

Santa Monica College
Pilates Mat Teacher Training Certificate of Achievement

Effective Fall 2026

The Pilates Mat Teacher Training Certificate prepares students to safely and effectively teach mat Pilates. Upon completion, students will be able to lead classes, private and semi-private training sessions at health clubs, fitness and community centers, corporate settings and private studios. The program emphasizes principles, techniques, assessment tools, history, and movement theory behind Pilates training. Applied kinesiology and anatomy are required. Students are required to participate in Pilates sessions, observe classes, and fulfill student teaching hours. This program prepares students for the National Pilates Certification Exam, (NPCP).

Program Learning Outcomes:

Demonstrate Mat Work Teaching Skills.

Create Pilates sequences for individuals and groups.

Apply Mat Work principles for instruction.

Required Core Courses:	Units: 6.0
PRO CR 90 Introduction to Applied Kinesiology and Anatomy	3.0
PRO CR 91 Pilates Teaching Methodology and Principles	3.0

Required Mat Courses:	Units: 3.0
PRO CR 92 Pilates Mat Instructor Training	2.0
PRO CR 93 Pilates Mat Teaching Practicum	1.0

Total: 9.0