



**POLESTAR®**

**MAT LOG BOOK**

Student Name: \_\_\_\_\_



Student Name:
Address:
Phone:

**POLESTAR EDUCATION LOG BOOK - Mat**

**Section I: Pre-Curriculum Hours and Anatomy Study**

Pre-Hour	Studio Name, City, State & Phone	Class/ Session Instructor	Instructor Trained With	Signature of Instructor	Date
<i>Example</i>	<i>Balance Body Miami, Miami, FL 305-740-6001</i>	<i>Mary Sue</i>	<i>Polestar Education</i>	<i>Mary Sue</i>	<i>12/20/2004</i>
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Anatomy Study	Location	Instructor	Phone number	Date	Hours



**Section II: Student Status Sheet - Definitions**

**Student**

A student is one who is acquiring the Polestar Pilates work in his/her own body while beginning to apply the teaching methodologies. Students are currently attending a Polestar Pilates course. Students are encouraged to begin practice teaching, but it would be inappropriate for a student to refer to his/herself as a Pilates Instructor or to receive pay equal to that of a Polestar graduate or PMA Certified practitioner.

**Certification**

A Polestar Practitioner/Graduate is one who passes his/her examination with 80% or higher. Polestar Practitioners are expected to maintain at least 2 hours of Pilates practice and 10-15 hours of Pilates teaching per week. Polestar expects that each graduate attain and maintain PMA Certification and uphold the standards for re-certification by completing at least 16 hours of continuing education every 2 years to be in good standing as a Polestar Pilates Practitioner.

For students in countries that do not speak English or Spanish: The PMA Exam is only offered in English or Spanish. As there is not yet a standard international certification examination, we will continue to offer Polestar certification exams for participants in non-US countries.

Polestar Education supports the national Pilates certification examination established in 2005 through the Pilates Method Alliance (PMA), which serves to standardize the quality of Pilates practice. As a result, in the United States, Polestar Pilates will grant a diploma to students meeting graduation requirements. Polestar graduates will be eligible to sit for the national certification exam through the PMA. For details on the PMA's certification exam, please visit [www.pilatesmethodalliance.org](http://www.pilatesmethodalliance.org).

International graduates will be regarded as Certified Pilates Teachers with with a qualification equal to a US graduate through Polestar Education. Polestar Education will regard Polestar US students who have completed all graduation requirements as having gained the same qualification as someone certified internationally through Polestar Education.

**Student Signature:** \_\_\_\_\_



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**Section III: Didactic Education**

<b>P-F: Polestar Pilates Fitness Principles</b>				
	<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
<b>M-1: Polestar Pilates Mat, Level I</b>				
	<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
<b>M-2: Polestar Pilates Mat, Level II</b>				
	<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>



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**Section IV: Homework**

Number	Reading Assigned	Book	Due Date	Assignment Completed - ✓	Signature
1	PP	<i>Return to Life</i>	Mat 1		
2	PP	<i>Your Health</i>	Mat 1		

Number	Screening Assigned	Educator Comments	Due Date	Assignment Completed - ✓	Signature
1	Mat 1		Mat 2		
2	Mat 1		Mat 2		
3	Mat 1		Mat 2		

Number	Classes Assigned	Type	Due Date	Assignment Completed - ✓	Signature
1	Mat 1	Beginning level class	Mat 2		
2	Mat 1	High-intermediate level class	Mat 2		



**Section V: Observation (25)**

Hours	Studio Name, City, State & Phone	Class Type/Level	Polestar Educator or Approved Practitioner	Signature	Date
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**Section VI: Practice Hours (Exercise Self Mastery) 50 hours:***practicing Polestar exercises independently, taking classes, or taking private lessons*

Classes	Studio Name, City, State & Phone	Class Type / Level	Polestar Educator or Approved Practitioner	Signature	Date
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**Section VI: Practice Hours (Exercise Self Mastery) 50 hours:***practicing Polestar exercises independently, taking classes, or taking private lessons*

Classes	Studio Name, City, State & Phone	Class Type / Level	Polestar Educator or Approved Practitioner	Signature	Date
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**Section VII: Apprentice Teaching 50 hours: *teaching group classes with or without a supervisor present***

