



PROGRAM INFORMATION AND APPLICATION

The Cutting Edge Approach to Pilates Teacher Training

PSC teaches a contemporary approach to the original exercise method developed by Joseph Pilates in the 1920s; one that preserves the essence of the original technique but incorporates today's knowledge and principals

WHAT MAKES THE PSC PROGRAM UNIQUE?

**The Program Founders / Directors Are
PMA Certified Teachers™**

Boutique Education / Non Corporation Owned

Limited Class Size: Student / Equipment Ratio is Ideal

**Co-Created by a Doctor and Emphasizes the
Anatomically Based Concept of "Neutral Spine"**

Course Manuals are Illustrated and Extensive

Rehabilitation Protocols and Modern Principals

Classical & Progressive Styles Taught

Competitively Priced

**PSC Founders Have Completed Numerous Exercise Science Courses and
Collaborated with PT's and Sports Medicine Professionals
to Create This Program**

**Challenging Variations as well as Modifications to Assist with Injuries and
Limitations**

COURSE DESCRIPTION

This comprehensive 450-hour program is offered in a modular or comprehensive 16-week format. The class size is limited to ensure a high level of attention and service. A fully photographic Manual will be provided to you for the course or module(s) you will attend.

Each student will learn:

- Fundamental Pilates principals and philosophies
- Client assessment and alignment protocol
- Anatomy and biomechanics taught using visual aids in an interactive environment
- Pilates Mat Repertoire
- Reformer Repertoire
- Cadillac/Trapeze Table Repertoire
- Wunda/Combo Chair Repertoire
- Small apparatus skills utilizing the jump board, magic circle, rotating discs, balance/wobble board, foam rollers, thera bands and balls
- Combining Classical and Progressive Pilates styles with modifications and variations
- Creative training and program development skills for any level of proficiency
- Medical anatomical terminology
- Verbal and tactile cueing skills
- Attitude, confidence and composure of a professional instructor
- Studio etiquette and equipment safety
- Ethics and scope of practice
- Understanding indications and contraindications for specific injuries/dysfunctions and special circumstances
- Graduates will meet the criteria for, and be prepared to take, the Pilates Method Alliance Certification Exam™

PRE-REQUISITES

- 30+ documented hours of well-rounded Pilates instruction with a Qualified Pilates Instructor. (*PSC Host Studio will offer you a Student Discount to complete*)
- Completed Application
- Entrance interview
- Tuition deposit
- Signed Student Contract (day 1 of class)
- Personal Liability Insurance if practicing in your Host Studio

*PSC upholds the most current PMA curriculum recommendations and standards of practice.
PSC reserves the right to refuse admittance to any applicant*

COURSE REQUIREMENTS

Assessment Based Certificate/Diploma issued upon completing all course requirements including, but not limited to:

- 128 hours of Classroom Experience with a PSC Master Trainer - Provided
- 75 hours of Observation/Apprenticeship: Observation (50)/Apprenticeship (25) of/with a qualified instructor
- 100 hours of Practice Teaching/Charting with classmates/family/friends etc.
- 40 hours of Self Integration (additional Pilates private, semi private or mat class experience with qualified instructor)
- 45 hours Client Assessment and Programming Project - assignment
- 25 hours of an Anatomy Thesis Project - assignment
- 15 hours Pilates Professional Video/DVD Observation
- Passing scores on tests, practical exams and projects

Requirements are different for Mat only or any Modular Course

- 25 hours of Observation/Apprenticeship of/with a qualified instructor
- 25 hours of Practice Teaching/Charting with classmates/family/friends etc.
- 10 hours of Self Integration (additional Pilates private, semi private or mat class experience with qualified instructor)
- 12 hours Client Assessment and Programming Project - assignment
- 5 hours Pilates Professional Video/DVD Observation
- Passing scores on tests, practical exams and projects

MATERIALS

Required: (you will need to purchase these books, not included in course or course fees)

- **Trail Guide to the Body Text** – by Books of Discovery
a user friendly musculoskeletal anatomy & palpation text that includes 3 hour DVD
- **Trail Guide to the Body Student Workbook**- designed to be used with the text, this study guide offers matching, coloring and fill-in-the-blank exercises to practice the information in the text.
Trail Guide "Pack" includes all of the above at a discount: <http://www.booksofdiscovery.com/products.php?cat=9>

Optional Additions, at a discount if you purchased the above items (same company):

- Flash Cards- 2 volumes covering the muscles, bones, joints, ligaments and movements of the human body
- Audio Guide- 100 muscle tracks on 4 CDs. Each track includes information and palpation instructions.

