



KANE SCHOOL  
of CORE INTEGRATION

## **KANE SCHOOL OF CORE INTEGRATION TEACHER TRAINING**

**REGISTRATION**

# **Comprehensive Pilates Mat Training**

### **Prerequisites:**

- Core Muscle Anatomy (workshop \$350) or Anatomy entrance exam. See attached anatomy review sheet for details.
- Students should have a strong familiarity with the intermediate mat exercises. We suggest students attend a minimum of 10 mat classes.  
*These classes do not have to be taken at The Kane School and do not count toward course requirements.*

### **Course Requirements (included in tuition):**

- 10 hours of supervised teaching at the Kane School.
- 10 hours Kane School Group Classes.
- 10 hours of self-practice at the Kane School.
- 5 hrs Assistant Teaching Mat classes taught at the Kane School.
- Teach 2 Community Classes at the Kane School.
- A passing grade on the exam which is administered on the last day of the workshop.

### **Tuition:**

- \$950
- A \$475 deposit is due at the time of registration.  
The remaining balance of \$475 must be paid on the first day of the workshop.

### **Cancellation 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.

### **Refund Policy:**

- Tuition payments are non-refundable.

After attending the workshop and completing all course requirements, students will be awarded a certificate of completion.

Please return the attached application form with your deposit to:

- Kane School of Core Integration
- 151 W 19<sup>th</sup> St 2<sup>nd</sup> Floor
- New York, NY 10011
- Phone 212-463-8308
- Fax 212-463-8309

# **Comprehensive Pilates Mat Training**

Prerequisites: a passing grade on the Anatomy Entrance Exam **or** attending Core Muscle Anatomy. The following is the information that will be included on the Anatomy Entrance Exam, and part of what will be included in the anatomy course.

**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 Juncture:**
  - 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
  - Scalena - Anterior, Medius, and Posterior
  
- **Muscles of the Pelvic Floor:** Pubococcygeus, Iliococcygeus and Ischiococcygeus

### **Recommended Reading and Resources**

#### **The Kane School Core Principles DVD Series**

This DVD series is an invaluable tool in re-enforcing the anatomy and biomechanics that will be presented in the workshop. Anatomical illustrations from Frank Netter's Atlas of Human Anatomy are provided for further visual aid, as well as a complex glossary of terms.

The set is a three part series:

1. Respiration and Pelvic Stability
2. Core Stability and Hip Differentiation
3. Cervical nod and Curl and Scapular Stability

#### **Recommended Reading**

Listed below is a list of books that we like here at The Kane School.

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.

The Atlas of Human Anatomy is illustration that is more realistic and comprehensive—and is a must for any serious student. It is purely illustration, which may be overwhelming for the beginner student, as it does not include explanatory text.

- Calais-Germain, Blandine, *The Anatomy of Movement*. Eastland Press, Seattle, 1993
- Kapit, Wynn, and L.M. Elson, *The Anatomy Coloring Book*, 2<sup>nd</sup> Edition. Harper Collins, New York, 1993
- Netter, Frank, *The Atlas of Human Anatomy*, 2<sup>nd</sup> Edition. Novartis East Hanover NJ, 1997

## **KANE SCHOOL OF CORE INTEGRATION TEACHER TRAINING**

### **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. Participants must return this form—with each item initialed—along with a tuition deposit. 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.

\_\_\_\_\_ 1. The student acknowledges that he/she is enrolling in a 36-hour lecture course. Other certification requirements include 10 hours of self-practice, 10 hours of supervised teaching, 10 hours of Kane School group classes, 5 assisting hours and 2 Community Class teaching hours. 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 of Core Integration 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 of Core Integration 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 of Core Integration employees from any and all liability.

\_\_\_\_\_ 6. The Kane School requires 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 Kane School of Core Integration. The student agrees to abide by all of the terms of his/her financial agreement with the Kane School of Core Integration.

\_\_\_\_\_ 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 Comprehensive Pilates Mat workshop only. 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 reserves the right to withhold the certificate if the independent study hours are not completed satisfactorily or according to our policy.

\_\_\_\_\_ 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 schedule a Mat Test Review Private with an expert instructor at the Kane School. 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 I must complete 16 hours of Continuing Education every two years. I understand that students have the option of completing these hours at workshops hosted by other studios or organizations; however, at least 8 of the 15 Continuing Education hours must be completed at The Kane School of Core Integration.

# Comprehensive Pilates Mat Training

- **Course date** \_\_\_\_\_
  
- **Name** \_\_\_\_\_
  
- **Address** \_\_\_\_\_
  
- **City, State, Zip** \_\_\_\_\_
  
- **Phone** \_\_\_\_\_
  
- **Email** \_\_\_\_\_

**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 Basic 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 of Core Integration.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Kane School Staff Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Please return this form with your deposit to:

- Kane School of Core Integration  
151 W.19<sup>th</sup> St 2<sup>nd</sup> Floor ◦ (p) 212.463.8308 (f) 212.463.8309 ◦ www.kaneschool.com