

Orange People

Teacher Training Program Catalog



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Introduction

Orange People offers a 450-hour comprehensive Pilates teacher-training certificate program in Korean. The director of the school is Woo Y Chun. Orange People first started in 2016 in Irvine, CA by Kyoung, Kim.

Website: <http://oppilates.com>

Mission and goals

Mission

Our school intends to prepare future Pilates teachers in the Korean community with the highest standards of professional practice of Pilates. Our practical curriculum has an emphasis on classical Pilates repertoire and includes extensive studies of anatomy, rehabilitation Pilates, and pregnancy Pilates. Classical Pilates taught in the Orange People studio includes the original 34 mat exercises in the book "Return to Life through Contrology" by Joseph Pilates, and equipment exercises using the principles taught by Joseph Pilates in his book (centering, concentration, control, precision, breath, and flow).

The goal of our institution are the following:

- To expand the understanding of Classical Pilates repertoire and the benefits of Pilates in the Korean American society in Southern California.
- To have at least 6 graduates each year starting from the year 2021.
- To obtain PSAP approval by the end of 2020.

Programs and courses offered

All our classes are taught at the Orange People studio in Irvine, CA. Our comprehensive program consists of 140 hours of lecture and workshop taught in a series of sessions. Beginning, intermediate and advanced exercises on mat, reformer, ladder barrel, chair, trapeze table and spine corrector will be explored. We will cover topics such as: Pilates anatomy, principles, assessment, postural analysis, Pilates for special populations, contraindications, cueing, and exercise progressions and repertoire. The remaining 310 hours consist of personal practice, practice teaching, and observation hours all of which must be completed at Orange People.

The teacher training certificate program is divided into 6 modules.

Module	Course name and content	Hours	Units
1	Mat	25 hours of lecture and workshop	2
2	Reformer 1	23 hours of lecture and workshop	2
3	Reformer 2	23 hours of lecture and workshop	2
4	Reformer 3	23 hours of lecture and workshop	2
5	Trapeze table	23 hours of lecture and workshop	2
6	Wunda chair, barrel, and spine corrector	23 hours of lecture and workshop	2

Total: 140 hours of lectures and workshops

In addition to 140 hours of lectures and workshops, students are expected to complete:

100 hours of practice teaching hours

110 hours of observation hours

100 hours of personal practice hours

Total: 450 hours

Each module has 52 practical hours. Students must do at least 16 practical hours before moving on to the next module (5 hours of practice teaching, 5 hours of personal practice and 6 hours of observation).

Graduation requirements:

In order to be eligible for practical test, students are required to:

- Attend 100% of all modules 1-6
- Complete all apprenticeship hours (practice teaching hours, observation hours, and personal practice hours)
- Pass all practical exams and written exams with a score above 75%
- Satisfied with all payments

Upon completion of the program, students will receive a diploma/certificate of completion. Please note that completion of the comprehensive Pilates program does not guarantee employment or certification through the National Pilates Certification Program.

* As Pilates engages touch for cueing and adjustment purposes, the program will require some level of touch, although sensitive will be respected.

Costs

Application cost: \$100 (non-refundable)

Tuition for lectures: \$3000

Module	Course name and content	Hours	Price
1	Mat	25 hours of lecture and workshop	500
2	Reformer 1	23 hours of lecture and workshop	500
3	Reformer 2	23 hours of lecture and workshop	500
4	Reformer 3	23 hours of lecture and workshop	500
5	Trapeze table	23 hours of lecture and workshop	500
6	Wunda chair, barrel, and spine corrector	23 hours of lecture and workshop	500

Tuition for practical hours: \$2400

Module	Course name and content	Hours	Price
1	Mat	52 practical hours (17 hours of practice teaching, 17 hours of personal practice and 18 hours of observation)	400
2	Reformer 1	52 practical hours (17 hours of practice teaching, 17 hours of personal practice and 18 hours of observation)	400

Module	Course name and content	Hours	Price
3	Reformer 2	52 practical hours (17 hours of practice teaching, 17 hours of personal practice and 18 hours of observation)	400
4	Reformer 3	52 practical hours (17 hours of practice teaching, 17 hours of personal practice and 18 hours of observation)	400
5	Trapeze table	52 practical hours (17 hours of practice teaching, 17 hours of personal practice and 18 hours of observation)	400
6	Wunda chair, barrel, and spine corrector	52 practical hours (17 hours of practice teaching, 17 hours of personal practice and 18 hours of observation)	400

Total cost **\$5500.00 USD**

- * **First final practical and written test fees are included in the tuition. If a student fails the first practical test, testing fee of \$100 (per test) will be charged thereafter. There is no additional fee for written test.**
- * **Students must pay the tuition by the day before the start of each module.**
- * **Practice, teaching, and observation hours are included in the tuition. At least 15 practical hours must be completed before moving on to the following modules. Payment for practical hours is due before the start of the module.**
- * **Manual costs are included in the tuition.**

Admission requirements

Prospective students must meet the following criteria:

- Must be at least 18 years old.