Optional for your library: Available new or used on Amazon.com

Joe Pilates wrote the following two books that you should add to your library.

- Your Health: A Corrective System of Exercising That Revolutionizes the Entire Field of Physical Education (1934)
- Return to Life through Contrology (1945)

Also available:

- The Complete Writings of Joseph H. Pilates - Joseph H. Pilates
- The Anatomy Coloring Book Second Edition - by Wynn Kapit / Lawrence M. Elson
- Anatomy of Movement - Blandine C. Germain & Anatomy of Movement: Exercises - by Blandine C. Germain, Stephen Anderson
- Atlas of Human Anatomy - by Frank N. Netter
- The Joseph H. Pilates Archive Collection - Edited by Sean P. Gallagher and Romana Kryzanowska
- The Complete Guide to Joseph H. Pilates' Techniques of Physical Conditioning - by Allan Menezes
- The Pilates Method of Body Conditioning - by Gallagher and Kryzanowska
- Illustrated Essentials of Musculoskeletal Anatomy - Sieg and Adams

ABOUT THE FOUNDERS/DIRECTORS

Founders Kelli and Andromeda share the following credentials:

- Creators of the PSC Pilates Teacher Training Program and PSC International Master Training Program
- Body Mind Spirit Presenters 2007 & 2008
- Pilates On Tour Presenters 2010 & 2011 & 2012
- Inner IDEA Presenters 2011
- Master Teacher Trainers for Reebok Sports Club/NY
- Pilates Method Alliance Corporate Sponsors™ 2010
- Participants: PMA Fostering Future Professionals Program™
- PMA Registry of Schools™
- PMA CEC Providers™
- Produced and Created 14 DVD titles in the PSC library
- Written or co created over 20 workshops with continuing education credits
- Graduates of Advances in Pilates - Long Beach Dance Conditioning

Kelli Altounian

Kelli is the co-founder of Pilates Sports Center and co-director of the PSC Pilates Training Program in Los Angeles, California. Kelli holds a BA (dance emphasis) from the University of Central Oklahoma and performed professionally for over 15 years. Kelli became a Pilates advocate in 1994 while performing as a Radio City Rockette. After sustaining a career ending back injury, Pilates was her choice for physical therapy. In 2000, Kelli and Andromeda Trumbull united their efforts with the aim of updating the approach of Pilates based movement utilizing therapeutic influence. They have since created a Pilates Training Program of International Recognition. The PSC program incorporates manipulation of the equipment to maximize the benefits for the client. PSC's approach to education and post education continues to grow worldwide.

Her credentials include:

- B.A. in Theatre with dance Emphasis from University Of Central Oklahoma
- Yamuna® Body Rolling Certification Program
- Certified Trainer recognized by the National Endurance and Sports Training Association (N.E.S.T.A.) for Golf Conditioning
- Pilates Method Alliance Certified Pilates Teacher™

Dr. Andromeda Stevens, D.C.

Andromeda became a Doctor of Chiropractic Medicine inspired by her own spinal condition. Her practice specializes in the proper rehabilitation of the lower back. She was introduced to Pilates as a fitness regimen and was so impressed that she mastered its philosophy and became an Certified Instructor to offer Pilates to her patients as a way of treating pain and resolving it more effectively. The profound results of her patients led her to co-found Pilates Sports Center in Los Angeles, California along with Kelli Altounian. Andromeda also co-directs the PSC Pilates Teacher Training Program, which aims to provide the highest standard of excellence in Pilates education.

