

15-Hour Anatomy and Physiology Course for Pilates Instructors

THE FOLLOWING IS THE SYLLABUS FOR THE READING ASSIGNMENTS FROM THE KINESIOLOGY TEXTBOOK (2nd OR 3rd EDITIONS) THAT MATCH WITH THE WEEKLY CLASS VIDEOS.

This video home-study online course covers kinesiology terminology, bones and joints of the body, major muscle groups, muscle function, core stabilization, and selected musculoskeletal pathologic conditions, with a focus on presenting the base foundational knowledge necessary for the Pilates Instructor to understand and think critically when applying the Pilates Method.

There is also a PowerPoint Presentation that accompanies the weekly video lessons. (Note: There is also another PowerPoint Presentation that is specifically for people taking *The Art and Science of Contrology Instructor Training Program*).

EXAMS: If you are taking *The Art and Science of Contrology Instructor Training Program*, there is a final written exam that must taken on line. Minimum passing grade to pass this exam is 70.

REQUIRED TEXTBOOK:

Either:

Kinesiology, The Skeletal System and Muscle Function, 2ed. (K2)

Or

Kinesiology, The Skeletal System and Muscle Function, 3ed. (K3)

by Joseph E. Muscolino DC

Week #	Topic	K2 Reading	K3 Reading
1	Introductions, Terminology	Chapters 1 & 2 Chapter 5: Sections: 5.1, 5.2, 5.6, 5.10-5.28	Chapters 1 & 2 Chapter 6: Sections: 6.1, 6.2, 6.6, 6.10-6.28
2	Skeletal System	Chapter 4: Pages 72-73, 130-134, 110-115, 74, 76, 78, 79, 90, 100-101, 106-107. Chapter 6: Sections: 6.1-6.3, 6.6-6.13 Chapter 3: Sections: 3.10-3.15	Chapter 5: Pages 69-70, 127-131, 107-112, 71, 73, 75, 76, 87, 97-98, 103, 104 Chapter 7: Sections: 7.1-7.3, 7.6-7.13 Chapter 3: Section: 3.10

			Chapter 4: ALL
3	Myofascial Tissue	Chapter 10: Sections: 10.1-10.10, 10.14 Chapter 11: Sections: 11.1-11.7, 11.10 Chapter 12: Sections: 12.1, 12.7 Chapter 13: Sections: 13.1-13.7 Chapter 14: Sections: 14.6 Chapter 17: Box 17.1 on page 579	Chapter 12: Sections 12.1-12.10, 12.14 Chapter 13: Sections 13.1-13.7, 13.10 Chapter 14: Sections: 14.1, 14.7 Chapter 15: Sections: 15.1-15.7 Chapter 17: Section: 17.6 Chapter 19: Box 19-3 on page 617
4	Muscles and Muscle Groups	Chapter 8: Sections 8.3-8.8 Pilates and the Powerhouse articles, Part I and Part II	Chapter 9: Sections: 9.3-9.8 Pilates and the Powerhouse articles, Part I and Part II
5	Applications	No reading assignments	No reading assignments