- Must be fluent in Korean.
- Must have attended at least 5 Pilates group or private classes at Orange People (\$375 for 5 private sessions, \$99 for 5 group sessions).
- Have no injuries that would prevent performance of challenging exercises during the course of the program.

* No applicant will be denied on the basis of race, national origin, color, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation.

Enrollment procedures

The enrollment process includes:

- Submission of an application
- Payment of fees
- Signing of all documents
- Review of school catalog
- Review of policies and procedures
- Completion of enrollment agreement

Late enrollments will be accepted one week into the course, only if the Director is available to make up the missed module(s) privately.

Attendance requirements

Students are expected to arrive on time for class with proper materials. A 100% attendance rate is required for all lecture and workshop hours prior to final practical exam. Students with approved absences may make up hours at an additional fee of \$70 per hour and the hours must be completed prior to written and practical exams. Faculty may request a student to withdraw from the program if absences or tardiness exceed 75%.

Students who are unable to continue classes for medical reasons or severe personal problems will be required to take a leave of absence until they are able to return to class. Proper documentation will be required to substantiate a student's withdrawal (**see Leave of absence**).

Leave of absence

Students who are not able to continue the program because of personal or family circumstances, injuries or illness, but plan to return may take a leave of absence. A written request to take a leave of absence with an explanation of reasons must be submitted to the Director of Education. Medical certificates may be asked in case of injury or illness. Students are expected to come back within 1 year or for the subsequent teacher training session. The student who fails to come back during this period, will be asked to retake all modules previously taken at 50% discounted tuition when s/he comes back.

Orange People will not hold any credit during the student's leave of absence. Any credit of tuition that the student has with Orange People will be refunded in full at the time of approval of leave of absence.

Conduct Policy

All students are expected to act maturely and are required to respect other students and faculty members as well as school's property, assets and traditions. Possession of weapons, illegal drugs, and alcohol of any kind are not allowed at any time on school property. Any violation of school policies may result in permanent dismissal from school.

Dismissal

Any student may be dismissed for violations of rules and regulations of the school, as set forth in school publications. A student also may be withdrawn from classes if he or she does not prepare sufficiently, neglects assignments, or makes unsatisfactory progress. The director, after consultation with all parties involved, makes the final decision.

The Director of Education may temporarily suspend students whose conduct is disruptive or unacceptable to the academic setting. After appropriate counseling, students who demonstrate a genuine desire to learn and conform to school standards of conduct may be allowed to resume attendance. The director will review each case and decide upon re-admittance. If a student is dismissed, the refund policy will be applied.

Educational services

Appointments can be scheduled with the Director of Education or Instructor at the studio or over the phone for counseling or questions.

Grading system

Students will take a written quiz and a practical assessment after each module (6 written quizzes and 6 practical assessments), and a final written exam and a final practical exam for the certificate after completing the teaching, practice, and observation hours. A 75% or higher is required to pass the class. Module practical exams and final practical exam will be pass/fail as determined by the Director of Education. Students will receive written and verbal feedback with an assessment rubric. The assessment includes: appropriate use of equipment, understanding of choreography, quality of movement during the demonstration, knowledge of the material, use of language, touch, voice and physical cues, ability to modify an exercise, ability to correct a client, quality of the lesson plan, transitions, confidence, safety, and anatomical knowledge.

The grading chart is as follows:

95 - 100	= A	Excellent
85 - 94	= B	Above Average
75 - 84	= C	Average
65 - 74	= D	Below Average (Fail)
Under 64	= U	Unsatisfactory (Fail)

Progress policy

Students will report to the Instructor their progress with practice teaching, personal practice and observation hours monthly via email. Students must complete at least 5 hours of practice teaching, 5 hours of personal practice, and 6 hours of observation hours each month.