Her credentials include:

- Graduate - Cleveland Chiropractic College of Los Angeles 1996
- Post graduate certification: Cox Flexion/Distracton Technique for treatment of discs
- Integrated Flexibility Training - The Sports Club/LA
- BalletCore® Certified
- Massage Therapist - Touch Therapy Institute
- Pilates Method Alliance "Gold" Certified Teacher™
- Booty Barre® Course 2011
- Co-Creator of the Burn at the Barre™ Workout, DVD and Teacher Training Program

For more information on PSC's other Master Trainers of the Program, please visit our Web Site

Pilates Sports Center, Inc. 16430 Ventura Blvd. #100 Encino, CA 91436
Ph 818-788-8112 Fax 818-788-8303 Updated Feb 2015

www.PilatesSportsCenter.com

COURSE FEES / DEPOSIT

Full Course (Fundamentals/Start Up Course, Mat and Apparatus): **\$4,900.00** (minus Deposit of \$500) to guarantee a place in the course. Tuition balance (less deposit) is due on the first day of the course. Deposit/Tuition paid via: check, money order, cash or credit card (mc/visa). Payment Plans or Financing Available through PayPal.

Modular Pilates Apparatus Programs: (Minus Deposit of **\$500** for any single module)

- Fundamentals: Nuts and Bolts / Philosophy – “Start Up Course” **\$300** – required for any program
- Pilates Mat - **\$1000** (you will attend the first 3 weeks of a Full Course)
- Reformer - **\$2000** - 6 weeks approx
- Cadillac - **\$1000** - 3 weeks approx
- Chair - **\$1000** - 2.5 weeks approx

Private Programs available for \$7,500.00. Modular Private Programs also avail. Please inquire

PSC PILATES and BURN at the BARRE™ AFFILIATES WORLDWIDE

ARIZONA

Scottsdale, AZ: 480 - 699 - 8160 “Remedy Pilates & Massage” 6949 E. Shea Blvd. #115 Scottsdale, AZ 85254 www.RemedyPM.com Contact: Kelly Snailum kelly@remedypm.com ID: 11159 Certified Since: 12/04/2008 Expiration: 12/04/2016 ***BURN AT THE BARRE™ MT**

Chandler, AZ: 602 - 791 - 6889 “Ocotillo Pilates” 4955 S. Alma School Rd, Suite 18 Chandler, AZ 85248 www.OcotilloPilates.com Contact: Melissa Flynn melissa@ocotillopilates.com Certification ID: 11911 Certified Since: 03/17/2011 PMA Expiration: 03/16/2015

NORHTERN CALIFORNIA

San Francisco, CA 415 - 664 - 4890 “Soulful Pilates”, 1501 Waller St., San Francisco, CA 94117 www.SoulfulPilates.com Contact: Veronique Dumont-Thoma” Cell 415-806-1589 info@SoulfulPilates.com

SOUTHERN CALIFORNIA

Encino, CA: 818 - 788 - 8112 “Pilates Sports Center” 16430 Ventura Blvd. Suite 100, Encino, CA 91436 www.PilatesSportsCenter.com Contact: Andromeda Stevens, D.C. or Kelli Altounian PilatesSportsCenter@gmail.com

Andromeda Stevens: Teacher Certification ID: 10112 ***BURN AT THE BARRE™ MT**

PMA Certified Since: 11/02/2005 PMA Certification Expiration: 11/02/2015 AND

Kelli Altounian: Teacher Certification ID: 10285 PMA Certified Since: 01/13/2006 PMA Certification Expiration: 01/13/2016

Also at PSC Encino:

Seth Hampton: **Teacher Certification ID:** 11366

PMA Certified Since: 09/30/2009 **PMA Certification Expiration:** 09/30/2015

Josh Smith: **Teacher Certification ID:** 11369

PMA Certified Since: 09/30/2009 **PMA Certification Expiration:** 09/30/2015

Emily Zachary Smith: Teacher Certification ID: 11941

PMA Certified Since: 04/21/2011 PMA Certification Expiration: 04/20/2015

Helena Hultberg Talman: Teacher Certification ID: 10619 ***BURN AT THE BARRE™ MT**

PMA Certified Since: 05/19/2007 PMA Certification Expiration: 05/18/2015

Ashley Zachary Eschler ***BURN AT THE BARRE™ MT**

Beverly Hills, CA: 310 - 205 - 9091 9346 Civic Center Drive Suite 145 Beverly Hills, CA 90210 www.OakFitnessClub.com Contact Aaron King “Oak Fitness” AaronKing.PSW@gmail.com Aaron King: PMA#: 11904 3-14-2011

Palm Desert, CA: 760 - 360 - 5199 “Infinity Pilates” 777-70 Country Club Dr., #C, Palm Desert, CA 92211 www.Infinity-Pilates.com Contact: Lisa Diffey lisa@infinity-pilates.com

