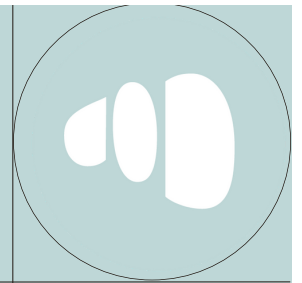


# AOP Alumni Membership



*The Alumni Membership is your ongoing touchpoint after any iteration of the Flagship course. We're here to bring the Pilates community together and elevate our understanding of movement and movement science. There are no stupid questions in the membership, there are no condescending quips about what we used to think. The AOP membership creates an inclusive environment for learning and cultivates critical thinking around Pilates movement in the studio.*

## 2024 Topics

*Laying the foundation of client communication*

<i>April</i>	<b>Exploring pain science</b> <ul style="list-style-type: none"><li>● This month's topic goes deeper into the emerging science of pain. We look at how understanding the basics of pain science can help us work with clients who are living with chronic pain disorders and how movement can help</li></ul>
<i>May</i>	<b>Motivational interviewing</b> <ul style="list-style-type: none"><li>● The way we communicate ideas about pain and injury to our clients lays the foundation for how they perceive their pain and injury and perception can play a big role in our client's relationship with pain. Motivational interviewing gives us a framework for communication that sets our clients up for success</li></ul>
<i>June</i>	<b>Motor learning</b> <ul style="list-style-type: none"><li>● Motor learning is defined as the learning process of skill acquisition. In other words, motor learning is how we learn movement. Since we're in the business of teaching movement learning the scientific underpinning of how we communicate movement skills can help us and help our clients learn movement skills more effortlessly.</li></ul>

## Why we should all want to get strong

<i>July</i>	<b>Health benefits of muscle mass</b> <ul style="list-style-type: none"><li>● Pilates is, at its core, resistance training, which means it has the potential to build muscle. But why should we want to add muscle? The benefits of muscle mass go far beyond aesthetics. Let's explore how muscle mass can help us live a healthier life</li></ul>
<i>August</i>	<b>The difference between strength and endurance</b> <ul style="list-style-type: none"><li>● While there is certainly some overlap here, we can intentionally turn the dial a little bit more towards one or the other. This month we learn the nuances of both and how to understand when we're biasing endurance and when we're biasing strength</li></ul>
<i>September</i>	<b>A framework for implementing progressive loading in Pilates</b> <ul style="list-style-type: none"><li>● One of the foundations of building strength is the concept of progressive loading. Progressive loading can carry our clients through post-rehab and beyond. While we can't promise an injury-free life for our clients we can help them understand that preparation and exposure can build resilient tissues.</li></ul>

## Why use guidelines? Understanding the limitations of professional expertise

<i>October</i>	<b>Guideline-based programming</b> <ul style="list-style-type: none"><li>● Learn how to look up guidelines for specific pathologies, how to use the guidelines in Pilates, and understand the utility of guideline-based programming</li></ul>
<i>November</i>	<b>Understanding bias</b> <ul style="list-style-type: none"><li>● We all view the world through a lens that is shaped by our own experiences in the world. As Pilates instructors, we can better serve our clients when we understand the limitations of personal experience</li></ul>
<i>December</i>	<b>Evidence-based practice: what does it <i>really</i> mean</b> <ul style="list-style-type: none"><li>● Evidence-based has become a buzzword in the health and wellness industry, but do we understand what evidence-based means? Learn the foundations of evidence-based practice and how it manifests in the Pilates studio for the benefit of our clients</li></ul>

Each month covers the topic through

- *webinar*
- *movement lab*
- *office hour*
- *research reviews*
- *Pre-recorded class appropriate for the topic with class notes*

