

Pilates Mat Instructor Certificate (PMIC)

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The Pilates Mat Instructor Certificate prepares students to develop safe and effective Pilates Mat exercise classes for a variety of fitness levels. Individuals who complete this certificate will be prepared to teach Pilates Mat to people of all body types, ages, and physical conditions.

Graduates may be employed by health clubs, wellness centers, and university recreation centers. Graduates are prepared to take the national certification examination to become a Certified Pilates Mat Instructor.

For more information, please contact the Health and Public Safety Division at (513) 569-1670.

To apply for this program at Cincinnati State, visit our Admissions Page (<http://www.cincinnati-state.edu/academics/admission>)

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Program Prerequisites: Meet with Program Chair

Semester 1		Lec	Lab Credits	
EMS 100	CPR and First Aid for the Health Care Professional	1	0	1
HFT 116	Pilates Mat Instructor	1	2	2
HFT 180	Pilates Mat Practicum	1	7	2
Total Credits:		3	9	5

Faculty

Advisor

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