Culver City, CA: 310 - 467 - 4313 “Archer Pilates” 6504 Arizona Ave., Los Angeles, CA 90045 www.ArcherPilates.com Contact: Melanie Archer melanieKarcher@yahoo.com Certification ID: PMA Expiration

Porter Ranch, CA: 818 - 360 - 9706 “Pilates Studio City Porter Ranch” 11219 Tampa Avenue, Northridge, CA 91326 www.PilatesPorterRanch.com or www.PilatesStudioCity.com Contact: Jennifer Kornfeld JenniferKornfeld@gmail.com Teacher Certification ID 12769 Expires 3/4/15

OR Marcy McCusker McCusker8@hotmail.com Teacher Certification ID 13549 Expires 3/24/2016

Pilates Sports Center, Inc. 16430 Ventura Blvd. #100 Encino, CA 91436

Ph 818-788-8112 Fax 818-788-8303 Updated Feb 2015

www.PilatesSportsCenter.com

Redondo Beach, CA: 310 - 378 - 4455 "Shape Shift Pilates Studio" 1848 S., Suite K, Redondo Beach, CA 90277 www.ShapeShiftPilates.com Contact: Gina Brutti shapeshifttraining@gmail.com Certification ID: 13548 PMA Certified Since: 3/15/14 PMA Expiration: 3/14/2016

Riverside, CA: 951 - 784 - 7343 "Articulations" 6180 Brockton Ave Suite 104, Riverside, CA 92506 www.Articulations.com Contact: Tricia Hill info@ArticulationsOnline.com Certification ID: 12838 PMA Certified Since: 05/17/2013 PMA Certification Expiration: 05/17/2015

San Diego, CA: 858 - 673 - 4455 "Propel Pilates" 16769 Bernardo Center Dr., San Diego, CA 92128 www.PropelPilates.com Contact: Karen Rickett admin@propelpilates.com Teacher Certification ID: 12578 Since: 11/17/2012 PMA Expiration: 11/17/2014

Santa Monica, CA: 310 - 741 - 2282 "Phenomenal Physiques" 1158 26th St. Suite #183 Santa Monica, CA 90403 www.PhenomenalPhysiques.com Contact: Apryl Perez phenomphys@gmail.com

Santa Barbara, CA: 805 - 682 - 2491 "Arlunviji Transformative Movement" 35 W Haley Street, Santa Barbara CA 93101 Contact: Nikki Alstedter nikki@arlungviji.com (Nichole Barreto) Nikki Alstedter: 2007 Certified #10623 Expiration: 5/18/2015

Studio City, CA: 818 - 509 - 0914 "Pilates Studio City" 11650 Riverside Dr #1, Studio City, CA 91602 www.PilatesStudioCity.com Contact: Lora Anderson Pavilack info@pilatesstudiocity.com Teacher Certification ID: 10300 Certified Since: 02/08/2006 Certification Expiration: 02/08/2016

Carlsbad, CA: 760 - 271 - 4597 "EHF Pilates" 7130 Avenida Encinas Suite 202, Carlsbad, CA 92011 www.EHFPilates.com Contact: Natalie Walker Natalie@EHFPilates.com

Also in CA:

Michael Felbinger mfelbinger@gmail.com Teacher Certification ID: 13024 PMA Certified Since: 09/04/2013 PMA Certification Expiration: 09/04/2015

Sarah Skaer sarahskaer@gmail.com Teacher Certification ID: 13023 PMA Certified Since: 09/04/2013 PMA Expiration: 09/04/2015 *BURN AT THE BARRE™ MT

OREGON

Portland, OR: 971 - 227 - 3580 "NW Pilates" 1243 NW 19th Ave, Portland, OR www.NWPilates.com Contact: Elizabeth Stubbs Elizabeth@NWPilates.com

COLORADO

Crested Butte, CO: 970 - 903 - 0188 "Crested Butte Movement Center" 301 Belleview, Unit E/F, Crested Butte, CO (location only no mail) Mail: PO BOX 1818, Crested Butte CO 81334 CrestedButteMovementCenter.com Contact: Maryanne Garvin cbmovementcenter@gmail.com Certification ID: 10375 Since: 5/6/2014 Expiration: 5/5/2016

