

2017 Performing Arts Enhancement Advanced Qualification Specialization Program (AQSP)

Lifelong learners enjoy their jobs!

Continuing education is more than just an annoyance or hassle.
It's a path to more opportunities and a more satisfying practice!

Course Description:

Presented by a physical therapist and former dancer, the **Performing Arts Enhancement AQSP** is designed to address the growing need for physical therapists and Pilates/fitness professionals to expand their practice potential into the performing arts world.

Market your practice and increase your studio or clinic productivity by adding the treatment of dancers to your clinic offerings. This comprehensive program will include: screening, performance enhancement through training and nutrition, multiple dance discipline attention, current exercise and treatment methods for common dance problems, Pilates Environment training, and Well-Being Program Management for both pre-professional as well as professional dancers.

A special feature of this program is to attend the annual Smuin Ballet's season beginning assessments!

Price: \$1400.00 (USD)

Price includes:

- 3 distance courses (prerequisite)
- recorded Free Conference Call to start lectures 1 month before the intensive
- 3-day intensive with 1st day lunch and Saturday dinner included
- follow-up mentoring while completing the post-workshop study
- a certificate of completion of the AQSP, listing on the Pilates Therapeutics web site and a recommendation letter

ENROLLMENT NOW OPEN!

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Important Dates/ Timeline: (Note that the program is a flexible, several month commitment)

1. Application: There is limited enrollment since the studio will only hold 7-9 participants. AQSP groups average 5 participants. Applications are reviewed and accepted on a first – come, first served basis. Apply at: <https://bookeo.com/ptherapeutics>
2. Notice of Acceptance to Program and Contracts of Program Commitment mailed to participants.
3. Return of Contract to declare intent to participate in program (\$700.00 deposit required). DVD courses are sent to applicants upon return of Contract of Program Commitment.
4. June 30, 2017: Deadline for prerequisite DVD courses (all applicable work pages and examination).
5. June 30, 2017: Balance of course fee due (\$700.00, any discounts are accounted for at this time).
6. July Free Conference Call , date(s) TBA
7. **August 11-13th, 2017**: 3-day on-site course at Pilates Therapeutics office in Alameda, CA
Issuance of manual and books (included in deposit fee) to contracted participants.
8. October 30, 2017: Final project paper and video due.
9. November 30, 2017: Reference letter, CE certificate of completion and web listing conferred upon satisfactory completion of:
 - a. prerequisite courses
 - b. on-site workshop
 - c. timely submission of final project paper and video

Elements of the Program

Distance/ On-Site / Mentoring

- Prerequisite Distance Learning: *The Pelvic Core, Scoliosis Management I, Post-natal Restoration*
(Video-based Pilates Therapeutics® courses)
 - Arrive at the on-site workshop with background in the Pilates Therapeutics® approach and basic fundamentals
- 3-day intensive On-Site Workshop (**August 11-13**):
 - Didactic information on issues unique to dancers and performers
 - Participatory Movement Sessions to allow self-learning
 - Assessment techniques

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- Treatment in depth for the dancer in the Pilates environment, focusing on motor control and recruitment
- Modules in leadership, professionalism, psychosocial clientele interaction
- Marketing and Outreach
- Final project is a case study of your individual client(s), a video/ paper to demonstrate comprehensive specialization knowledge.
 - Follow-up mentoring provided during work on the final project.
- Continuing Education Credits:
 - Each prerequisite course has CE approval from PMA® (11 CECs total)
 - The onsite workshop has 26 PMA® CECs
 - Total of 37 PMA® CECs
- Certificate of Completion provided, plus web listing on Pilates Therapeutics website, along with recommendation letter from Dr. Suzanne Martin
- Additional resources, included in program fee:
 - Extensively detailed Course Manual with expanded exercise text.
 - Internationally distributed books 'Stretching', and 'Better Back' by Suzanne Martin.

Advanced Qualification brings new opportunities!



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