

Testimonials

"An inspirational, engaging and tremendously informative class taught by a very knowledgeable and experienced teacher."

-Sybille Draper, mother of 3 and aspiring fitness instructor

"Sarah's extensive Pilates background and insight into the human body set her in a league of her own. Each mat exercise is clearly explained including various modifications and precautions. Ample time is provided for practice teaching. This class has inspired me to further my own practice."

-Lily Wang, group Fitness instructor, San Mateo Athletic Club

"The Pilates certificate program at College of San Mateo is wonderful and all I hoped it would be. The semester format is excellent. The facility is absolutely gorgeous. The cost of the program is what I have been waiting for, since the program is at a very professional level, yet is offered at community college prices. I am already using the Pilates work with my clients."

-Susan Sullivan, certified personal trainer

"My first experience with Pilates was with Carola Trier in NYC. I've been teaching Pilates Mat for 8 years. This is an ideal opportunity to be Pilates certified. Great information, new ideas, and excellent instruction to enhance my teaching."

-Kevin Simmers, PE faculty, Skyline College



About College of San Mateo

College of San Mateo is located at the northern corridor of Silicon Valley and situated on a beautiful 153-acre site in the San Mateo hills that provides a panoramic view of San Francisco Bay. Since 1922, CSM has been a gateway to higher education leading to university transfer, career preparation and advancement, and professional and personal development.



The College currently serves approximately 10,000 day, evening and weekend students. CSM students reflect the diversity of the Bay Area and have a range of educational goals. To best serve our students, the curriculum offers a wealth of programs that include traditional, semester-length and short courses in addition to distance education.

Students can experience a vibrant campus life to complement classroom learning that includes leadership development, student government, more than 20 student clubs and educational and cultural activities. CSM is proud of its championship intercollegiate athletic teams which compete at the highest community college level. Many student-athletes receive scholarships and continue at four-year institutions and numerous CSM athletes have gone on to professional careers.

To ensure student success, CSM offers a comprehensive selection of academic support services. Resources include financial aid and scholarships, counseling, transfer services, tutoring, employment assistance, health services and child care, among many others.

For more information about the college, visit collegeofsanmateo.edu/explore.csm. Guided campus tours can be scheduled through collegeofsanmateo.edu/tours.



College of San Mateo
1700 West Hillsdale Boulevard
San Mateo, CA 94402
(650) 574-6161
collegeofsanmateo.edu

Michael Claire, CSM President

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Pilates Instructor Certificate Program (PICP)



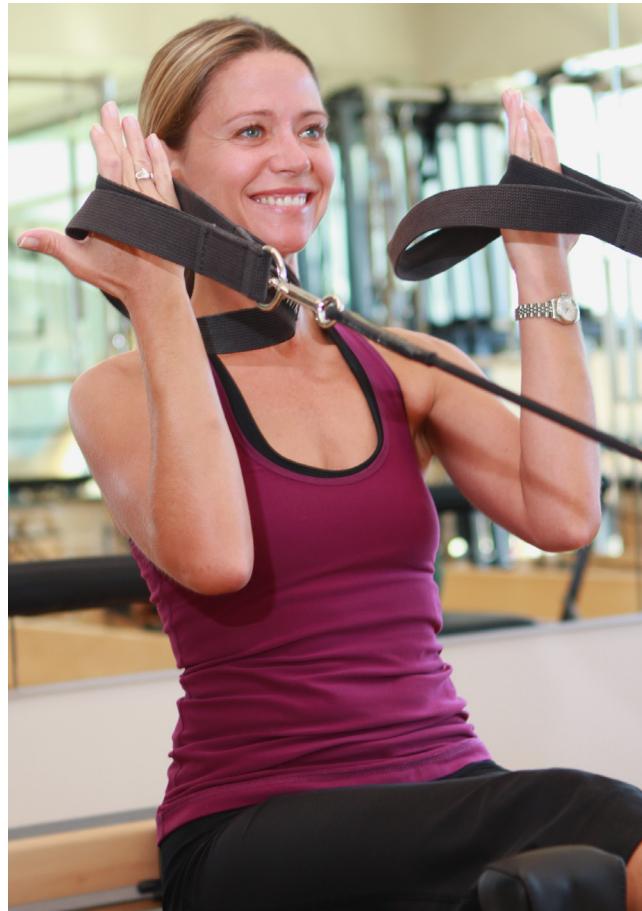
College of San Mateo

The Program

The Pilates Instructor Certificate Program (PICP), established in 2011, provides a high quality Pilates education at an affordable community college price. Our graduates are teaching at over 20 Bay Area Locations and abroad.

In just one to three semesters, students can graduate with a certificate in Pilates. The PICP prepares students to teach at a health club, fitness center, privately owned studio, or as an independent contractor.

The PICP includes instruction in the technique, pedagogy, history and theory behind Pilates. Our students have opportunities to procure personal sessions, observation hours, and student teaching hours through CSM, the San Mateo Athletic Club, YMCA, PJCC, Equinox, Deborah Marcus Pilates Studio, Purifying Pilates, Scoop Pilates Studio and more...



CSM-PICP Certificates

- Pilates Mat Instructor (7–8 units)
- Pilates Mat and Reformer Instructor (10–11 units)
- Comprehensive Pilates Instructor (13–14 units)

Additional (Non-CSM) Certificates

Balanced Body Certificate

Once a Pilates Instructor Certificate of Specialization has been attained, students have the option to obtain a Balanced Body Certificate as well and be listed as an instructor on their web site. www.pilates.com

Pilates Method Alliance (PMA) Certification

Students who have received their CSM Pilates Instructor Certificate, Balanced Body Certificate, and are 18 years of age or older will be eligible to sit for the Pilates Method Alliance Certification Exam. www.pilatesmethodalliance.org

Program Director



Sarah Artha Negara
arthanegaras@smccd.edu
collegeofsanmateo.edu/pilates

Sarah has been a kinesiology and dance faculty member at College of San Mateo since 2008 and is the founder of the Pilates Instructor Certificate Program (PICP). She has an M.F.A. in dance from Mills College and a B.F.A in dance with an emphasis in dance kinesiology from California State University, Long Beach.

At CSULB, Sarah studied with Karen Clippinger, renowned Professor and author of *Dance Anatomy and Kinesiology*. Under Professor Clippinger's tutelage Sarah improved her athletic performance, was freed of chronic pain caused by her scoliosis, and was encouraged and inspired to become an instructor.

After graduating from LBSU in 2001, Sarah completed a Pilates Certificate Program with Nora St. John, the founder and director of Balanced Body's Education Program. Since then, Sarah has continued to further her education in Pilates by taking workshops from Madeline Black, Kathy Corey, Ron Fletcher, Kathy Grant, Elizabeth Larkam and others. In 2010, Sarah returned to her roots and completed the Balanced Body Faculty Training Program to assist the development of the PICP.



Sarah has taught at private Pilates studios, fitness clubs, as an independent contractor, multi-site Pilates director, and as a trainer for the casts of The Black Rider, The Mambo Kings, White Christmas, and Wicked the Musical. With more than ten years of Pilates teaching experience, Sarah feels very honored and fortunate to be able to share her depth of knowledge with her students.