



POLESTAR®

COMPREHENSIVE LOG BOOK

Student Name: _____



Student Name:
Address:
Phone:

Section I: Pre-Curriculum Hours and Anatomy Study or Professional Degree

Pre-Hour	Studio Name, City, State & Phone	Class/Session Instructor	Instructor Trained With	Signature of Instructor	Date	Type of Session
<i>Example</i>	<i>Polestar Pilates Center, FL 305-740-6001</i>	<i>Mary Sue</i>	<i>Polestar Education</i>	<i>Mary Sue Jones</i>	<i>12/20/2011</i>	<i>Private Studio Session</i>
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ANATOMY Study	Location	Instructor	Phone Number	Hours	Date
Professional Education	University	Program	Degree Earned	Date Earned	License #

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.

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: _____

Section III: Didactic Education

PP: Polestar Pilates Principles					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
R/S-1: Polestar Pilates Comprehensive, Level I					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
R/S-2: Polestar Pilates Comprehensive, Level II					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
R/S-3: Polestar Pilates Comprehensive, Level III					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
R/S-4: Polestar Pilates Comprehensive, Level IV					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
R/S-5: Polestar Pilates Comprehensive, Level V					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
R/S-6: Polestar Pilates Comprehensive, Level VI					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>

Section IV: Reading Assignments

Assignment	Assigned	Topic	Due Date	Assignment Completed - ✓	Educator Signature
1	PP	<i>Return to Life, Your Health, Complementary Therapies</i>	R/S-1		
2	R/S-1	<i>Anatomy of Movement</i>	R/S-2		
3	R/S-2	<i>Dynamic Alignment Through Imagery</i>	R/S-3		
4	R/S-3	<i>Summary of Research Study from Polestar Library</i>	R/S-4		
5	R/S-4		R/S-5		
6	R/S-5	<i>Energy Medicine, Complementary Therapies</i>	R/S-6		

Comments:

Section V: Writing Assignments

Assignment	Assigned	Topic	Due Date	Assignment Completed - ✓	Educator Signature
1	PP				
2	R/S-1	<i>Functional Activity</i>	R/S-2		
3	R/S-2	<i>"Feet in Straps" Visual Imagery</i>	R/S-3		
4	R/S-3	<i>Tactile Cues</i>	R/S-4		
5	R/S-4	<i>Audio & Video Recording Self Teaching 2 Different Pilates Sessions</i>	R/S-5		
6	R/S-5	<i>Pilates Communication to Multiple Body Systems</i>	R/S-6		

Comments:

Section VI: Screenings and Case Studies

Assignment	Assigned	First Name for Patient/Client	Due Date	Assignment Completed - ✓	Educator Signature
1	PP		R/S-1		
2	PP		R/S-1		
3	PP		R/S-1		
4	PP		R/S-1		
5	PP		R/S-1		
6	R/S-1		R/S-2		
7	R/S-1		R/S-2		
8	R/S-2		R/S-3		
9	R/S-2		R/S-3		
10	R/S-3		R/S-4		
11	R/S-3		R/S-4		
12	R/S-4		R/S-5		
13	R/S-4		R/S-5		
14	R/S-5		R/S-6		
15	R/S-5		R/S-6		

Comments:

Section VII: Observation

Hours	Studio/Clinic Name, City, State & Phone	Polestar Educator or Approved Practitioner	Signature	Date
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Section VIII: Practice Hours (Exercise Self Mastery) 100 hours: *Practicing Polestar exercises independently, taking classes, or taking private lessons*

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Section VIII: Practice Hours (Exercise Self Mastery) 100 hours: *Practicing Polestar exercises independently, taking classes, or taking private lessons*

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Section VIII: Practice Hours (Exercise Self Mastery) 100 hours: *Practicing Polestar exercises independently, taking classes, or taking private lessons*

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Section IX: Apprentice Teaching 100 hours: *Teaching private sessions, or group classes with or without a supervisor present*