Students who fail to maintain these hours for more than 3 months will be placed on probation for 30 days. During the probation period, students must complete their incomplete hours up to date. The student may be terminated if hours are not satisfactory at the end of the probationary period. Termination shall be at the school director's discretion. The director has final authority and shall notify the student of the final decision.

Transfer of credits

Orange People does not guarantee transferability of its credits to another institution unless there is a written agreement with another institution.

Credits from another institution will be evaluated on a case-by-case basis.

Transfer of credits from other institutions requires a review fee of \$150 if a transcript is available. In the absence of a written transcript, test-out options will be considered and fees related to the process will be charged by subject matter. Each level of mat, reformer, trapeze table or any other equipment will incur a \$300 fee per assessment.

Refund policy

Students not accepted to the school are entitled to all moneys paid. If a student cancels before the beginning of the lecture, the tuition for the lecture will be refunded. If the student cancels the day of or after the beginning of the lecture, no refund will be issued. If the student paid for more than a module and withdraws during the program, all tuition paid for the modules not attended to that date will be refunded.

- * Please note that in all occasions/circumstances, the application fee of \$100 will be charged and is non-refundable.
- * Students may cancel their contract at any time prior to midnight of the third business day after signing their contract. Students who cancel their contract by notifying the school within three (3) business days are entitled to a full refund of all tuition and no cancellation fee of \$150 will be charged. Students, who withdraw after three (3) business days, but before commencement of classes, are entitled to a full refund of all tuitions but will be charged a cancellation fee of \$150.
- * All refunds will be made within 30 days from the date of termination. The official date of termination or withdrawal of a student shall be determined in the following manner:
 1. The date on which the school receives written notice of the student’s intention to discontinue the training program; or
 2. The date on which the student violates published school policy, which provides for termination.
- * The student will receive a full refund of tuition and fees paid if for any reason the school discontinues a program.
- * Practical hours are included in the tuition and students will be allowed to start their practical hours as soon as they start with the modules.
- * For each module, the following refund policy applies for the practical hours:

Student is entitled to upon withdrawal/ termination	Refund
Within first 10% of practical hours	90% less cancellation charge
After 10% but within first 25% of practical hours	75% less cancellation charge

Student is entitled to upon withdrawal/ termination	Refund
After 25% but within first 50% of practical hours	50% less cancellation charge
After 50% of the program	No refund

Student grievance procedure

A student with a complaint of a grievance should take the following actions:

- Contact the person with whom they have the grievance and attempt to resolve the issue informally.
- If this is not a feasible option, or if such an option does not remedy the situation, he/she should notify the Director of Education in writing via email about the complaint or grievance.
- If the matter is still not resolved, students may appeal in writing to the Pilates School Approval Program. PSAP@pilatesmethodalliance.org

Sexual harassment procedure

Sexual Harassment is defined as unwelcomed verbal, visual, or physical conduct of a sexual nature that is severe or pervasive and affects learning conditions or creates a hostile environment. Sexual Harassment is against Orange People's policy and will not be tolerated.

Any student who feels s/he has been subject to sexual harassment should take the following actions:

- Speak directly to the source of the discrimination.
- If this is not a reasonable option, or if such an option does not remedy the situation, speak with the immediate supervisor.
- If this is not a reasonable option, or if such an option does not remedy the situation, speak with the Director.
- If this is not a reasonable option, or if such an option does not remedy the situation, document all relevant facts and send documentation to:
PSAP@pilatesmethodalliance.org

Access to student files

Students may review their complete file during studio hours by requesting an appointment with the administrator. Studio hours are Monday through Friday, 8 am-12pm, and 6pm-8 pm, Saturday 9am-12pm.

Teacher biographies

Our staff is comprised of the following faculty members:

- Director of Education and Instructor
Woo Y Chun
- Anatomy Teacher
Woo Y Chun
- Administrator
Kyoung Kim

Joyce Chun (Director of Education and Instructor): Woo graduated from the University of Southern California in 2009 with a Master's degree in Occupational Therapy. She was first introduced to Pilates in 2007 because of back and neck pain. After being relieved from pain through Pilates, she never stopped practicing and teaching it. In 2004, she started her own studio in Fullerton and developed a program for clients with chronic back pain. Now Woo teaches teacher training program in three different studio across Southern California, including in Orange People studio.

Facilities

The school is located at 17175 Von Karman Ave, Irvine, CA 92614. Our studio is 2500 square feet. We have state of the art Pilates equipment consisting of Reformer, Trapeze Table, Wunda Chair, Ladder Barrel, Spine Corrector, aerial hammock, and other Pilates props.