

PILATES, CERTIFICATE

The Pilates certificate (20 credits) includes coursework that covers the classic Pilates mat and equipment repertoire, current teaching methods, and functional anatomy. The certificate prepares students to teach Pilates in a studio setting, and also creates a practical foundation for those who wish to pursue graduate work in movement-based fields.

Students commonly pair the certificate with dance or kinesiology majors, although it is open to all interested students. The curriculum can be completed in 2–2.5 years, including two summer courses. Upon completion, students are encouraged to sit for the Pilates Method Alliance certification exam to earn their credentials as nationally certified Pilates teachers.

This certificate is also available to individuals who have already completed a bachelor's degree; see the Nondegree/Visiting Student Guide (<http://guide.wisc.edu/nondegree/>).