

Pilates Mat Specialty Certification Online Module
NETA 2021

Click on a square to view a section.

1

NETA Pilates Mat Specialty Certification

MODULE DESCRIPTION

- NETA's Pilates Mat specialty certification online module not only introduces the fundamental principles of Pilates, but teaches you how to apply them through 33 different exercises. In addition to the fundamental principles of core stabilization and posture alignment as they apply to basic Pilates mat work, you'll also learn effective ways of cuing, correcting form and applying modifications.

MODULE OBJECTIVES

Upon completion of this online module instructors will:

- Understand the history and principles of Pilates mat work
- Analyze, perform, and instruct 33 Pilates exercises
- Design, deliver and progress a Pilates class
- Provide effective cues, feedback, and progressions for Pilates exercises

3

Alignment

Kyphosis Lordosis Scoliosis Scoliosis through the levels of the hips and shoulders

28

Half Roll Back

70

Teaser Prep(continued)

- Alignment
 - Cervical spine remains neutral
 - Scapula maintains neutral alignment
 - Arms are elevated
 - Thoracic spine moves from neutral to flexion and rotation, pelvis moves from neutral to imprint
 - Legs and feet are parallel, knees bent

109

Leg Pull Front Prep

116