

# Performing Arts (Dance) Specialization Program: FAQ's

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## Important Dates/ Timeline:

1. 8/20/11 through 1/15/12: Application

**ENROLLMENT NOW OPEN!** Note that there is limited enrollment, which is reviewed on a first –come, first served basis.

2. 2/5/12: Acceptance to program, notice to applicants
3. 3/5/12 : Contract to declare intent to participate in program (\$600 USD deposit required)
4. 6/15/12: Pre-requisite DVD courses (included in deposit fee) completion and submission for review (all applicable work pages and examinations)
5. 6/15/12: Balance of course fee due (\$600 USD)
6. 8/16-19/12: 4-day on-site course at Pilates Therapeutics office in Alameda, CA  
Issuance of manual and books (included in deposit fee) to contracted participants
7. 10/19/12: Final project paper and video due
8. 11/19/12: Reference letter, CE certificate of completion and web listing conferred upon satisfactory completion of: a. DVD course, b. participation of on-site course, c. timely submission of final project paper and video.

## Elements of the Program

- Pre-requisite DVD-based Distance Learning courses: The Pelvic Core, Hypermobility (New!), Scoliosis Management I
  - The purpose is to arrive at the workshop with background of the Pilates Therapeutic approach and basic fundamentals. These will be mailed upon receipt of deposit fee.
- 4-day intensive on-site workshop (8/16-19/12):
  - Didactic information on issues unique to dancers and performers
  - Participatory Movement Sessions to allow instructor self-learning
  - Assessment techniques
  - Treatment in depth for the dancer in the Pilates environment, focusing on motor control and recruitment
  - Interface with public forum
  - Special courses in critical thinking, professionalism, psychosocial clientele interaction
- 3-month follow-up of mentoring learners with individual clients
- Case study video/ paper to account for new comprehensive specialization knowledge
- 26 PMA® CECs, Specialization Program Certificate of Completion and web listing on Pilates Therapeutics website along with recommendation letter from Dr. Suzanne Martin
- Course Manual plus 'Stretching' and 'Better Back' books by Dr. Martin included in fees.