



BCRPA Pilates Fitness Eight Hour Resume and Lesson Plan

Form C

APPLICANT'S NAME _____

MAILING ADDRESS _____

E-MAIL _____

PHONE NUMBER (Home) _____ (Business) _____

EVALUATION DATE _____ Have you changed your address? Yes () No ()

PILATES FITNESS EIGHT HOUR RESUME

Practicum classes must not be taught until 1) you are registered in Fitness Theory; and 2) you have completed the Pilates Fitness course. You can complete your practicum at any site of your choice so long as you obtain the permission of the facility supervisor and the instructor(s) whose classes you will be working in and that the facility supervisor and class supervisor both sign where indicated below. Please note that you need to obtain a total of at least 8 hours of practicum teaching. Please review the entire Form C-2 for practicum options and requirements.

Date	Agency	Class Supervisor (print name and sign)	Length of Instruction	Type (e.g. Beginner Pilates etc.)	Class size

FACILITY SUPERVISOR ATTESTATION (BCRPA reserves the right to confirm with supervisor as necessary:

Facility/Community Centre Name: _____

Group Fitness Coordinator/Supervisor Name: _____

Group Fitness Coordinator/Supervisor Telephone Number: _____

Group Fitness Coordinator/Supervisor Signature: _____

LESSON PLAN

This form is to help the evaluator while writing up the Instructional Competency Evaluation form. There is no grade attached to the lesson plan. **You are required to hand this completed lesson plan to the evaluator *prior* to the evaluation.** Please copy this form if additional space is required.

Class Component	Name of Exercise	Muscle Groups and/or Joints Involved	Special Precautions or Instructions	Time

PILATES FITNESS VIRTUAL PRACTICUM AND ICE GUIDELINE

Upon completion of the specialty module course in Pilates Fitness, 8 hours of practicum is required before Instructor Competency Evaluation (ICE). Practicum remains a registration requirement for these specialty modules.

However, these hours can include practice-teaching, peer-to-peer practice-teaching and self-practice. While it is important to develop communication and leadership skills, the BCRPA also recognizes the challenges new Leaders face in fulfilling these requirements, especially during the pandemic. As such, flexibility and options are now available.

OPTIONS FOR COURSE CONDUCTORS

TFLs who deliver BCRPA-approved modules can arrange group practicum for new Leaders. This component is separate from the course and should include self-practice and peer-to-peer practice-teaching (following COVID protocols).

TFLs are also encouraged to network with local facilities (public and private) to assist students with practicum placements.

PRACTICUM REQUIREMENTS OPTION

Ideally, new Leaders should seek out classes in their community for mentorship. However, during this period of reduced programs and until further notice, practicum hours can be obtained virtually.

New Group Fitness, Yoga Fitness and Pilates Fitness leaders are required to obtain a minimum of 4 practice-teaching hours that involve at least 1 participant who is NOT a peer. This person can be a family member or friends — apparent healthy adults without injuries and are aware that the instructor is practice-teaching. These hours should be filmed and reviewed by a mentor for feedback.

The remainder of practicum hours can be obtained via self-practice and/or peer-to-peer practice-teaching. These hours simply need to be documented. A mentor's review is optional.

The following form can be completed in place of Form C-2 in the Pilates Fitness ICE package.

Form C

Date	Facility	Length of practice	Practice components (full class, warm-up only, cueing)	Practice type (self-practice, practice-teaching, in-person, online)	Number of participant(s) and name of mentor (if applicable)

OUTDOOR

Practicum hours can be obtained outdoor. Please ensure the safety of participant(s). Anyone who participates in practice-teaching sessions should be made aware that the instructor is not yet registered in the specialty. Participants must be apparent healthy adults without injuries. COVID protocols must be observed.

ICE

ICE can be done virtually. Video ICEs are also accepted. A minimum of two participants are required for the ICE. Again, participants should be apparent healthy adults without injuries. Arrangements should be made directly with the ICE evaluator. It is the responsibility of the new leader to ensure that practicum hours are completed prior to the ICE. New Fitness Leaders should also take into account the First Year BCRPA registration timeframe and requirements.

Respect all COVID protocols at facilities (indoor and outdoor) where ICEs are completed and practicum hours are obtained.