

# Individual Teaching Grant Application

*(Example of sections A. – E. from a previously funded application)*

<b>A. General Information</b>
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Project Title	<b>Pilates Teacher Training Certification Program</b>
Principal Investigator	<b>Kaye Richards</b>
University ID	00000000
Department	Modern Dance
Rank	Assistant Professor
Campus Address	106 MCD
E-mail	Kaye.Richards@m.cc.utah.edu
Phone	587-9810
Chair	Scott Marsh

1. When would the grant activities be undertaken?	Beginning on March 8, 2002 and lasting about 1 year
3. Total amount requested.	\$3,000.00
2. Has other funding been received for this project?	Yes/No: No
If yes, state sources and amounts.	
3. Is other funding being sought for this project?	Yes/No: Yes
If yes, state sources and amounts.	Thomas Dee Grant \$5908 & Modern Dance Dept. \$1000
4. Does project involve research using human subjects?	Yes/No: No
If yes, has IRB approval been obtained?	Yes/No:

**B. Project Summary** (150-word limit, 12-point font single-spaced.)

I am applying for a Teaching Grant in the amount of \$3,000.00 to support my efforts to become the first certified Pilates instructor in the Department of Modern Dance. The Pilates Teacher Training Certification Program in Boulder, Colorado costs \$4,200.00; I plan to seek additional funds to support this project. This certification will enhance our curriculum, offer a more comprehensive core conditioning and apparatus class, provide in-depth training on dance injury prevention; and allow the University of Utah to stay abreast and competitive with peer universities and dance departments nationwide.

Date submitted	01/04/2002
If this grant is funded may we place your summary and e-mail address on the committee's web page?	Yes/No: Yes

If you convert this document to PDF and want to include digital signatures of PI and chair, please place them below:

# Pilates Teacher Training Certification Program

Kaye Richards, Assistant Professor, Department of Modern Dance

**C. Narrative** (1,000 word limit, 12-point type double-spaced, 1-inch margins. Please repeat your project title and name, rank, and department above.)

**Need and rationale.** The University of Utah is well known for the excellence of its dance programs, Ballet and Modern Dance. Despite this, the Modern Dance Department is currently lagging behind in the recognition and offering of courses related to body conditioning firmly grounded in the Pilates method. Created by Joseph Pilates in the 1920's, this technique is a series of precisely controlled exercises formulated on the principle of variable resistance, which engages physical and mental facilities with a focus on abdominal strength, breath, and whole body conditioning. Pilates is performed on a mat or various apparatuses like a reformer, Cadillac, and high and low chair. Anyone at any level of fitness may perform these exercises in accordance with prescribed modifications.

Due to the physical demands placed on dancers, injuries are very common. These injuries usually occur because the musculature lacks the strength to adjust readily to extreme and immediate demands. Pilates speaks to a variety of concerns, i.e., alignment, injury prevention, correct breathing, simultaneous stretching and strengthening and affecting ones harmony between mind and body. Specifically, the effectiveness of this conditioning program addresses issues involved in the rehabilitation of injured dancers. Pilates conditioning develops maximum muscle strength while increasing flexibility.

**Objectives.** In order to maintain a standard of excellence in our program, attention must be given to develop areas in which we are lagging behind. Training is necessary to insure that

instructors are knowledgeable in the subject areas. Within the Department of Modern Dance, there are experts in several areas of modern dance but none in the Pilates Method. There is obviously a need for this form of conditioning given the physical demands placed dancers.

**Plan and time-line.** I plan to attend the Pilates Teacher Training Program in Boulder, Colorado that begins this semester. Currently, I take Pilates classes at Streamline Bodyworks in Salt Lake City, and have incorporated many Pilates exercises and concepts into my technique and conditioning classes. These classes can be more extensive, with concentrated training by experts in the field.

The program in Boulder takes approximately a year to complete. It includes four extensive weekends beginning March 8, 2002, a 10-day intensive workshop in July, and practical, and written exams. The centerpiece is an extensive Apprenticeship segment, which includes 750 hours of observation, practice teaching, personal workouts, and anatomy lectures.

**Expected outcomes.** The program offers in-depth instructions on how to teach, at all levels of difficulty and for all body types. The certification will allow me to teach the safest and most effective ways to condition the body. Pilates conditioning will inform the dancers of their own imbalances and weakness, while providing an opportunity for them to delve deeper into its method, philosophy, and ideology. Ultimately, having a Certified Pilates instructor on our faculty will not only be advantageous for students, but also for the Department of Modern Dance. We will be able to stay competitive and abreast with peer universities and dance departments nationwide.

**D. Budget**

**Materials**

<b>Item</b>	<b>Source</b>	<b>Cost</b>
None		
	<b>Total materials:</b>	<b>0</b>

**Travel**

<b>Item</b>	<b>Source</b>	<b>Cost</b>
Air Travel (7 trips, SLC to Denver, currently \$200 ea.)	Delta Airlines	1,400.00
Bus Travel (7 trips Denver to Boulder, currently \$40 ea.)	Trailways	280.00
Accommodation (21 nights @ \$66 = \$1,386. I will pay balance and for meals.)	Best Western	1,320.00
	<b>Total travel:</b>	<b>3,000.00</b>

**Total request:     \$3,000.00**

**E. Courses Taught** *List courses that the principal investigator has taught, or is scheduled to teach, in the three academic years listed. If you have not taught in any of these years, please explain.*

Year	Course # & Title	Credit hours	Typical enrollment
2001 – 2002	1110-001 Core Conditioning	1	(data not collected during these years)
	1710-001 Introduction to Dance	2	
	2320-001 Modern Technique Theory II	1.5	
	4320-001 Modern Technique Theory IV	1.5	
	7320-001 Advance Graduate Technique Graduate Concert Advisor	1	
	1075-001 Dance: A Creative Process	3	
	1111-001 Movement Fundamentals	0.5	
	1270-001 Modern Technique for Ballet Majors	1	
	3320-001 Modern Technique Theory III	1.5	
6320-001 Intermediate Graduate Technique	1		
2000 – 2001	1710-001 Introduction to Dance	2	
	1075-001 Dance: A Creative Process	3	
	2320-001 Modern Technique Theory II	1.5	
	4320-001 Modern Technique Theory IV	1.5	
	7320-001 Advance Graduate Technique	1	
	1075-001 Dance: A Creative Process	3	
	1270-001 Modern Technique for Ballet Majors	1	
	3320-001 Modern Technique Theory III	1.5	
6320-001 Intermediate Graduate Technique	1		
1999 – 2000	1260-001 Modern for Ballet Majors	2	
	1710-001 Introduction to Dance	2	
	3320-001 Modern Technique Theory I	2	
	4320-001 Modern Technique Theory IV	2	
	7320-001 Advance Graduate Technique	1	
	American College Dance Festival (Assistant to the Director)	1	
	1023-001 Non-Major Dance Composition	3	
	1270-001 Modern Technique for Ballet Majors	2	
	2320-001 Modern Technique Theory II	2	
	American College Dance Festival (Assistant to the Director/	1	

**F. Principal Investigator's Curriculum Vitae.** *(This condensed CV should be the equivalent of 3 pages or fewer of text in 12-point font with 1-inch margins on 8.5" x 11" paper.)*

The CV was omitted from this example.  
You must include one with your application.

**G. Support letter from Department Chair.**

The Chair's letter was omitted from this example.  
You must include one with your application.