Denver, CO: 720 - 941 - 8971 "Pillar of Strength" 1485 S. Colorado Blvd, #310, Denver, CO 80222 www.PillarOfStrengthStudio.com Contact: Sarah Smysor Panning PillarofStrengthStudio@yahoo.com Teacher ID: 12227 PMA Certified Since: 12/17/2011 PMA Expiration: 12/16/2015

Fort Collins, CO: 970 - 218 - 6805 1829 Studio: 1307 East Prospect Road, Fort Collins CO 80525 www.FortCollinsClub.net Contact: Lee Cooper leecooper5@comcast.com Certification ID: 12243 Since 1/14/12 PMA Expiration: 1/13/2016

FLORIDA

Wellington, FL: 561 - 827 - 1481 13860 Wellington Trace, Suite 8, Wellington, FL 33414 www.MyPilatesWellington.com Contact: Elena Riotta-Miller mypilateswellington@gmail.com Teacher Certification ID: 13552 PMA Certified Since: 07/26/2011 PMA Expiration: 05/07/2016

ILLINOIS

Killdeer, IL: 847 - 726 - 9642 "TruCore Pilates" 20771 N. Rand Rd., Killdeer, IL 60047 www.TruCorePilates.com Contact Luann Brusa TruCore1@aol.com

KENTUCKY

Louisville, KY: 502 - 409 - 4200 "Pilates Village" 4160 Westport Rd. Suite D, Louisville, KY 40207 www.PilatesVillage.com Contact: Stacy Celi or Jodey Lowber info@PilatesVillage.com Stacy Celi: Certification ID 12266 PMA Certified Since 2/18/2012 PMA Expiration: 02/17/2016 And Jodey Lowber: Certification ID: 12255 PMA Certified: 2/16/2012 PMA Expiration: 2/15/2016

NEW JERSEY

Marlton, NJ: 865 - 304 - 5556 "Pilates Plus Restoration" Monokian Dental Building, 151 Greentree Rd, Suite E, Marlton, NJ 08035 www.PilatesPlusRestoration.com Contact: Laurie Weiner laurie@pilatesplusrestoration.com Teacher Certification ID: 13687 Expiration: 7/15/2016

Tinton Falls, NJ: 732 - 747 - 6388 "Pilates Blast" 55 N Gilbert Street - Building #3 Suite CB101, Tinton Falls, NJ 07701 www.PilatesBlast.com Contact: Dani Rubin info@PilatesBlast.com

NEW YORK

Red Hook/Rhinebeck, & Catskill NY: 914 - 466 - 3173 or 518 - 943 - 0333 "Body Be Well" 7578 N Broadway #1 & 3 Red Hook NY 12571 OR 401 Main Street, Catskill, NY 12414 www.BodyBeWellPilates.com Contact: Chelsea Streifeneder info@BodyBeWellPilates.com
Teacher Certification ID: 11599 PMA Certified Since: 06/13/2010 PMA Expiration: 6/12/2016

SOUTH CAROLINA

Bluffton, SC: 843 - 368 - 2314 "True Fit Pilates" 59 Sheridan Park Circle, Bluffton, SC 29910
www.TrueFitPilates.com Contact: Jennifer Wolfe JWolfeFitness@yahoo.com Teacher ID: 12057 Expires 6/2016 *BURN AT THE BARRE™ MT

TENNESSEE

Contact: Amanda Koch: 9193 Marston Way, Montgomery AL 36117 pilatesandmore@yahoo.com
Amanda Koch: Certification ID: 12486 Certified Since: 10/1/2012 Certification Exp: 10/01/2016 *BURN AT THE BARRE™ MT

TEXAS

South Austin, TX: 512 - 280 - 6683 "Pilates South Austin" 9901 Brodie Lane, Ste 145, South Austin, TX
www.PilatesStudioSouthAustin.com/ Contact: Lora Anderson Pavlack: Teacher Certification ID: 10300 *BURN AT THE BARRE™ MT
PMA Certified Since: 02/08/2006 PMA Expiration: 02/08/2016
And Nikki Alstedter: PMA Certified Since: 2007 Certification ID: 10623 *BURN AT THE BARRE™ MT

Houston, TX: 281 - 419 - 3131 "Pilates of the Woodlands" 30420 FM 2978 Suite 480, The Woodlands, TX 77354
www.PilatesPlaceOfTheWoodlands.com Contact: Greg Monk: greg@pilatesplaceofthewoodlands.com
Certification ID: 12664 PMA Certified Since: 12/22/2012 Expiration: 12/22/2016 *BURN AT THE BARRE™ MT

