



## A Guide to your Practicum

An important part of your Pilates teacher education will be to practice what you learn in a Pilates studio under the mentorship of experienced Pilates teachers. It takes time and guided practice to be able to see the concepts you learn on other people's bodies and to build the skills to effectively teach and coach Pilates exercises. This is a required component towards graduation.

As a member of the VPC-TEP you are eligible to conduct your Practicum at the Vancouver Pilates Centre where you will work with our clients and experienced teaching staff. It is also possible to complete the Practicum at another studio, if necessary.

During the Practicum you will be mentored by an experienced Pilates teacher as you:

- Observe clients in a studio setting and record observations in a Practicum journal.
- Practice teaching exercises covered in the modules.
- Practice cueing Pilates exercises that clients already know.
- Practice teaching introductory level equipment and mat private sessions.

You will complete 160 practicum hours to fulfill the requirements for Level 1 (a minimum of 20 hours at the VPC, if the practicum is completed at another mentor studio).

The practicum period commences after Module 1 and can be completed during the weeks between modules and up to two months beyond the completion of Module 8.



## **Assessment**

Your ongoing progress in your practicum will be assessed by your mentor teachers at the VPC.

We will ask you to submit written observations.

Your practicum work will also be assessed in formal practical exams to be scheduled in consultation with each student:

- Level 1 - after Module 8 and up to two months later once the practicum hours have been completed. You will be asked to teach select exercises on a group of VPC clients.

## **Practicums Held at an Alternate Location**

While it is best to complete your practicum hours at the VPC, we understand that may not always be practical. If you live away from the Lower Mainland or want to establish a relationship with a studio you wish to teach for in the future, there is the opportunity to complete your practicum at another studio.

We recommend you first create a relationship with the desired studio and hold preliminary discussions about them mentoring you. While it is expected that the other studio will be compensated for their time, this is a significant investment of time and energy, and you will both want to be sure it is a good fit. Once you have established that it's the right fit, we will provide an agreement for you to relay to the studio outlining the expectations and responsibilities of all parties. The agreement will also contain our practicum fee structure for their reference, but you will be free to come to any arrangement that works best for you and the studio. We will assist you in establishing a productive practicum relationship and support your practicum experience throughout.