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Section IX: Apprentice Teaching 100 hours: *Teaching private sessions, or group classes with or without a supervisor present*

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Section IX: Apprentice Teaching 100 hours: *Teaching private sessions, or group classes with or without a supervisor present*

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Section X: Exercise Self Mastery PP Pre-Pilates & Pilates Mat Exercises

Lab 1	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
			<i>Initial and Date when Complete</i>	<i>Initial and Date when Complete</i>	
1	MAT	Chest Lift	S/R1 Lab 1		
2	MAT	Dead Bug ("Marching")	S/R1 Lab 1		
3	MAT	Femur Arcs ("Dip the Foot in the Pool")	S/R1 Lab 1		
4	MAT	Side kick	S/R1 Lab 2		
5	MAT	Adductor Squeeze	PP		
6	MAT	Bridging	S/R1 Lab 1		
7	MAT	Mermaid	S/R2 Lab 4		
8	MAT	Book Opening	S/R1 Lab 2		
9	MAT	Arm Arcs	S/R1 Lab 2		
10	MAT	Prone Press Up	S/R1 Lab 2		
11	MAT	Assisted Roll Up	S/R1 Lab 2		
12	MAT	Standing Rolldown	S/R4 Lab 7		
13	MAT	Quadruped	S/R3 Lab 5		
14	MAT	Pelvic Clock	S/R1 Lab 1		
15	MAT	Swan 1	S/R3 Lab 6		

Exercises

Demonstration will be graded utilizing the Polestar Principles and on exercise knowledge

Breathing; Head, Neck and Shoulder Alignment; Core Control and Axial Elongation; Limb Alignment and Movement Integration

Notes:

Section X: Exercise Self Mastery R/S-1 Lab 1

Lab 1	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	MAT	<i>Chest Lift</i>			
2	MAT	<i>Pelvic Clock</i>			
3	MAT	<i>Bridging</i>			
4	MAT	<i>Dead Bug</i>			
5	MAT	<i>Femur Arcs</i>			
6	MAT	<i>Bent Knee Opening</i>			
7	MAT	<i>Side to Side</i>			
8	REF	<i>Footwork</i>			
9	REF	<i>Roll Down Series</i>			
10	TRAP	<i>Roll Down Series</i>			
11	SPINE COR	<i>Supine Stretch</i>			

Exercises

Section X: Exercise Self Mastery R/S-1 Lab 2

Lab 2	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Seated Footwork (on Footbar)</i>			
2	REF	<i>Feet in Straps</i>			
3	TRAP	<i>90/90</i>			
4	TRAP	<i>Footwork with Tower Bar</i>			
5	CHAIR	<i>Double Leg Pump</i>			
6	BARREL	<i>Supine Stretch</i>			
7	MAT	<i>Arm Arcs</i>			
8	MAT	<i>Assisted Roll Up</i>			
9	MAT	<i>Roll Up</i>			
10	MAT	<i>Side Kick</i>			
11	MAT	<i>Prone Press Up</i>			
12	MAT	<i>Dart</i>			
13	MAT	<i>Book Opening</i>			

Exercises

Notes:

Section X: Exercise Self Mastery R/S-2 Lab 3

Lab 3	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Bridging</i>			
2	REF	<i>Supine Arm Series</i>			
3	REF	<i>Supine Abdominal Series</i>			
4	TRAP	<i>Supine Scapular Series</i>			
5	TRAP	<i>Upper Quarter Neural Mobilization</i>			
6	TRAP	<i>Seated Push Through</i>			
7	TRAP	<i>Seated Pull Down</i>			
8	CHAIR	<i>Prone Scapular Series</i>			
9	CHAIR	<i>Swan</i>			
10	BARREL	<i>Back to Forward Bend</i>			
11	SPINE COR	<i>Roll Down/Reach</i>			
12	MAT	<i>Spine Stretch</i>			
13	MAT	<i>Scarecrow</i>			