WASHINGTON

Spokane, WA: 509 - 838 - 0545 "Move More Spokane" 731 S Garfield St Spokane, WA 99202 MoveMoreSpokane.com Contact: Maria Sevilla
maria@thepilateslife.com ID: 11536 Certified Since: 3/12/2010 Certification Expiration: 3/11/2016 *BURN AT THE BARRE™ MT

Bellevue, WA: 206 - 713 - 6196 "Energize Pilates" 11200 SE 6th St., Bellevue, WA 98004 www.EnergizePilates.com Contact: Nancy Black
energizepilates@gmail.com ID: 13645 PMA Certified since: 5/21/2014 PMA Certification Expiration: 05/20/2016

TURKEY

Istanbul, Turkey: "Pilates Sports Academy" Akasya Sokak No. 2 B/4 Blok Altı Masha, Istanbul, Turkey
Contact: Akin Ercek www.PilatesSportsAcademy.com Akin.Erkoc@hotmail.com

ISRAEL

Tel Aviv, Israel: Contact: Ella Ben-Aharon EllaBenAharon@gmail.com

CANADA

Quebec, Canada: 514 - 312 - 3710 Studio: 5252 Boulevard de Maisonneuve Ouest, Montreal, QC H4A 3S9, Canada PilatesGuild@yahoo.ca Contact:
Therese Desrosiers: pilatesguild@yahoo.ca Certification ID: 12287 PMA Certified Since: 3/06/2012 Certification Expiration: 3/06/2016

KOREA

118 Yangcheon-ro 47-gil, Gangseo-gu, Korea 157-210 Contact: Yong Ho Lim roiim@naver.com
02-2065-7490

*** BURN AT THE BARRE™ MT IN MULTIPLE LOCATIONS**

PSC TEACHER TRAINING APPLICATION

Please retain the previous pages for your reference – Submit only the application.

Name to appear on your diploma:

(Please Print Clearly) *Example: Dr. Laura S. Smith, D.C.*

(If your name changes you must inform us to receive your accurate diploma, new diplomas are \$20)

Type of Course: (MUST circle one or all that apply to you)

Full Course

Modular: Mat only / Reformer only / Cadillac only / Chair only

Bridge Course: Mat only / Reformer only / Cadillac only / Chair only

(Please list modules you have proof of completing: _____)

Course Start Date: _____ (month/year)

Course Location: (CITY & STATE) _____

Your Mailing Address: *(if your address changes you must inform us to receive your diploma)*

Street: _____ City: _____

State: _____ Country _____ Zip Code: _____

Home Phone: _____ Cell: _____

E-mail: _____ Date of Birth: _____

How were you referred to PSC? _____

Emergency Contact: _____

I declare that I am medically and physically able and free from impairment to participate in fitness activities. I further declare that I have consulted with a physician regarding any illness, disability, or injury, which I am aware of and have been cleared to participate fully, and without limitations.

Signature / Date

Describe your background (include Pilates) and reasons for your interest in the course:

List your past/present occupations, including outstanding achievements in your career: (attach your curriculum vitae/resume if necessary)

Explain your experience working with, or teaching people:

My expectations from the course are:

REFUND / CANCELLATION

Deposit refund is given only if cancellation is received 14 days prior to the course start date that the applicant has applied to. **No deposit refunds are given after that date.**

Deposit can be credited one time to the next scheduled course at the same location or transferred to another student who meets PSC pre-requisites within a 6/six month period.

Tuition payments made prior to the course start will be refunded if cancellation meets the above requirements. Any tuition paid is NOT refundable once the course has begun.

I understand that my **Non Refundable Deposit** of \$500.00 (*\$100 for Mat or a Module*) is due with my registration to reserve my place in the course. I have read and understand the above refund and cancellation policies. Please sign and date

Print Name:

Sign Name:

Date:

Course Fee Includes: 1 photographic manual pertaining to each module(s) registered and paid for, class room lecture/lab with a PSC Master Trainer, use of Studio for self practice and classmate practice, DVD loaning (with a CC deposit on file), and 1 (one) Assessment Based Certificate/Diploma.