

STOTT PILATES™

# Functional Anatomy



The Functional Anatomy course fully prepares students for STOTT PILATES® training and serves as a refresher for anyone needing to fulfill the anatomy prerequisite for Intensive courses. The classroom-style presentation utilizes visual aids and hands-on techniques to provide students with a thorough review of anatomy basics which will be instrumental in the completion of all Matwork and equipment-based courses.

This lecture-based course covers a complete range of functional anatomy topics. The material presented will enable instructors to effectively apply biomechanical principles to teaching exercises and programming workouts for both personal training clients and group classes.

### Instructors Learn

- + Basic biomechanics (levers, effects of gravitational force, effects of muscle force)
- + Anatomical terminology, skeletal anatomy, actions at the joints, major muscle groups and the muscles' origin, insertion and action
- + How to break down and analyze select exercises from the STOTT PILATES repertoire in terms of the functional anatomy at play
- + Musculoskeletal functioning in order to enhance teaching skills
- + How to apply anatomy basics to further develop postural analysis skills

### Prerequisites

None

### Required Course Materials

- + 1 book: *Trail Guide to the Body, 4th Ed*, by Andrew Biel
- + 1 set of flash cards: *Muscular System Flash Pak*, by Bryan Edwards



**Next Steps**  
Interested in new subject matter or want to upgrade your skills? Consider IMP, IR or a full complement of Workshops.

IMP IR W

### Recommended Materials

- + 1 manual: *Anatomy of Movement*, by Blandine Calais-Germain

### Duration

- + 30 hours

### Cost for Students

Cost per person £840.00

Course materials: [Purchase direct from Nick Cunningham](#)

Notes: [nick.cunningham@merrithew.com](mailto:nick.cunningham@merrithew.com)

CECs: 3.0

### Upcoming Training Schedule

Date(s): July-Aug 2024

Time(s): Full details on the website [www.oxfordshirepilates.co.uk](http://www.oxfordshirepilates.co.uk)

Notes: Bring a packed lunch

Courses are limited to 12 participants.

For more information and to register, go to our website:

[www.oxfordshirepilates.co.uk](http://www.oxfordshirepilates.co.uk), courses tab and follow instructions to make your deposit payment to secure your place.