Exercises

Section X: Exercise Self Mastery R/S-2 Lab 4

Lab 4	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Mermaid</i>			
2	REF	<i>Cleopatra</i>			
3	REF	<i>Scooter</i>			
4	REF	<i>Standing Hip Stretch</i>			
5	TRAP	<i>Leg Spring Series - Supine</i>			
6	TRAP	<i>Leg Spring Series - Sidelying</i>			
7	TRAP	<i>Breathing</i>			
8	CHAIR	<i>Lateral Flexion</i>			
9	CHAIR	<i>Mermaid - Seated and Kneeling</i>			
10	BARREL	<i>Bridging</i>			
11	MAT	<i>Hundred</i>			
12	MAT	<i>Mermaid</i>			

Exercises

Notes:

Section X: Exercise Self Mastery R/S-3 Lab 5

Lab 5	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Quadruped</i>			
2	REF	<i>Knee Stretches (Down Stretch)</i>			
3	REF	<i>Reverse Abdominals</i>			
4	TRAP	<i>Teaser</i>			
5	TRAP	<i>Thigh Stretch</i>			
6	CHAIR	<i>Standing Leg Pump</i>			
7	CHAIR	<i>Achilles Stretch</i>			
8	BARREL	<i>Leg Stretch Series</i>			
9	MAT	<i>Quadruped</i>			
10	MAT	<i>Leg Pull</i>			
11	MAT	<i>Leg Pull Front</i>			

Exercises

Section X: Exercise Self Mastery R/S-3 Lab 6

Lab 6	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Kneeling Arm Series - Facing Front</i>			
2	REF	<i>Kneeling Arm Series - Facing Side</i>			
3	REF	<i>Kneeling Arm Series - Facing Back</i>			
4	REF	<i>Short Spine Massage</i>			
5	REF	<i>Long Spine Massage</i>			
6	TRAP	<i>Swan</i>			
7	TRAP	<i>Pelvic Press</i>			
8	CHAIR	<i>Swan from Floor</i>			
9	CHAIR	<i>Seated Triceps</i>			
10	CHAIR	<i>Frog Facing Out</i>			
11	BARREL	<i>Swan</i>			
12	SPINE COR	<i>Swan</i>			
13	MAT	<i>Swan I & II</i>			
14	MAT	<i>Rollover</i>			

Exercises

Notes:

Section X: Exercise Self Mastery R/S-4 Lab 7

Lab 7	Lab 1	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Long Stretches: Elephant, Inverted V</i>			
2	REF	<i>Long Stretches: Long Stretch, Jackrabbit</i>			
3	REF	<i>Long Box - Pulling Straps</i>			
4	REF	<i>Long Box - Prone Shoulder Press, Prone Extension</i>			
5	REF	<i>Semi Circle</i>			
6	TRAP	<i>Kneeling Cat</i>			
7	TRAP	<i>Parakeet</i>			
8	CHAIR	<i>Hamstring I</i>			
9	CHAIR	<i>Kneeling Cat</i>			
10	CHAIR	<i>Hamstring II</i>			
11	BARREL	<i>Horseback</i>			
12	SPINE COR	<i>Leg Series</i>			
13	MAT	<i>Spine Twist</i>			
14	MAT	<i>Standing Rolldown</i>			

Exercises

Section X: Exercise Self Mastery R/S-4 Lab 8

Lab 8	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Short Box Series</i>			
2	REF	<i>Standing Series: Side Splits</i>			
3	TRAP	<i>Hip Opener</i>			
4	TRAP	<i>Hip Extension with Tower Bar</i>			
5	CHAIR	<i>Reverse Swan</i>			
6	CHAIR	<i>Teaser</i>			
7	CHAIR	<i>Frog Lying Flat & Single Leg Pump Supine</i>			
8	BARREL	<i>Grasshopper</i>			
9	SPINE COR	<i>Grasshopper</i>			
10	MAT	<i>Single Leg Kick</i>			
11	MAT	<i>Swimming</i>			
12	MAT	<i>Saw</i>			

Exercises

Notes:

