST/CURRENT MEDICAL HISTORY:

LIST ANY ALLERGIES OR MEDICATIONS THAT YOU ARE TAKING:

SIGNATURE: _____ DATE: _____

kane school teacher training registration form

comprehensive pilates mat training

☐ Course date _____

☐ Name

☐ Address

☐ City, State, Zip

☐ Phone ☐ Email

I would love to receive BCSP Education email blasts! Y_____ N_____

How did you hear about this training?

☐ Website

☐ Conference

☐ Email Blast

☐ Workshops

☐ Orientation Day

☐ Friend/Family: _____

Have you taken the Core Muscle Anatomy workshop and when:

List other workshops related to this work that you have attended and when:

How long have you been studying Pilates? With whom do you train?

Are you considering taking the Apparatus Training certification at the Kane School? If so, when?

Agreement with Our Policy:

I, the undersigned, _____, have read and understood all requirements and policies listed in the enrollment contract, and agree to abide by all of the Kane School's requirements and policies while enrolled in the teacher training program at the Kane School.

Signature _____ Date _____

Staff Signature _____ Date _____

Please return this form with your deposit to: Body Center St. Pete Front Desk

BCSP

5562 Central Ave Ste. 2 | St Petersburg, FL 33707 | Phone 727-301-3764 www.bodycenterstpete.com