Classes	Studio Name, City, State & Phone	Class Type / Level	Polestar Educator or Approved Practitioner	Signature	Date
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**POLESTAR EDUCATION LOG BOOK - Mat**

**Section VII: Apprentice Teaching 50 hours: *teaching group classes with or without a supervisor present***

Classes	Studio Name, City, State & Phone	Class Type / Level	Polestar Educator or Approved Practitioner	Signature	Date
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**POLESTAR EDUCATION LOG BOOK - Mat**

**Section VIII: Self Mastery**

PF	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	<i>Hundred</i>			
2	<i>Dead Bug &amp; Femur Arcs</i>			
3	<i>Quadruped Series</i>			
4	<i>Basic Bridging</i>			
5	<i>Swan</i>			
6	<i>Mermaid</i>			
7	<i>Arm Arcs</i>			
8	<i>Prone Extension</i>			
9	<i>Assisted Roll Up</i>			
10	<i>Standing Roll Down</i>			
11	<i>Leg Pull Front</i>			
12	<i>Book Openings</i>			

Pre-Pilates Exercises (Principles)

**Notes:**



**POLESTAR EDUCATION LOG BOOK - Mat**

**Section VIII: Self Mastery**

M-1	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	<i>Supine Breathing</i>			
2	<i>Seated Pelvic Floor</i>			
3	<i>Pelvic Clock</i>			
4	<i>Femur Circles</i>			
5	<i>Chest Lift</i>			
6	<i>Bent Knee Fall Out</i>			
7	<i>Side to Side</i>			
8	<i>Pre-Swimming</i>			
9	<i>Prone Heel Beats</i>			
10	<i>Dart</i>			
11	<i>Scarecrow</i>			
12	<i>Side Lying</i>			
13	<i>Side Lift</i>			
M-1	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
14	<i>Hundred</i>			
15	<i>Roll Up</i>			
16	<i>Roll Over</i>			
17	<i>Single Leg Stretch</i>			
18	<i>Rolling</i>			
19	<i>Seal</i>			
20	<i>Swan I, II</i>			
21	<i>Single Leg Kick</i>			
22	<i>Leg Circles I, II</i>			
23	<i>Sidekick Series</i>			
24	<i>Mermaid</i>			
25	<i>Spine Stretch</i>			
26	<i>Spine Twist</i>			
27	<i>Standing Balance I</i>			
28	<i>Standing Balance II</i>			

Notes:



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**Section VIII: Self Mastery**

M-2	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	<i>Criss Cross</i>			
2	<i>Single Straight Leg Stretch</i>			
3	<i>Double Leg Stretch</i>			
4	<i>Double Straight Leg Stretch</i>			
5	<i>Saw</i>			
6	<i>Swan III</i>			
7	<i>Double Leg Kick</i>			
8	<i>Neck Pull</i>			
9	<i>Shoulder Bridge</i>			
10	<i>Scissor/Bicycle</i>			
11	<i>Corkscrew</i>			
12	<i>The Twist</i>			
13	<i>Sidebend</i>			
14	<i>Open Leg Rocker</i>			
15	<i>Teaser</i>			
16	<i>Kneeling Side Kick</i>			
17	<i>Swimming</i>			
18	<i>Leg Pull</i>			
19	<i>Leg Pull Front</i>			
20	<i>Jackknife</i>			
21	<i>Control Balance</i>			
22	<i>Boomerang</i>			
23	<i>Star</i>			
24	<i>Rocking</i>			
25	<i>Push Up</i>			

Level II Exercises

**Notes:**



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**Section X: Final Check Off**

Student Name: \_\_\_\_\_

*For Internal Use.*

Final Check off	Date	Educator Signature
Section I - Pre Curriculum and Anatomy		
Section II - Student Status Sheet		
Section III - Didactic Education		
Section IV - Homework		
Section V - Observation		
Section VI - Self Practice		
Section VII - Apprentice Teaching		
Section VIII - Exercise Mastery		

*This student has completed all log book requirements and is ready to sit for the Polestar Pilates Mat Exam*

*Polestar Educator* \_\_\_\_\_

**Recommendations:**