Section X: Exercise Self Mastery R/S-5 Lab 9

Lab 19	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Tendon Stretch/Gymnast</i>			
2	REF	<i>Stomach Massage</i>			
3	TRAP	<i>Assisted Squats</i>			
4	TRAP	<i>Tower</i>			
5	TRAP	<i>Monkey</i>			
6	CHAIR	<i>Hamstring III</i>			
7	CHAIR	<i>Side Pull Up/Leg Extension</i>			
8	BARREL	<i>Side Sit Up</i>			
9	SPINE COR	<i>Side Sit Up</i>			
10	MAT	<i>Side Lift</i>			
11	MAT	<i>Rolling & Seal</i>			

Exercises

Section X: Exercise Self Mastery R/S-5 Lab 10

Lab 10	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Russian Split & Front Split</i>			
2	REF	<i>Jumping</i>			
3	TRAP	<i>Standing Arm Series Facing In</i>			
4	TRAP	<i>Standing Arm Series Facing Out I</i>			
5	TRAP	<i>Standing Arm Series Facing Out II</i>			
6	CHAIR	<i>Forward Lunge & Backward Stepdown</i>			
7	CHAIR	<i>Side Lunge & Sideward Stepdown</i>			
8	BARREL	<i>Short Box Series</i>			
9	MAT	<i>Criss Cross</i>			
10	MAT	<i>Corkscrew</i>			
11	MAT	<i>Single Leg Stretch</i>			

Exercises

Notes:

Section X: Exercise Self Mastery R/S-6 Lab 11

Lab 11	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Long Box Series - Swan</i>			
2	REF	<i>Long Box Series - Backstroke</i>			
3	REF	<i>Long Box Series -Teaser</i>			
4	TRAP	<i>Hanging Up/Half & Full Hanging</i>			
5	TRAP	<i>Spread Eagle</i>			
6	CHAIR	<i>Teaser from Floor</i>			
7	CHAIR	<i>Press Up</i>			
8	MAT	<i>Leg Circles</i>			
9	MAT	<i>Double Leg Kick</i>			
10	MAT	<i>Double Leg Stretch</i>			

Exercises

Section X: Exercise Self Mastery R/S-6 Lab 12

Lab 11	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Rowing Back I (Round Back)</i>			
2	REF	<i>Rowing Back II (Flat Back)</i>			
3	REF	<i>Rowing Front III (Sitting Tall)</i>			
4	REF	<i>Rowing Front IV (Bending Down)</i>			
5	REF	<i>Long Stretches: Up Stretch, Down Stretch</i>			
6	REF	<i>Knee Stretch-Knees Off; Long Stretches Arabesque</i>			
7	TRAP	<i>Magician</i>			
8	TRAP	<i>Short Spine</i>			
9	TRAP	<i>Dolphin</i>			
10	CHAIR	<i>Side Arm Twist</i>			
11	CHAIR	<i>Tendon Stretch</i>			
12	BARREL	<i>Shoulder Stand/Roll Over</i>			
13	MAT	<i>Push Up</i>			
14	MAT	<i>Twist</i>			

Exercises

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Section XI: Final Check Off

Student Name: _____ Exam: *Studio / Rehabilitation (circle one)*

For Internal Use. Final Check off Completed by Polestar Educator Prior to Final Diploma

<i>Final Check off</i>	<i>Date Completed</i>	<i>Educator Signature</i>
<i>Section I - Pre Curriculum and Anatomy or Professional Degree</i>		
<i>Section II - Student Status Sheet</i>		
<i>Section III - Didactic Education</i>		
<i>Section IV - Reading Assignments</i>		
<i>Section V - Writing Assignments</i>		
<i>Section VI - Screenings and Case Studies</i>		
<i>Section VII - Observation</i>		
<i>Section VIII - Practice Hours</i>		
<i>Section IX - Apprentice Teaching</i>		
<i>Section X - Exercise Mastery</i>		

This student has completed all log book requirements and is ready to sit for the Polestar Pilates Studio or Rehabilitation Exam.

Polestar Educator: _____