

Scolio-Pilates® Program Structure

Course Director
Karena Thek

Anatomy of Scoliosis (8 CECs)

Instructor: **Authorized Practitioner**

Course Objective: To develop a strong base for scoliosis specific exercise and movement practices

Course Learning Outcomes:

- Exercise/movement challenges of scoliosis
- Define scoliosis: congenital, syndromic, idiopathic | functional vs structural
- 3-dimensions of scoliosis
- Define asymmetries of scoliosis
- Use of the Scolio-meter/Adams Test
- Apply 5 Elongation exercises with their progressions to a client with scoliosis
- Contraindications for scoliosis

Scolio-Pilates Awareness Workshop (Practitioner Presented)

Course Outcome:

- Increase public awareness of Scolio-Pilates goals and objectives

Professional Seminar (16 CECs)

Instructor: **Karena Thek**

Course Objective: To develop a strong base for scoliosis specific exercises and movement practices

Course Learning Outcomes:

- Exercise/movement challenges of scoliosis
- Define scoliosis: congenital, syndromic, idiopathic | functional vs structural
- 3-dimensions of scoliosis
- Define asymmetries of scoliosis
- Use of the Scolio-meter and Adams Test
- Define 3, 4, and Thoracolumbar curves
- Apply exercises with their progressions to a client with scoliosis
- Contraindications for scoliosis

Mentorship (24 CECs)

Instructor: **Karena Thek**

Course Objectives: To develop a in-depth foundation in: (1) Scolio-Pilates; (2) scoliosis critical thinking / problem solving; and, (3) exercise-based client management. Develop basic business practices & skills

Course Learning Outcomes:

- Critical Thinking in Scoliosis exercise and movement challenges
- In-depth understanding of scoliosis: congenital, syndromic, idiopathic | functional vs structural
- Ability to explain and document the 3-dimensions and asymmetries of scoliosis
- Ability to accurately assess a scoliosis client and develop / documented an exercise-based management program
- Enhance the quality of the Scolio-Pilates Program through continuous improvement, education, and collaboration with Authorized Practitioners

Teacher-Trainer Program

Instructor: **Karena Thek**

Course Objective: To develop a deep foundation in Scolio-Pilates teaching methods, information, and quality of practice. Enhance business practices & skills

Course Learning Outcomes:

- Develop teaching presentation skills and confidence
- Develop the ability to apply wide variety of medical, Pilates, and exercise-based knowledge
- Enhance business and course management skills
- Enhance the quality of the Scolio-Pilates Course Program through continuous improvement, education, and collaboration

Scolio-Pilates® Program Structure

Course Director
Karena Thek

Anatomy of Scoliosis (8 CECs)

Course Prerequisites:

- Certified Pilates Instructor, Physical Therapist, or Physio-Therapist, or
- Clients/general public with general knowledge in Anatomy and desire to learn more about scoliosis and movement theory

Professional Seminar (16 CECs)

Course Prerequisites:

- Certified Pilates Instructor, Physical Therapist, or Physio-Therapist or general public
- Completed Anatomy of Scoliosis course (starting in Jan 2020)
- Desire to work with Scoliosis clients

Mentorship (24 CECs)

Course Prerequisites:

- Certified Pilates Instructor, Physical Therapist, or Physio-Therapist, or other movement professionals
- Completed Anatomy of Scoliosis course (starting in Jan 2020)
- Completed Scolio-Pilates Professional Seminar
- Strong problem solving and critical thinking skills
- Desire to work with Scoliosis clients as the majority of your clients
- Desire to volunteer your time and expertise with Scoliosis clients
- Strong desire to be part of the Scolio-Pilates Practitioner team
- Acceptance into the Mentorship by the Course Director

Teacher-Trainer Program

Program Prerequisites:

- Be a Scolio-Pilates Authorized Practitioner in good standing for 2 years
- Strong problem solving and critical thinking skills
- Good oral and presentation skills
- Strong desire to become a Scolio-Pilates teacher
- Strong desire to be part of the Scolio-Pilates teaching team
- Formal Anatomy education via college course in Anatomy and Physiology
- Practical educational exercises, such as instructor-led dissections
- Acceptance into the Teacher-Trainer program by the Course Director

Scolio-Pilates Awareness Workshop (Practitioner Presented)

Course Requirements: Scolio-Pilates Authorized Practitioner in good standing

Note: Authorization to present scoliosis material is limited to general Scolio-Pilates information and may not exceed 4-hours.

Note: An Authorized Scolio-Pilates® Practitioner may not teach Scolio-Pilates® methods and techniques to student-instructors.



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Note: No course titled, “Scolio-Pilates®” or derivations thereof will be taught to student-instructors by anyone except the Course Director and Authorized Scolio-Pilates® Practitioners in good standing as noted in this handout.